

## Twelve Steps

Anonymous self-help groups use Twelve Steps as a spiritual guide to conquer their addictions. In one column the Steps are listed, in the other a biblical perspective that relates to the Step.

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| 1. We admitted we were powerless over (problem), that our lives have become unmanageable.   | 1. Weakness is sown, strength rises up. (1 Corinthians 15:43)  |
| 2. We came to believe that a Power greater than ourselves could restore us to sanity.   | 2. Stir up your power to save us. O God, restore us. (Psalm 80:3b-4a)  |
| 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.  | 3. In all your ways be mindful of Him, and He will make straight your paths. (Proverbs 3:6)  |
| 4. We made a searching and fearless moral inventory of ourselves.   | 4. The aim of this instruction is love from a pure heart, a good conscience, and a sincere faith. (1 Timothy 1:5)  |
| 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.   | 5. Therefore confess your sins to one another, and pray for one another, that you may be healed. (James 5:16)  |
| 6. We were entirely ready to have God remove all these defects of character.  | 6. Yet, who can detect failings? Cleanse me from my unknown faults. (Psalm 19:13)  |
| 7. We humbly asked God to remove our shortcomings.  | 7. This means that if anyone is in Christ, he is a new creation. (2 Corinthians 5:17)  |
| 8. We made a list of all persons we had harmed and became willing to make amends to them all.   | 8. If you bring your gift to the altar and there recall that your brother has anything against you, leave your gift at the altar, go first to be reconciled with your brother, and then come back and offer your gift. (Matthew 5:23-24) |
| 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.  | 9. Jesus said to him: "Today salvation has come to this house, for this is what it means to be a son of Abraham. (Luke 19:9)   |
| 10. We continued to take personal inventory and when we were wrong promptly admitted it.  | 10. ...and he who humbles himself will be exalted. (Luke 14:11)  |
| 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of God's will for us, and the power to carry that out. | 11. He is always pleading earnestly in prayer that you should stand firm, that you be perfect and have full conviction about whatever pertains to God's will. (Colossians 4:12)  |
| 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.                              | 12. Teach them to carry out everything that I have commanded you. (Matthew 28:2)   |

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