

THE 12 STEPS



“Recover and Celebrate”

Seeking God

Recovery Defined and Achieved

Celebrate Recovery

Main Street UMC 211 N. Main St. Greenwood, SC 29646

Fridays 6:30-7:30 pm

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introduction

I am Howard, A faithful follower of Jesus Christ

Today, I want to help you with your recovery by explaining what a successful recovery is and requires.

Okay, so let's define recovery, think for a moment about these two questions;

1 what is your definition of recovery?

2 How will this definition be fulfilled?

If you can't define these then you may very well fail, what is your goal, why are you here, what will be accomplished?

I define the recovery process recovery as

- 1. A 12 Step process that creates a thirst for a Christ filled life, receiving the promises of salvation, peace, joy and comfort. A spiritual Awakening**
- 2. Recovery from hurts, habits and hang-ups, addictions**

- I quit smoking and drinking in 1981, I was addicted to both. I had good reason to quit. My fear of continuing exceeded the relief the alcohol and cigarettes gave me. I had hurts, bad habits and character defects.

- I loved my family, and the bad habits and character defects created a person we grew to dislike, I sensed that I was turning everyone away, although at first, I thought I was okay. I was determined to become a good husband and father.

- My addictions were gone; however, my character defects were still with me, the difference being that I now recognized them for what they

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were. These defects, (anger, anxiety, meanness, judgmental) created from years of hurt as a child; deadened by alcohol as an adult were who I was a man living in willful sin. For 20 years I lived free of my addictions, however I had hurts from childhood and character defects that developed from those hurts. I didn't know about these destructive forces of Satan These two kept me from having a normal happy life

It wasn't until 2001, when I asked Jesus to help, to be my savior that the hurts began to go away and the defects slowly disappeared. My relationship with Jesus grew day by day, scriptures, prayer, Journaling, a church family. That was twenty years of letting Satan control me, keeping me in the bondage of SIN. I am so grateful that today my family love me and have forgiven me.

Sin if not dealt with leads to physical illness in the sinner, and that sin affects all who are exposed to it, and in children they often suffer illness and become like the parent.

I am sharing this with you as an attempt to prevent you and your family from suffering for 20 years as I did.

Back to my definition of recovery;

A 12 Step process that creates a thirst for a Christ filled life, receiving the promises of salvation, peace, joy and comfort, healing.

Recovery from hurts, habits and hang-ups, addictions

Recovery takes place as you HONESTLY work the steps, drawing closer to Jesus Christ

Let's begin with a few words from God;

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Genesis 1:27 (NIV) 27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

Jeremiah 29:11(NIV) 11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

We know that the 12 steps and 8 principles of recovery are taken from the Bible. They are logical stepping stones to Recovery.

Now let's couple together Jeremiah 29:11 and the 12 Biblical steps of recovery,

It should be reasonable to assure, that you are in recovery because this is the first step in Gods plan for your life. We can also have confidence in God that when we HONESTLY, and diligently complete His steps, we will be well on our way to peace, joy, comfort as Jesus promises.

Ezekiel 36:26"A new heart also will I give you, and a new spirit will I put within you, and I will take away the stony heart out of your flesh, and I will give you an heart of flesh."

Check our website for a full lesson <http://www.crgwd.net>

God Bless You/

Mr. Howard Christian Recovery Minister

An overview of the 12 God given recovery process steps is;

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Mr. Howard Cristian Recovery Minister

In steps 1-3 We reconcile with God,

- we begin to understand who God is, we realize we are powerless to change.
- We earnestly believe that God exists, that you matter to Him, that He has the power to help you recover.
- We make a decision to turn our wills and lives over to the care of God.

In steps 4-6, We reconcile with ourselves,

- we learn about ourselves, our hurts, who has hurt us, who have we hurt.

Steps 7-9 We reconcile with others, (take a deep breath, we don't do these steps alone)

- we voluntarily submit to every change God wants to make in our lives,
- we humbly ask Him to remove our character defects.
- We make a list of all the people we have harmed, and become willing to make amends to all of them.
- We make a list of those who have harmed us and we forgive them. (Before you freak out let me help you with 7-9. This may take some time, and we may address to do some of this in writing).
- We commit to make a daily time for God

Steps 10-12 We continue our healing

- by daily keeping an inventory of our wrongs for the day, making amends continuing in prayer, asking God for daily direction and His plan for our lives.
- We discover ways to give back, to help others.

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- Christians, those who love and follow the commands of Jesus, cannot help but be drawn by God into service to others.

Parting thought, do not do this without asking God to help you, don't live for 20 years with hurts and character defects. This is the part of your recovery where God plays a crucial role.

A Prayer for Healing and Grace

Dear God,

We confess our need for you today. We need your healing and your grace. We need hope restored. We need to be reminded that you work on behalf of those you love, constantly, powerfully, completely. Forgive us for trying to fix our situations all on our own. Forgive us for running all different directions and spinning our wheels to find help, when true help and healing must be found first in You. Forgive us for forgetting how much we need you, above everyone and everything else. We come to you and bring you the places we are hurting. You see where no one else is able to fully see or understand. You know the pain we've carried. The burdens. The cares. You know where we need to be set free. We ask for your healing and grace to cover every broken place. Every wound. Every heartache. Thank you that you are Able to do far more than we could ever imagine.

In Jesus' Name, Amen ~ Debbie McDaniel

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THE 12 STEPS AND THEIR BIBLICAL COMPARISONS

Step 1:

We admitted we were powerless over our addictions and compulsive behavior; 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 NIV

Step 2:

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

“For it is God who is at work in you to will and to act according to his good purpose.” -- Philippians 2:13 NIV

Step 3:

Made a decision to turn our life and our will over to the care of God.

“Therefore, I urge you, brothers, in view of God’s mercy pleasing to God— this is your spiritual act of worship.” -- Romans 12:1 NIV

Step 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 NIV

Step 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 5:16a NIV

Step 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

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NIV

Step 7:

We 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 NIV

Step 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 NIV

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

- Matthew 5:23–24 NIV

Step 10:

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

“So, if you think you are standing-- 1 Corinthians 10:12be NIV

Step 11:

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

“Let the word of Christ dwell in you richly.” -- Colossians 3:16a NIV

Step 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 NIV