



STEP ELEVEN

Through prayer and meditation I seek to improve my conscious contact with God, as I understand God, praying only for knowledge of God's will for my life and the power to carry that out.

Step 11 provides daily spiritual maintenance. As recovering persons, we may use our support groups and recovery literature as springboards toward spiritual and emotional growth. We will probably reach a level, though, at which we hunger for an even deeper contact and communication with God. This is where the organized church, the Bible, other Christian literature, and prayer and meditation become indispensable tools for lasting spiritual growth. Bill Wilson, for example, found great peace and encouragement through Christian literature and the Bible. In fact, one of the books he came back to again and again was Oswald Chambers' *My Utmost for His Highest*. In Step 11, we slow down, take ourselves out of the driver's seat and set a specific time to seek God's will through prayer and meditating on His Word.

Studying the Bible helps us to know God better and to find out what He wants for our lives. *Serenity: A Companion for Twelve-Step Recovery* gives specific examples of how God's Word relates to the recovery issues we are facing. We see this in the *Meditations for the Twelve Steps* with the recovery scriptures highlighted throughout the text. As we practice Step 11, we may want to use *Serenity: A Companion for Twelve-Step Recovery* as a part of the special time we spend with God.

If we have had little or no experience with prayer, we should probably begin in a simple fashion. That means putting aside perfectionist concerns about praying the "right way." We should pray simply and forthrightly to God as a loving Father, not worrying about what we should and should not say. Over time as we become comfortable with God, we will talk with Him as with a trusted friend. He will be the Person with whom we can conduct our daily inventories of grief and confession issues, and we will begin to sense His answers to our prayers. These may not be cast in stone or echoed from a burning bush; but as we talk with God, we will intuit His direction coming back to us.

No place in the Bible is it recorded that Jesus told His disciples to pray to Him. They were to pray to the Father in Jesus' Name. John 16:23-24: *In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.* We can tell Jesus how much we love and appreciate Him, but when it comes to praying and asking, we ask the Father in the Name of the Lord Jesus Christ.

We must not forget to guard our minds. The Bible says we are to *cast down every imagination that exalts itself against the knowledge of God* (2 Corinthians 10:5). We cannot let our minds run off in a negative direction or let ourselves get into the habit of constantly asking, "What if?" questions. Philippians 4:8 says, *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* John 10:10 says, *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.* If we are not familiar enough with the Word of God, one way to easily judge whether we should continue to dwell on a thought is to ask ourselves whether it is a thought about "life" or "death."

As we examine Step 12, we shall explore how this growing spiritual wisdom is to be carried to others and practiced in our own lives.

NOTE: Victory Group has a lending library with many wonderful books and CDs to support you in your recovery. In order to change the way we think, we need to renew our minds with the Word of God.

Romans 12:2 *And be not conformed to this world: but be ye transformed by the **renewing** of your **mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.*

CDs with God's Word on them are especially helpful if you find that your mind is racing or dwelling on negative things when you are quiet. There are many free CDs and tapes on our book cart that you can play when you are in the car, before you go to bed, while you are in the shower, etc. They can be a tremendous help to you in your recovery.

Confessing what God says about you can also mean the difference between life and death. Here is an excerpt from *The Word Works!* by Shirley Greenslade, and a list of confessions from her book follows:

God says in... **Isaiah 55:11** So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but it shall accomplish that which I please and purpose, and it shall prosper in the thing for which I sent it.

God loves you and cares about all that concerns you, but in order to help you, He needs you to speak His Word. The Word never fails, and as you speak it in faith, the power of the Holy Spirit will be there to bring it to pass.

As we speak, the Word changes things, situations, and circumstances in our lives, so they line up with what God's Word says. By speaking only God's Word, we do not give the devil any place in our lives to operate . . .

Begin speaking God's Word over every area in your life . . . Life and death are in the power of your tongue! Proverbs 18:21.



HELPFUL CONFESSIONS

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

Eternal Life/Salvation:

I have accepted Jesus as my Lord. I am saved and God has removed my unrighteousness, my sins and my iniquities never to remember them again. He made me righteous in Christ, made a covenant with me and put His laws in my mind and heart. He is my Father and I am His child. (Hebrews 8:10,12)

Abundance:

My abundance is a supply for the needs of others. (II Corinthians 8:14)
God makes all grace abound toward me. I always have all sufficiency in all things. I pay my tithe, give offerings, and give to the poor. My needs are met, my wants are supplied. I have enough left over to give into every other work as God directs. (II Corinthians 9:8)

Children:

God pours His Spirit upon my children, and His blessing is upon them. (Isaiah 44:3)

Thank You, Lord, for giving my children perfect hearts to keep Your commandments, Your testimonies, Your laws, and to do all that You have them to do. (I Chronicles 29:19)

Employment:

Lord, I thank You that You hasten Your Word to perform it. You supply my every need, therefore, my need for the perfect job is met. (Jeremiah 1:12; Philippians 4:19)

The Lord is my sun and shield; He gives me grace and glory. He withholds no good thing from me because I walk uprightly. He provides the perfect job for me. (Psalm 84:11)

Lord, I refuse to fear about finding a job. Through prayer, with thanksgiving, I tell you my requests concerning employment. Your peace, through Christ Jesus, keeps my heart and mind at rest as I wait on you for the manifestation of it. (Philippians 4:6,7)

Fear:

The Lord is my light and my salvation; I do not fear. (Psalm 27:1)
I refuse to fear, for fear has torment. (1 John 4:18)

The angel of the Lord encamps around me and delivers me because I reverence God. (Psalm 34:7)

Grace-Favor:

God's grace is sufficient for me. When I am at my weakest, His strength is made perfect. (II Corinthians 12:9)

I come boldly to Your throne of grace to obtain mercy and find grace to help in my time of need. (Hebrew 4:16)

Health and Healing:

God calls heaven and earth to witness this day that He has set before me life and death, blessing and cursing. I choose life that both I and my seed will live to love the Lord, obey His voice, and cling to Him. He is our life and the length of our days; we dwell in the land which the Lord has given us. (Deuteronomy 30:19,20)

I am righteous and the Lord delivers me out of all afflictions. (Psalm 34:19)

He was wounded for my transgressions (sins), He was bruised (striped, beaten) for my iniquities (sin, guilt), the chastisement (correction) of my peace (well-being) was upon Him; and with His stripes I am healed. (Isaiah 53:5)

Sickness and disease, poverty and lack, debt, destruction, and death are all the works of the devil, and Jesus was manifested to destroy all his works. Therefore, they are destroyed in every area of my life. (1 John 3:8)

Hope:

I refuse to be discouraged or defeated. My God is a God of hope; I abound in hope through the power of the Holy Ghost and hope makes me never ashamed. (Romans 15:13; 5:5)

Love:

I abide in the light (Jesus). I love my brothers and sisters in Christ. (I John 2:10)

The love of God abides in me and fills up my entire being. I forgive and walk in love; I keep His Word, therefore, I give no place to the devil. (John 14:23; Ephesians 4:27)

Peace:

The peace of God, which passes all human understanding, keeps my heart and mind at rest in Christ. (Philippians 4:7)

God is not the author of confusion, but of peace. I thank Him that His peace rules in my heart. (I Corinthians 14:33; Colossians 3:15)

I cast all my cares on Christ because He cares for me. I cast all my burdens on Him and He sustains me. He will not allow me to be moved. (1 Peter 5:7; Psalm 55:22)



Prosperity:

I am blessed because I walk not in the counsel of the ungodly, nor stand in the way of sinners, nor sit in the seat of the scornful. I delight in God's law and meditate in it day and night. Everything I do prospers. (Psalm 1:1-3)

I am an heir according to God's promise to Abraham, and all his blessings are mine. They come upon me and overtake me, as I listen, observe, and do what God says. Blessed is the fruit of my ground (house, business, ministry), my body (my children), and all that I have. I am blessed in the city, the field, my daily provision, my future needs, when I come in, and when I go out. He blesses everything I set my hand to. (Galatians 3:29, Deuteronomy 28:2-6)

Speaking Words of Faith:

I continually confess God's Word; it does not return to Him void but it accomplishes and prospers as He pleases. (Isaiah 55:11)

Faith comes by hearing His Word. As I hear and speak His Word, I increase my faith. (Romans 10:17)

Spiritual Maturity:

The enemy tries my faith. I bring honor and glory to God by refusing to move from my trust in Him and His Word. (1 Peter 1:7)

Life and death are in the power of my tongue. I refuse to speak anything contrary to the Word. (Proverbs 18:21)

Staying out of Strife:

I refuse to speak any corrupt (wrong) words; I speak only words that edify or build up others. My words minister grace to those who hear them. (Ephesians 4:29)

A fire goes out when there is no wood. Strife stops with me because I do not carry tales. (Proverbs 26:20)

Trusting God:

I put my trust in You, Lord, and I do not fear what man can do to me. (Psalm 56:11)

I am not afraid of bad news; my heart is steadfast, trusting in you, Lord. (Psalm 112:7)

Victory:

I am a person, but I do not war with other people; the weapons of my warfare are not carnal, but mighty through God to pull down every stronghold. I cast down imaginations, and every thought that attempts to take the place of my knowledge of God and His Word. I take every thought which is contrary to the Word and bring it back into obedience to Christ and His Word. (II Corinthians 10:3-5)

Drugs, Alcohol, and Nicotine (these will work for any addiction):

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 3:16, 17)**

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. **(1 Corinthians 6:19, 20)**

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 12:1)**

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 his or her walk with the Lord. **(Romans 14:2)**

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

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. **(Colossians 1:13)**

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. **(II Corinthians 6:17, 18)**

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. **(Ephesians 5:11; 1 Thessalonians 5:21, 22)**

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

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

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

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. **(2 Corinthians 5:17)**



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

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

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. (**Isaiah 28:7**)

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. (**1John 2:15**)

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What are your favorite sources of wisdom and knowledge about Christ-like values?

What does *prayer and meditation* in this step mean?



What is *His will* for us?

Define the *power to carry that out*?

Do you believe God loves you? Why?

What is your favorite promise from God? Why?