



THE 12 STEPS – A CLASSIC MODEL FOR SPIRITUAL GROWTH

The 12-Step process is an experience of being changed by a loving, supportive God who knows what we need and helps us through our pain to see and give up our own selfish agendas and surrender to His. The 12-Steps offer a structure of discipline to become holy and whole. Our task is to remove the self-imposed blocks or character defects that stand between God and us. We do this so we can be awakened, meet God personally with our own true selves, and do his will. The 12-Steps are like scaffolding that allows the “spiritual house” of our personal life to be built. This study of the 12-Steps will be an amazing spiritual adventure. Act like a man!

A Man knows he is powerless over sin and therefore, surrenders to God.

The 12 Steps – A Means of Growth
Isaiah 58:12

February 22, 2018
Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12, Romans 7:15-20; Matthew 10:39.

Music: Come As You Are- Crowder – 4:49.
https://www.youtube.com/watch?v=JcDj_GF4QM0

Video: My Name is Bill W Chapter 7
<https://www.youtube.com/watch?v=e2AHHeQhPgE>

Resources: **Book:** *A Hunger for Healing—The Twelve Steps as a Classic Model for Christian Spiritual Growth* by J. Keith Miller
Book: *The Life Recovery Journey—Inspiring Stories and Biblical Wisdom as You Work the Twelve Steps and Let Them Work You* by Stephen Arterburn & David Stoop
Book: *The Twelve Steps—A Spiritual Journey—A Working Guide for Healing Damaged Emotions* by RPI Publishing

The Twelve Steps & Spiritual Disciplines

Goal:	Discipline:
1. Peace with God	1. Submission (Rom 7:17)
2. Peace with God	2. Conversion (Phil 2:13)
3. Peace with God	3. Conversion (Rom 12:1)
4. Peace with Ourselves	4. Confession (Lam 3:20)
5. Peace with Ourselves	5. Confession (James 5:16)
6. Peace with Ourselves	6. Repentance (James 4:10)
7. Peace with Ourselves	7. Repentance (I John 1:9)
8. Peace with Others	8. Amends (Luke 6:31)
9. Peace with Others	9. Amends (Matt 5:23,24)
10. Peace with Others	10. Maintenance (I Cor 10:12)
11. Keeping the Peace	11. Prayer (Col 3:16)
12. Keeping the Peace	12. Ministry (Gal 6:1)

The Twelve Steps: Step One – We are Powerless—a War of Control.

1. _____ > We learn to do whatever we can to make life go well. We look at the people and things around us and assure ourselves that we are in control and that we are happy, that we have power, and that we are complete. We tend to hide any evidence of weak or selfish behavior that might reveal a lack of power or reveal that our motives are self-serving. Clues that reveal our attempts to control:

1. _____ > Things are not going exactly the way we want. We tend to blame our failure on other people or on circumstances. We even sabotage the good life we believe we have built.

2. _____ > We begin to feel restless, angry, fearful, and ashamed.

2. _____ > We'll do anything to appear to be in control. We exaggerate stories to make ourselves look better. We over-spiritualize by “claiming Jesus’ forgiveness.” We live in denial believe that we can change at any time.

The Twelve Steps: Step One – Life has Become Unmanageable.

We experience exaggerated feelings that threaten to overwhelm us. But we can't own these feelings. We seek to control in our own power.

1. _____ > Isolation and seeing people as objects for our pleasure.

2. _____ > Numb ourselves from any pain.

3. _____ > Obsessed with being right.

4. _____ > Compulsive behaviors.

5. _____ > “Don't spend money!”

6. _____ > Broken promises.

7. _____ > Move!

8. _____ > No voice – afraid to speak up!

9. _____ > Frantic! Frustrated!

10. _____ > Ulcers, stomach pains, back problems, etc.

The Twelve Steps: Step One – Doorway to Recovery.

1. _____ > We finally break down the delusion of power and brings us to the point of acknowledging the powerlessness that has been there all along.

2. _____ > The pain of our compulsions, addictions, and denial and the resulting strained or broken relationships that drive us to the stark awareness of our powerlessness.

3. _____ > We reach a point where nothing in life works. “I can't fix myself; I'm lost!” “I've got to get well. I can't stand living like this anymore.”

4. _____ > Turn to God and say in shame and guilt: “Lord, I can see it now. I am a compulsive controller. And I have hurt the very people you have given to me to love by attempting to ‘fix’ them and determine what's best from them. I can see that I am powerless to change the behavior. My life is unmanageable. See Matthew 10:39.

ACTION: Journal This!

- 1.What continual or excessive feelings cause you to feel powerless?
 - 2.What behaviors cause you to feel powerless?
 - 3.What people cause you to feel powerless?
- Therefore, are you ready to admit your need for help?

Bible Verses – New Living Translation

Isaiah 58:12 - ¹²Some of you will rebuild the deserted ruins of your cities. Then you will be known as a builder of walls and a restorer of homes.

Romans 7:15-20 - ¹⁵ I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. ¹⁶ But if I know that what I am doing is wrong, this shows that I agree that the law is good. ¹⁷ So I am not the one doing wrong; it is sin living

in me that does it. ¹⁸ And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ²⁰ But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.

Matthew 10:39 - ³⁹ If you cling to your life, you will lose it; but if you give up your life for me, you will find it.

"Come As You Are"
By David Crowder

Come out of sadness
From wherever you've been
Come broken hearted
Let rescue begin
Come find your mercy
Oh sinner come kneel
Earth has no sorrow
That heaven can't heal
Earth has no sorrow
That heaven can't heal

So lay down your burdens
Lay down your shame
All who are broken
Lift up your face
Oh wanderer come home
You're not too far
So lay down your hurt
Lay down your heart
Come as you are

There's hope for the hopeless
And all those who've strayed
Come sit at the table
Come taste the grace
There's rest for the weary
Rest that endures
Earth has no sorrow
That heaven can't cure

So lay down your burdens
Lay down your shame
All who are broken
Lift up your face
Oh wanderer come home
You're not too far
So lay down your hurt
Lay down your heart
Come as you are
Come as you are
Fall in his arms
Come as you are
There's joy for the morning
Oh sinner be still
Earth has no sorrow
That heaven can't heal
Earth has no sorrow
That heaven can't heal

So lay down your burdens
Lay down your shame
All who are broken
Lift up your face
Oh wanderer come home
You're not too far
So lay down your hurt
Lay down your heart
Come as you are

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The 12 Steps

Step 1: We admitted we were powerless over Sin - that our lives had become unmanageable

Powerless Over Sin

Isaiah 58:12; Romans 7:15-20

THE 12 STEPS: A CLASSIC MODEL FOR SPIRITUAL GROWTH



The 12 Step process is an experience of being changed by a loving, supportive God who knows what we need and helps us through our pain to see and give up our own selfish agendas and surrender to His. The 12-Steps offer a structure of discipline to become holy and whole. Our task is to remove the self-imposed blocks or character defects that stand between God and us. We do this so we can be awakened, meet God personally with our own true selves, and do his will. The 12-Steps are like scaffolding that allows the “spiritual house” of our personal life to be built. This study of the 12-Steps will be an amazing spiritual adventure. Act like a man!

The 12 Steps: Goals & Spiritual Disciplines



Goal:

1. Peace with God.
2. Peace with God.
3. Peace with God.
4. Peace with Ourselves.
5. Peace with Ourselves.
6. Peace with Ourselves.
7. Peace with Ourselves.
8. Peace with Others.
9. Peace with Others.
10. Peace with Others.
11. Keeping the Peace.
12. Keeping the Peace.

Discipline:

1. Submission (Rom. 7:17).
2. Conversion (Phil. 2:13).
3. Conversion (Rom. 12:1).
4. Confession (Lam. 3:40).
5. Confession (James 5:16).
6. Repentance (James 4:10).
7. Repentance (I John 1:9).
8. Amends (Luke 6:31).
9. Amends (Matt. 5:23-24).
10. Maintenance (I Cor. 10:12).
11. Prayer (Col. 3:16).
12. Ministry (Gal. 6:1).

The 12 Steps: Step One – We are Powerless – a War of Control



1. **Worth as a Person** > We learn to do whatever we can to make life go well. We look at the people and things around us and assure ourselves that we are in control and that we are happy, that we have power, and that we are complete. We tend to hide any evidence of weak or selfish behavior that might reveal a lack of power or reveal that our motives are self-serving. Clues that reveal our attempts to control:
 1. **Irritation and Blaming** > Things are not going exactly the way we want. We tend to blame our failure on other people or on circumstances. We even sabotage the good life we believe we have built.
 2. **Disturbing Emotional Experiences** > We begin to feel restless, angry, fearful, and ashamed.
2. **Lie—Change at Any Time** > We'll do anything to appear to be in control. We exaggerate stories to make ourselves look better. We over-spiritualize by “claiming Jesus’ forgiveness.” We live in denial believe that we can change at any time.

The 12 Steps: Step One – Life has Become Unmanageable



1. We experience exaggerated feelings that threaten to overwhelm us. But we can't own these feelings. We seek to control in our own power.
 1. **Loneliness** > Isolation and seeing people as objects for our pleasure.
 2. **Loss of Feelings** > Numb ourselves from any pain.
 3. **Broken Relationships and Resentments** > Obsessed with being right.
 4. **Uncontrollable Exaggerated Feelings** > Compulsive behaviors.
 5. **Making Rules that we Ourselves Don't Keep** > "Don't spend money!"
 6. **Forgetting to Do the Things that Nurture Our Relationships** > Broken promises.
 7. **Geographical Cures** > Move!
 8. **Fear of Authority Figures** > No voice – afraid to speak up!
 9. **Feeling a Confused Sense of Unreality** > Frantic! Frustrated!
 10. **Unexplainable Physical Symptoms** > Ulcers, stomach pains, back problems, etc.

The 12 Steps: Step One – Doorway to Recovery



1. **Pain** > We finally break down the delusion of power and brings us to the point of acknowledging the powerlessness that has been there all along.
2. **Tragedy or Crisis** > The pain of our compulsions, addictions, and denial and the resulting strained or broken relationships that drive us to the stark awareness of our powerlessness.
3. **Nothing Works!** > We reach a point where nothing in life works. “I can’t fix myself; I’m lost!” “I’ve got to get well. I can’t stand living like this anymore.”
4. **Broken** > Turn to God and say in shame and guilt: “Lord, I can see it now. I am a compulsive controller. And I have hurt the very people you have given to me to love by attempting to ‘fix’ them and determine what’s best from them. I can see that I am powerless to change the behavior. My life is unmanageable. See Matthew 10:39.

ACTION: Journal This!



1. What continual or excessive feelings cause you to feel powerless?
2. What behaviors cause you to feel powerless?
3. What people cause you to feel powerless?

Therefore, are you ready to admit your need for help?