



## **Twelve Steps and Their Biblical Comparisons**

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

I know that nothing good lives in me,  
that is, in my sinful nature.  
For I have the desire to do what is good,  
but I cannot carry it out.  
Romans 7:18

2. We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will  
and to act according to his good purpose.  
Philippians 2:13

3. We made a decision to turn our lives and our wills over to the care of God.

Therefore, I urge you, brothers,  
in view of God's mercy, to offer your bodies  
as living sacrifices, holy and pleasing to God

- this is your spiritual act of worship.  
Romans 12:1

4. We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them,  
and let us return to the Lord.

Lamentations 3:40

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Therefore confess your sins to each other  
and pray for each other so that you may be healed.

James 5:16

6. We were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord,  
and he will lift you up.

James 4:10

7. We humbly asked Him to remove all our shortcomings.

If we confess our sins, he is faithful  
and will forgive us our sins  
and purify us from all unrighteousness.

1 John 1:9

8. We made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you.

Luke 6:31

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you,

leave your gift there in front of the altar.  
First go and be reconciled to your brother;  
then come and offer your gift.

Matthew 5:23-24

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm,  
be careful that you don't fall!

1 Corinthians 10:12

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

Let the word of Christ dwell in you richly.

Colossians 3:16

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs.

Brothers, if someone is caught in a sin,  
you who are spiritual should restore them gently.

But watch yourself, or you also may be tempted.

Galatians 6:1

***8 Principles Based on the BEATITUDES (Matthew 5:3-10)***

R = realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

"Happy are those who know they are spiritually poor."

E = earnestly believe that God exists, that I matter to him, and that He has the power to help me recover.

"Happy are those who mourn, for they shall be comforted."

C = consciously choose to commit all my life and will to Christ's care and control.

"Happy are the meek."

O = openly examine and confess my faults to God, to myself, and to another person whom I trust.

"Happy are the pure in heart."

V = voluntarily submit to any and all changes God wants to make in my life and humbly ask him to remove my character defects.

"Happy are those whose greatest desire is to do what God requires."

E = evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

"Happy are the merciful." "Happy are the peacemakers."

R = reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Y = yield myself to God to be used to bring this Good News to others, both by my example and by my words.  
"Happy are those who are persecuted because they do what God requires."

## **Recovery and Support Groups**

### **ANGER**

#### **Individual Groups - Mens**

For men who find that anger is their first response to problems of any size. The group focus is on managing a God-given emotion in constructive ways.

### **CHEMICAL DEPENDENCY**

#### **Individual Groups for Men and Women**

For men and women who are addicted to, or struggle with, alcohol or the use of drugs/tobacco.

### **CODEPENENCY**

#### **Individual Group - Women**

A group for those struggling with the compulsion to rescue and take care of others, having difficulty setting boundaries, and recognizing their own worth. Members in this group learn to express their own needs and wants in healthy ways.

### **EATING DISORDER/SELF-DISCIPLINE**

#### **Individual Group - Women**

For women experiencing compulsive over-eating, Bulimia, or Anorexia and wanting to develop self-discipline to conquer the painful effects of eating disorders and food addiction.

### **PORNOGRAPHY/SEXUAL ADDICTION**

#### **Individual Group - Men**

For men who are struggling with an overpowering obsession/addiction or desire for lustful physical pleasure of temptation.

### LIFE ISSUES

#### Individual Groups for Men and Women

The purpose of these groups is to learn to trust, to ask for our needs to be met, to express our feelings, and to share our primary issues, hurts, and struggles with others. This group is for new comers or those who are unsure of their primary issue or compulsive/addictive behavior, or when a seperate small group is not yet available for thei specific issue.

### LIVING WITH A SERIOUS OR LIFE-THREATENING ILLNESS

#### Individual Groups for Men and Women

For those struggling with a serious of life-threatening illness (canser, heart disease, kidney failure, etc.) or condition. Support is for the patient of caregivers and loved ones of those with such illnesses.

### LIFE HURTS GOD HEALS

#### Teen Ministry for Grades 7 - 12

A support group and study program designed to help students HEAL from and DEAL with lifes painful issues.

## **Friday Program**

**6-7 p.m. Fellowship Meal**

**7-8 p.m. Main Session**

**8-9 p.m. Open Sharing Groups**

## **~ Child Care Services Provided ~**

### **Small Group Sharing Guidelines**

Keep your sharing focused on your own feelings. Please limit your sharing to 3-5 minutes.

There will be no cross talk, please. Cross talk is when 2 individuals engage in a dialogue, excluding all others. Each person is free to express their feelings without interruptions.

We are here to support one another. We will not attempt to "fix" another.

Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group.

Offensive language has no place in a Christ-centered recovery group.