

THE TWELVE STEPS AND THEIR BIBLE BASIS

1. We admitted we were powerless over our addictions and compulsive behavior. That our lives had become unmanageable. *For I know that nothing good dwells in me that is, in my flesh; for the wishing is present in me, but the doing of the good is not.* Romans 7:18

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, both to will and to work for His good pleasure.* Philippians 2:1-3

3. Made a decision to turn our will and our lives over to the care of God as we understood Him. *I urge you, therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.* Romans 12:1

4. Made a searching and fearless moral inventory of ourselves. *Let us examine and probe our ways, 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 one another, and pray for one another, so that you may be healed.* James 5:16a

6. Were entirely ready to have God remove all these defects of character. *Humble yourselves in the presence of the Lord, and He will exalt you.* James 4:10

7. Humbly asked Him to remove all our shortcomings. *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.* I John 1:9

8. Made a list of all persons we had harmed and became willing to make amends to them all. *And just as you want men to treat you, treat them in the same way.* Luke 6:31

9. Made direct amends to such people whenever possible, except when to do so would injure them or others. *If, therefore, you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering.* Matthew 5:23-24

10. Continued to take personal inventory and when we were wrong, promptly admitted it. *Therefore, let him who thinks he stands take heed lest he fall.* I Corinthians 10:12

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 power to carry that out. *Let the Word of Christ richly dwell in you.* 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. *Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; looking to yourselves, lest you too be tempted.* Galatians 6:1