



## Working the 12 Steps

Dear Friend in Recovery,

As we start on the twelve steps, remember that this was, and is, a major part of your personal life. You will always be able to say with complete certainty that you have **worked** through the twelve steps. Recovery does work, but you must be willing to work it.

There are some things that will be asked of you that you might not feel comfortable with, but change and growth can be uncomfortable. We cannot suggest to someone else what we will not do ourselves. Below is a list of recommended suggestions for working through the steps:

1. Complete the STEP worksheets with complete answers. One-sentence answers show that you have not put forth much thought or effort. Remember that the steps are a good foundation for any recovery.
2. Concentrate on the step that you are on.
3. Please ask for help if you need it. We are here to serve you. See your group leader if you are struggling with a step, and they can help you.
4. We encourage you to get a good sponsor NOW for your recovery. Ask your group leader for help if needed.

We thank God for your willingness to go through and work the twelve steps and for allowing us to become a part of your life. We pray that this is a good and healthy experience for you. We are excited for you as you grow and learn about the recovery process. God bless you. We love you.

In His and your service,



## THE TWELVE STEPS & 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. 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. Made a decision to turn our will and our lives 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. 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. 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 5:16a)***

6. 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. Humbly asked Him to remove all our shortcomings.

***If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)***



8. 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. Made direct amends to such people whenever possible, except when doing 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. Continued 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. 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 3:16a)***

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

***Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)***

\*From <http://www.celebraterecovery.com/twelve.shtml>



## Helpful Confessions\*

(These Scriptures can be used for any addiction)

**1 Corinthians 3:16, 17** - I refuse to take drugs, drink alcohol, smoke, gamble or look at pornography. My body is the temple of the Holy Spirit, and it is dedicated to God. I will not allow anything (drugs, alcohol, nicotine, gambling, pornography, etc.) to defile this temple which is holy unto Him.

**1 Corinthians 6:19, 20** - I glorify God in my spirit and in my body. I refuse to allow anything (drugs, alcohol, nicotine, pornography, gambling, etc.) in me that would not please Him.

**Romans 12:1** - I refuse to allow drugs, alcohol, nicotine, gambling, or pornography any place in my life. I give my body to God as a living sacrifice, holy unto Him.

**Romans 14:2** - I do not take drugs, drink alcohol, smoke, gamble, look at pornography or do anything else that could cause someone to be made weak, become offended, or stumble in their walk with the Lord.

**Philippians 4:13** - I can do all things through Christ. In Jesus' name, I break this habit of \_\_\_\_\_ because He is my strength.

**Colossians 1:13** - God has delivered me from all the powers of darkness including drugs, alcohol, nicotine, gambling, and pornography and has placed me in the kingdom of His Son, Jesus.

**2 Corinthians 6:17, 18** - I have come out from, separated myself and do not touch unclean things (drugs, alcohol, nicotine, gambling, pornography, etc.) for I am God's child.

Curse of addiction, I speak to you now, in the name of Jesus. I break your power with the blood of Jesus and the power of His name. You have no place in my life. I forbid you from attacking me or anyone else in my family in Jesus' name.

**Ephesians 5:11; 1 Thessalonians 5:21, 22** - I have no fellowship with the unfruitful works of darkness including drugs, alcohol, nicotine, gambling, and

pornography. I keep myself from everything that appears to be evil and I hold fast to the good things of the Lord.



**1 Corinthians 6:10** - I refuse alcohol of any kind because it is written: "No drunkards shall inherit the kingdom of God."

**Habakkuk 2:15** - I refuse to serve alcohol to my friends or neighbors because this is not pleasing to God, and He will hold me accountable.

**Proverbs 20:1** - I am not deceived because I receive the wisdom of God which says that wine is a mocker, and strong drink makes one rage.

**2 Corinthians 5:17** - All the old things (drugs, alcohol, nicotine, gambling, and pornography) that I used to do have passed away because I am a new creation in Christ. All things about me are new in Him.

**James 4:7** - I submit myself totally and completely to God. I resist you, satan; and I refuse drugs, alcohol, nicotine, gambling, and pornography.

**John 8:36** - Jesus has set me free from drugs, alcohol, nicotine, gambling, and pornography; and I remain free in Him.

**Isaiah 28:7** - Wine and strong drink cause men to make mistakes, see wrongly, and stumble in good judgment. I will not drink anything with alcohol in it.

**1 John 2:15** - I do not love the things of the world (drugs, alcohol, nicotine, gambling, and pornography) because I have the love of the Father in me, and I want to please Him.

\* From: *The Word Works!* by Shirley Greenslade

# THE ROAD TO RECOVERY

## Eight Recovery Principles based on the BEATITUDES\*

<b>R =</b>	<p><b>Principle 1 -</b> Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.</p> <p>"Happy are those who know they are spiritually poor."</p>
<b>E =</b>	<p><b>Principle 2 -</b> Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.</p> <p>"Happy are those who mourn, for they shall be comforted."</p>
<b>C =</b>	<p><b>Principle 3 -</b> Consciously choose to commit all my life and will to Christ's care and control.</p> <p>"Happy are the meek."</p>
<b>O =</b>	<p><b>Principle 4 -</b> Openly examine and confess my faults to God, to myself, and to someone I trust.</p> <p>"Happy are the pure in heart."</p>
<b>V =</b>	<p><b>Principle 5 -</b> Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.</p> <p>"Happy are those whose greatest desire is to do what God requires."</p>
<b>E =</b>	<p><b>Principle 6 -</b> 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 others.</p> <p>"Happy are the merciful" "Happy are the peacemakers."</p>
<b>R =</b>	<p><b>Principle 7 -</b> Reserve a daily time with God for self-examination, Bible readings, and prayer in order to know God and His will for my life and to gain the power to follow His will.</p>
<b>Y =</b>	<p><b>Principle 8 -</b> Yield myself to God to be used to bring this Good News to others, both by my example and by my words.</p> <p>"Happy are those who are persecuted because they do what God requires."</p>

\*From <http://www.celebraterecovery.com/8principles.shtml>





## How to Be Sponsored

Victory Group uses Temporary Sponsorship to help a new person in recovery, or a family or friend of an addicted person to get acquainted with recovery. We encourage all persons seeking recovery to choose a sponsor who can help him or her work through the 12 steps and any personal issues. However, a sponsor is useless if we don't use him or her as suggested. Here are some guidelines that can help.

### FREQUENTLY ASKED QUESTIONS ABOUT SPONSORS:

How soon do I need to have my Temporary Sponsor and how do I find one?

- **You should get a Temporary Sponsor as soon as possible.** Even when traveling, you should always make sure that you have someone to talk to. Plan ahead for vacations.

When should I have my Permanent Sponsor, and how do I find him/her?

- **You should have a Permanent Sponsor as soon as possible.** You find a sponsor by going to a lot of meetings and listening to people. You want to find someone with a long clean time (preferably 2 years) and a good testimony.

Do I need to find a sponsor of the same sex?

- **Yes, there are no exceptions to this rule!** Also, your sponsor should not be a relative; be careful of close friends since they tend not to be as objective.

How often should I call my sponsor?

- **Call your sponsor at least once a day. This is on good days and bad days. This is very important in early recovery to help you develop a friendship.** Later after a period of time (usually 90 days), this can be relaxed to a couple times a week, or when needed.

What about getting involved?

- All persons in recovery should have a home group and a sponsor and use both of them actively. This involvement helps you to be a part of the recovering community. A familiar saying is: ***"You can only keep what you have by giving it away."*** You should become an active volunteer if you are going to attend the Victory Group.

## Use your sponsor!

***He or she will help you to develop a lifeline to  
help save yourself or someone else in trouble***