

BIBLICAL HELPS FOR THE "TWELVE STEPS"

1. We admitted that we were powerless over alcohol - that our lives had become unmanageable.

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. I can will what is right- but I cannot do it. Who will deliver me from this body of death? **ROMANS 7:15-24**

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

Surely, it is God who saves me, I will trust in Him and not be afraid. For the Lord is my stronghold and my sure defense and he will be my Savior. **ISAIAH 12:2**

3. Made a decision to turn our will and our lives over to God as we understood Him.

I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God. **ROMANS 12:1**

4. Made a searching and fearless moral inventory of ourselves.

O Lord, thou hast searched me out and known me! Thou knowest when I sit down and when I rise up; thou discernest my thoughts from afar. **PSALM 139:1-3**

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

Therefore confess your sins to one another, and pray for one another, that you may be healed. **JAMES 5:16**

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

Let us with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. **HEBREWS 4:10**

7. Humbly asked Him to remove our shortcomings.

Have mercy on me, O God. According to thy steadfast love-, according to thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sins. **PSALM 51:3-5**

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

Christ reconciled us to himself and, gave to us the ministry of reconciliation ... entrusting to us the message of reconciliation. **11 CORINTHIANS 5:18-19**

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

If you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift at the altar and go, first be reconciled to your brother, and then come and offer your gift. **MATTHEW 5:23-25**

10. Continued to take personal inventory and when we were wrong promptly admitted it.

I bid every one among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to his measure of faith. **ROMANS 12:3**

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

O God, you are my God. Eagerly will I seek you; my soul thirsts for you, my flesh faints for you. as in a barren and dry land. When I remember you upon my bed, and meditate on you in the night watches, you have been my helper. **PSALM 63:1-7**

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

Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. **GALATIANS 6:1**

Prayer 56 - For the Victims of Addiction

O blessed Lord, you ministered to all who came to you: Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy; remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who care for them, give patient understanding and persevering love. Amen

Book of Common Prayer, Page 831