

STEPS TO RECOVERY

Overview:

Work the 12 Steps of Alcoholics Anonymous with a biblical worldview in mind.

Lessons:

1. Admit You're Powerless
2. Believe in a Greater Power
3. Make a Decision
4. Getting Real
5. Sharing You
6. The Right Path Forward
7. A Humble Heart
8. Making Amends
9. Spiritual Maturity & E.Q.
10. Take an Inventory
11. Pray for Power
12. Stay Awake



ADMIT YOU'RE POWERLESS

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The first step to recovery from addiction is all about moving out of denial and into reality.

- The first step towards recovery is admitting that you're _____ over your addiction and your life has become unmanageable. Romans 7:15,18-19
- You need to open your eyes to the _____ you've created in your life. You've ruined relationships and spent too much money on drugs and alcohol.
- Stop _____ that you actually have a problem. You have a problem. It's had control and you need to change the way you think.
- _____ that you can't fix this thing on your own. You need God to help you to overcome it.

DISCUSSION:

1. Warm up. Are you in the Nile?
2. Share about a time in your life when you tried to quit your addiction, but couldn't.
3. Read Romans 7:14-25. Can you identify with Paul's struggle? Can anyone describe what "sin nature" or "flesh" means?
4. Was there a time when you felt like you had more control over your life?
5. Do you think that you can still use recreationally?
6. What would those close to you say you are in denial about? Do you agree?
7. Do you know what a mentor or sponsor is? If so, do you have one or are you willing to find someone?
8. Learn and recite the Serenity Prayer.
9. Homework: Work through Step 1 with your sponsor or mentor.

BELIEVE IN A GREATER POWER

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The second step of Alcoholics Anonymous states, "We come to believe that a power greater than ourselves can restore us to sanity."

- Start believing something _____ about your addiction - that you need God.
- That greater power is _____ himself. Jesus not only can restore you, he actually wants to. John 8:3

DISCUSSION:

1. *Did you grow up with any type of religion or faith? If so, do you still believe that today?*
2. *Read 2 Timothy 3:16. Have you heard this before? What does this verse claim about the Bible?*
3. *Do you understand what the Bible says about Jesus? Why is it important to trust Jesus as our only hope?*
4. *Read Matthew 8:3. Do you believe that Jesus can heal you from your addiction? Explain.*
5. *What is your definition of being humble?*
6. *Read Matthew 11:28-30. Can you describe a specific feeling about your life that relates to being tired of your situation and the burden addiction has placed on you?*
7. *Is there anything to hold you back from asking God for Help?*
8. *Takeaway: Get a Bible. Read the book of John first and watch How to Start a Pursuit of God.*
9. *Homework: Work through Step 2 with your sponsor or mentor.*

MAKE A DECISION

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We make the decision to turn our will and our lives over to the care of God.

- We make a _____ to trust Jesus for salvation. Romans 10:9, Romans 3:22
- We make a decision to _____ from our old way of life. 2 Corinthians 5:17
- We make a decision to turn _____ a new way of life.

DISCUSSION:

1. Read Romans 3:22 and Romans 10:9. Have you had what we call a Defining Moment? If so, share what helped you make the decision. If not, do you want to today?
2. Read 2 Corinthians 5:17. Do you have fear about leaving behind your old life? What do you think it means that we can be "made new"?
3. Einstein's insanity quote. Do you agree? Why or why not?
4. What things, people or circumstances have you tried to control in the past and how has that turned out? Do you think that God will be able to handle your life better than you can?
5. How do you plan to celebrate or honor this step of turning your life over to the care of God? Who will you tell?
6. Make a list of practical things that will help you learn and follow God's Will.
7. Takeaway: Find new things to do and make a list. Visit a good Bible-teaching church.
8. Homework: Work through Step 3 with your sponsor or mentor.

GETTING REAL

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In recovery, you need to get real with who you are and who you were.

- Step 4 is about getting _____ with your yourself. Secrets keep us sick and stuck in addiction. Luke 12:2
- Ask God to help you _____ search your own heart to create your moral inventory. Psalm 139:23-24

DISCUSSION:

1. Read Luke 12:2. What does this verse mean? How does it apply to recovery?
2. Have you had any broken relationships? If so, describe them and how they hurt others or yourself.
3. Have you ever felt self-righteous? Explain when and the circumstances. Was this justified? Elaborate.
4. What events or triggers have caused you to begin your addictive behaviors in the past? Describe situations, feelings, events, food or people that you seem to be a part of your life just before or during your addictive behaviors.
5. Have you ever held a grudge? Did you try to get revenge? If so, explain the situation and how it played out, including whether or not someone else was hurt.
6. Describe the faults that you most detest in others. Do you have any of these traits yourself?
7. Read Psalm 139:23-24. Have you ever prayed like this before? What do you believe would happen if you start?
8. Homework: Work through Step 4 with your sponsor or mentor.

SHARING YOU

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We take those things that we dug up and learned about ourselves and share them.

- When we _____ to God, he is faithful to forgive us. 1 John 1:9
- Inward _____ can be a mental battle throughout our entire lives. 1 John 1:8
- The scariest part of confession is being _____ with another person. James 5:16

DISCUSSION:

1. Share something funny that you think nobody else has done.
2. Have you ever had to talk with a counselor? What was hard about that experience? What was helpful?
3. What is the difference between repentance and confession?
4. Read 1 John 1:8-10. Does this help you to be honest about yourself?
5. Share about a behavior you have seen based off of your inventory. What is the underlying issue?
6. Tell us about your mentor or sponsor. Are they a good fit for you?
7. If comfortable, share something you are struggling with as a prayer request.
8. Takeaway: Practice asking for prayer with your mentor or your group.
9. Homework: Work through Step 5 with your sponsor or mentor.

THE RIGHT PATH FORWARD

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We're entirely ready to have God remove all these defects of character.

- We come to “a _____ in the road” where we have to commit to choosing the _____ path to be able to grow in our relationship with God as he changes us. 2 Corinthians 5:17, Galatians 5:16-17
- The _____ for change is the path to peace at this point in our recovery. That means we must develop certain disciplines in our lives to support our route of walking by the _____. Galatians 5:22-25

DISCUSSION:

1. *Have you ever taken a wrong turn while you were driving and realized it took you way off course? How has one decision derailed your life?*
2. *Go back to Step 3. Where are you at with the idea of surrendering your life to God?*
3. *Read Galatians 5:16-17. Describe a “fork in the road” experience in your life? How does this relate to the biblical idea of “flesh and Spirit”?*
4. *Read Galatians 5:19-21. Do you struggle with anything on this list? How about other character defects?*
5. *Read Galatians 5:22-23. Which fruit of the Spirit do you need the most help with right now?*
6. *What types of things can you do to show that you are willing to change? What can you commit to start doing?*
7. *Homework: Work through Step 6 with your sponsor or mentor.*

A HUMBLE HEART

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In order for any change to happen in us, we have to change our outlook on life. We can only change us, like the serenity prayer says. But even that is something we can't do alone.

- Being humble means being _____, not fake. Luke 18:9-14
- Being humble means _____ a better way not based on your own worth. Ephesians 2:8-9
- Being humble means doing _____ things that God designed for you in advance. Ephesians 2:10

DISCUSSION:

1. How is battling addiction a humbling experience?
2. Read Luke 18:9-14. What is the difference between the Pharisee and the tax collector?
3. Have you known someone who seems like a "Pharisee" or a "tax collector"? Explain.
4. Read Ephesians 2:8-9. What does it mean to be "saved by grace through faith"?
5. Read Ephesians 2:10. What does this verse tell us about God's involvement in our lives? What does it mean to live with purpose?
6. Homework: Work through Step 7 with your sponsor or mentor.

MAKE AMENDS

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We come to a point in our recovery where we must face the wrong that we have done and ask forgiveness from the people we have harmed.

- We come to a point in our recovery where we must _____ the wrong that we have done. In order to gain peace in our pursuit of sobriety, it is necessary to make _____ with the people we have harmed.
- We must first _____ ourselves. We have to believe that we are worth being forgiven. Romans 5:8
- As we are growing in humility, we need to learn to seek _____ with the people in our lives and with God by recognizing our need to be forgiven and our need to _____ others. Ephesians 4:32, Colossians 3:12-13

DISCUSSION:

1. *Have you ever had peace with the people you are closest to in the past? What was it like?*
2. *What do you do when you feel judged or looked down upon because of your past.*
3. *Read Romans 5:6-11. What does it mean to be reconciled? How could we be forgiven "while we were still sinners"?*
4. *Have you ever tried to cover up something bad with something worse?*
5. *Read 2 Samuel 12:7-10,13. King David did some terrible things, was he worthy of being forgiven? Are you?*
6. *What does "clean your side of the street" mean?*
7. *Read Ephesians 4:32 and Colossians 3:12-13. What do these verses instruct us to do? What's holding you back from making amends with people who have wronged you?*
8. *Recite the Lord's Prayer.*
9. *Takeaway: Make a list of people to make amends with.*
10. *Homework: Work through Step 8 with your sponsor or mentor.*

SPIRITUAL MATURITY AND E.Q.

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

- Talk is cheap; put your faith into _____. Let people see in tangible ways that you care about them and that you're making productive changes in your life. Luke 19:8
- You can only clean _____ side of the street. Your job is to keep a humble attitude when approaching the other side and when approaching God. Matthew 5:23-24
- You must be willing to go to any length for _____. You should put just as much effort into our recovery as you did to your addiction.

DISCUSSION:

1. *Based on the last lesson, what amends have you made already with people? What behavioral changes have you made recently?*
2. *Read James 2:14-20. What do you think this passage is saying? What do you think about the statement, "Faith without works is dead"?*
3. *Read Luke 19:1-10. What was the significance of Zacchaeus' actions? How about Jesus' actions?*
4. *Why does it honor God to make amends with people? How can you show remorse with your actions rather than your words?*
5. *How are you dealing with the feedback from others after making amends? How are you feeling? How are you dealing with the desire to defend yourself?*
6. *Share about the lengths you went to fuel your addiction. How can you put more effort in your fight for sobriety?*
7. *Takeaway: Practice making amends in front of your mentor.*
8. *Homework: Work through Step 9 with your sponsor or mentor.*

TAKE AN INVENTORY

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Taking an inventory is so important that it's included in two different steps. As you gain clarity in your sobriety, you should continue to take an inventory so to avoid any triggers.

- Spiritual maturity requires us to look in the _____ every day and to be obedient to God's word. James 1:23-26
- Negative feelings can affect our recovery so pay attention and be on _____.
- We have a responsibility to God, ourselves and others to become _____ intelligent, healthy people.

DISCUSSION:

1. *What is your plan for a time of reflection each day?*
2. *Read James 1:19-26. What does "be a doer and not just a hearer" mean in this verse? Why does obedience matter?*
3. *What new behaviors would you like to try to make your program more effective? How would you go about implementing those?*
4. *What kind of behaviors, negative feelings and attitudes do you need to be vigilant in fighting against to keep you from falling back into old habits?*
5. *What are your triggers for addictive behavior? How can you guard against them or prepare for them?*
6. *What are some actions you should take when you find out that you are wrong?*
7. *Define emotional intelligence? How will understanding yourself and others help you in every area of your life?*
8. *Homework: Work through Step 10 with your sponsor or mentor.*

PRAY FOR POWER

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Prayer is our way of communicating with God and an opportunity to ask him for help.

- Staying in _____ with God is the best way to grow in our recovery. John 15:4
- Prayer should be about _____ God to make us better people by knowing and _____ his will. Philippians 4:6-7
- The _____ to follow God comes from God and prayer is about asking just for that.

DISCUSSION:

1. *How would you explain your beliefs about God to a child? What is your definition of prayer?*
2. *What are your favorite sources of wisdom and knowledge regarding healthy values? Has anything you've ever read convinced you to change in a fundamental or deep way?*
3. *Read Philippians 4:6-7. Have you ever prayed in times of worry or in an emergency situation? Explain. Is that the only time you pray? Why should we be thankful when we pray for things?*
4. *Read John 15:4. How does Jesus' analogy of the vine and branches relate to this topic?*
5. *What does it mean to "pray for knowledge of his will for us"? How can God's will be different from your will?*
6. *Read Luke 11:1-13. What is this passage saying about prayer?*
7. **TAKEAWAY.** *Make a plan to learn about and practice more prayer.*
8. **Homework:** *Work through [Step 11](#) with your sponsor or mentor.*

STAY AWAKE BY HELPING OTHERS

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One of the best things you can do in your recovery is to walk with someone else in their recovery.

- A person who is "spiritual" now has _____ and powerful tools to live a purposeful life.
- Don't keep your _____ to yourself. Use it to help other people and never forget your past struggles to get to recovery. Galatians 6:1
- The last step is really the first step, but with a new _____.
Matthew 28:18-20

DISCUSSION:

1. *What is a "Spiritual Awakening" according to this lesson? How do you know if you are spiritual?*
2. *Have you been able to reach out to another recovering addict? If so, describe the situation and how it felt.*
3. *What will you say when someone asks how the 12 Step program has worked for you?*
4. *Read 2 Corinthians 1:3-4. How have you been comforted and how can your story comfort others?*
5. *How much time do you have to work with others on their program? How will you go about setting that time aside?*
6. *What resources do you have for when you need help as a sponsor or mentor?*
7. *Read Matthew 28:18-20. How do you know if you are suited to help another person through recovery? Why does Jesus want us to "go", "make", "teach"?*
8. *Action Step: Take someone through the "Steps to Recovery" series or through the "Pursuit" on pursuegod.org*
9. *Homework: Work through [Step 12](#) with your sponsor or mentor.*

