



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 his growth and recovery is a team effort.

The 12 Steps – Starting the Journey
Isaiah 58:12

February 01, 2018

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12; Ecclesiastes 4:9-12; James 5:14-16; I Thess. 5:14-17; Hebrews 10:24; John 8:31-34; Jeremiah 29:11-14; Matthew 7:7-8

Music: Brantley Gilbert: "Just As I Am"

https://www.youtube.com/watch?v=4WaE0DEk_s8

Video:

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

Twelve Steps – Support & Community - James 5:14-16; I Thess. 5:14-17; Heb. 10:24; John 8:31-32.

1. _____ > Sharing your recovery story with your TEAM will reveal how your attitudes about yourself and others can be founded on faulty information. We learned this information from a number of people: parents, siblings, and other relatives who did not know, or perhaps did not care to know, the truth about their own worth and value, or the beauty of other people.
2. _____ > Creating a safe place for one another is a very important part of the recovery process as we come together to be supported and to share our journey. We will identify the fears and resentments of our past. This helps us break the vicious cycle of passing hurtful and addictive behavior on to our own children. If we delay taking responsibility for our need for recovery and change, our own children may be faced with self-defeating behaviors in their lives.
3. _____ > We need support in our recovery journey. Telling your story to those who care about you will help to rebuild your ability to trust. By sharing openly we discover what is in our own hearts and minds. The dynamics of discovering what we feel and think often occurs through communication with others. We experience the courage to let go of fear, we feel empowered to allow the past to slip away in order to live freely.

The Twelve Steps – Choosing a Teammate. - Jeremiah 29:11-14; Matthew 7:7,8.

1. _____ > A Recovery Teammate is someone you can trust, someone who will help you recognize how denial keeps us from discovering the truth about ourselves. A Teammate makes it easier to identify our fears and resentments, as well as our self-defeating and addictive behavior.
2. Qualities of a Good Teammate:
 1. _____ > Willingness to share his walk with God.
 2. _____ > Committed to recovery, working the Steps, and sharing his story.
 3. _____ > Provide support and encouragement by listening and giving honest feedback without trying to force change.
 4. _____ > Openness of communication in all matters, even when discussing sensitive issues such as sexual abuse, violence, or other severe trauma-inducing subjects.
 5. _____ > Shares common interests and experiences and displays positive results in recovery.
 6. _____ > Understands with addictive, compulsive, or obsessive behavior.
 7. _____ > Patience in listening attentively and offer suggestions without giving advice.
 8. _____ > Is willing to spend time together when it is necessary.
 9. _____ > Knows how to understand without judgment.
 10. _____ > Lives with acceptance without rejection. Yet, knows how to say “NO.”

The Twelve Steps – Teammate Agreement

1. _____ > We are committed to recovery and walking with God through the process. We are committed to prayer and meditation on God's Word in order to experience His grace.
2. _____ > We are committed to being available for our healing and change through mutual support and encouragement. We will “show up!”

3. _____ > We are committed to listening attentively and offering feedback that enables us to explore options and possible courses of action. We will share feelings and tell the truth. Feelings require acknowledgement and appropriate expression while not being judged as right or wrong.
4. _____ > We are committed to telling our stories through our journaling or written recovery work. Sharing is not a lengthy or dramatic re-creation of personal stories or intellectualizing. We will resist over-spiritualizing or preaching.
5. _____ > We are committed to reading, journaling, or whatever homework is agreed to for our recovery. We will do our work!
6. _____ > We are committed to holding all that is shared as sacred. Recovery is built on trust. Fear of gossip will prevent honest sharing.
7. _____ > We are committed to experiencing the pain of the healing process. We are willing to talk about the pain and acknowledge the issues in our recovery. No pain, no gain!

ACTION: Journal This!

1. Who is your Recovery Teammate?
2. Who are your mentors?
3. What do you fear about openness and vulnerability?

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.

Ecclesiastes 4:9-12; ⁹ Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. ¹¹ Likewise, two people lying close together can keep each other warm. But how can one be warm alone? ¹² A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

James 5:14-16; ¹⁴ Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. ¹⁵ Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. ¹⁶ Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

I Thess. 5:14-17; ¹⁴ Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone. ¹⁵ See that no one pays back evil for evil, but always try to do good to each other and to all people. ¹⁶ Always be joyful. ¹⁷ Never stop praying.

Hebrews 10:24; ²⁴ Let us think of ways to motivate one another to acts of love and good works.

John 8:31-34; ³¹ Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. ³² And you will know the truth, and the truth will set you free."

³³ "But we are descendants of Abraham," they said. "We have never been slaves to anyone. What do you mean, 'You will be set free'?" ³⁴ Jesus replied, "I tell you the truth, everyone who sins is a slave of sin.

Jeremiah 29:11-14; ¹¹ For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me. ¹⁴ I will be found by you," says the LORD. "I will end your captivity and restore your fortunes. I will gather you out of the nations where I sent you and will bring you home again to your own land."

Matthew 7:7-8; ⁷ "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. ⁸ For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

**"Just As I Am"
by Brantley Gilbert**

You said come just as you are
Skin and bones smell like a bar
You sure you want me there this way
Okay, well I'm on my way
I'll grab this bottle just in case
I'm just too ashamed to pray
Well I'm bringing this burden to you now
Yea the prodigal son returns
The only way that I know how, the only way that I know how

Gonna drive my steel horse down to the alter
Put my hands on the tank and pray
Lord I ain't got much to offer
And I ain't tryin to die this way
So may this bottle be the body
And this bourbon be the blood
If I pour it out will you take my offering
Give me the strength to never pick it up
Yea here I stand, just as I am

You know most folks don't understand
That I'm talkin bout pourin out my best friend
Damn, it sounds so sad, but that's how it is
And that's why it's gotta end

Lord I've tried it by myself
Forget my pride, I need your help

Gonna drive my steel horse down to the alter
Put my hands on the tank and pray
Lord I ain't got much to offer
But I ain't tryin to die this way
So may this bottle be the body
And this bourbon be the blood
If I pour it out will you take my offering
Give me the strength to never pick it up
Here I stand, just as I am

Mmmmmhmmmmmm
So fill that river full of tears and whiskey
Blood I've spilled and the wars I've waged
A thousand loved lost heart broke memories
Scars on the heart and the skin I'm wearin
Raise me up, a brand new man
So I can face this world, just as I am

You said come just as you are
Skin and bones and broken heart
You kept your word, and here I stand,
Born again, just as I am

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The Twelve Steps

Support & Community

Isaiah 58:12, Ecclesiastes 4:9-12

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 Twelve 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 Twelve Steps: Support & Community

James 5:14-16; 1 Thess. 5:14-17; Heb. 10:24; John 8:31-32



1. **Know & Understand Yourself** > Sharing your recovery story with your Group will reveal how your attitudes about yourself and others can be founded on faulty information. We learned this information from a number of people: parents, siblings, and other relatives who did not know, or perhaps did not care to know, the truth about their own worth and value, or the beauty of other people.
2. **Be Open & Vulnerable** > Creating a safe place for one another is a very important part of the recovery process as we come together to be supported and to share our journey. We will identify the fears and resentments of our past. This helps us break the vicious cycle of passing hurtful and addictive behavior on to our own children. If we delay taking responsibility for our need for recovery and change, our own children may be faced with self-defeating behaviors in their lives.
3. **Support** > We need support in our recovery journey. Telling your story to those who care about you will help to rebuild your ability to trust. By sharing openly we discover what is in our own hearts and minds. The dynamics of discovering what we feel and think often occurs through communication with others. We experience the courage to let go of fear, we feel empowered to allow the past to slip away in order to live freely.

The Twelve Steps: Choosing a Teammate

Jeremiah 29:11-14, Matthew 7:7-8



1. **Trust** > A Recovery Teammate is someone you can trust, someone who will help you recognize how denial keeps us from discovering the truth about ourselves. A Teammate makes it easier to identify our fears and resentments, as well as our self-defeating and addictive behavior.
2. Qualities of a Good Teammate:
 1. **Faith** > Willingness to share his walk with God.
 2. **Recovery** > Committed to recovery, working the Steps, and sharing his story.
 3. **Feedback** > Provide support and encouragement by listening and giving honest feedback without trying to force change.
 4. **Openness** > Openness of communication in all matters, even when discussing sensitive issues such as sexual abuse, violence, or other severe trauma-inducing subjects.
 5. **Chemistry** > Shares common interests and experiences and displays positive results in recovery.
 6. **Identifies** > Understands with addictive, compulsive, or obsessive behavior.
 7. **Compassion** > Patience in listening attentively and offer suggestions without giving advice.
 8. **Available** > Is willing to spend time together when it is necessary.
 9. **Relate ability** > Knows how to understand without judgment.
 10. **Grace Oriented** > Lives with acceptance without rejection. Yet, knows how to say "NO."

The Twelve Steps: Teammate Agreement



1. **Recovery & Walk with God** > We are committed to recovery and walking with God through the process. We are committed to prayer and meditation on God's Word in order to experience His grace.
2. **Available** > We are committed to being available for our healing and change through mutual support and encouragement. We will "show up!"
3. **Honest Feedback** > We are committed to listening attentively and offering feedback that enables us to explore options and possible courses of action. We will share feelings and tell the truth. Feelings require acknowledgement and appropriate expression while not being judged as right or wrong.
4. **Share Well** > We are committed to telling our stories through our journaling or written recovery work. Sharing is not a lengthy or dramatic re-creation of personal stories or intellectualizing. We will resist over-spiritualizing or preaching.
5. **Structure** > We are committed to reading, journaling, or whatever homework is agreed to for our recovery. We will do our work!
6. **Confidentiality** > We are committed to holding all that is shared as sacred. Recovery is built on trust. Fear of gossip will prevent honest sharing.
7. **Accept Discomfort** > We are committed to experiencing the pain of the healing process. We are willing to talk about the pain and acknowledge the issues in our recovery. No pain, no gain!

ACTION: Journal This!



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2. Who are your mentors?
3. What do you fear about openness and vulnerability?