



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 must decide to surrender to Jesus.

The 12 Steps – Step 3
Made a Decision!

March 08, 2018
Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12, Romans 12:1,2, Mark 12:28-34, Matthew 4:18-22

Music: The True Story Behind The Song "I Have Decided To Follow Jesus" <https://www.youtube.com/watch?v=9mLC2XAXKac>

Video: My Name is Bill W
<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 12 Steps: Step 3 > Giving Up Control!

1. _____ > The Big Book of A.A. describes the alcoholic's most basic problem not as alcohol but as self-centeredness and the need to control. Anger becomes evident in the relationships as control is attempted or resisted, relative to whether you are the controlled or the controller.

2. _____ > Basic to the Christian faith is the teaching of the need to surrender to Jesus Christ, to renounce all sinful desires that draw you from the love of God, to put your whole trust in His grace and love and to follow and obey him as Lord. However, we are not told that our desire to control the people, places, and things in our lives is Sin and was part of the surrender to Jesus Christ. We often become “caring Christians” and manipulative controllers.

3. _____ > Make a decision to turn your “entire live and will” over to God, to let God be the director of your life.

The 12 Steps: Step 3 > Surrender is HARD! How do you know?

1. _____ > Some men try to control the process of healing by “understanding” them, rather than entering the process by experiencing the emotional meaning of fully acknowledging controlling behaviors.

2. _____ > Many men live their lives as if God is **their** servant and will help then attain their goals. We say, “God gave me all these abilities, and I’m going to do what I can to solve each problem first. I’ll turn my problem over to Him after I have done all that I can.” We try harder and then get angry when God does not do what we want.

3. _____ > The pain, failure, and alienation caused by our Sin-disease and denial must be acknowledged. God has to show us the extent of our repressed need to control—even Him—by not answering prayers that would not lead us to recovery but only back into trying to control our lives.

The 12 Steps: Step 3 > Fire the God in Your Head and Find the God who wants to live in your Heart!

1. _____ > We need to fire the concept of God who promises He will be with you and then really doesn’t come when you count on Him. We need to fire the God who say He loves me but is gone out of town or too tired to show up and teach you to be a man and teach you how to grow up. Fire the God who is made in the image of your father.

2. _____ > Acknowledge your compulsive and addictive behaviors and trust God by surrendering your life and your will to God. It is your lack of trust that keeps you trapped in the “control” disease. If you stopped trying to control your family, your finances, your intimate relationships, God might.

3. _____ > The God of the Bible loves me and is there for me, who’s honest and dependable and cares enough to confront my denial and my lies and my subtle attempts to get everybody to do it my way. The God of my emotional spiritual reality and the God of my head are much more the same.

4. _____ > “Making a decision” to do something is only the first part of doing it. Once you decide to give your life and will to Him, the other steps are designed to remove the blocks, the things that keep you from surrendering your bruised, self-defeating past and becoming that man God made you to be.

ACTION: Journal This!

1. Look at your background – What are the specific fears that come to mind when you consider turning your will and your life over to God?
2. Understanding God – What areas of your life do you have difficulty trusting God (e.g. finances, family matters, intimate needs, etc.)?
3. Have you made a commitment of your life to Jesus Christ?

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 12:1,2 - ¹ And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Mark 12:28-34 - ²⁸ One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?" ²⁹ Jesus replied, "The most important commandment is this: 'Listen, O Israel! The LORD our God is the one and only LORD.' ³⁰ And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.' ³¹ The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than

these." ³² The teacher of religious law replied, "Well said, Teacher. You have spoken the truth by saying that there is only one God and no other. ³³ And I know it is important to love him with all my heart and all my understanding and all my strength, and to love my neighbor as myself. This is more important than to offer all of the burnt offerings and sacrifices required in the law." ³⁴ Realizing how much the man understood, Jesus said to him, "You are not far from the Kingdom of God." And after that, no one dared to ask him any more questions.

Matthew 4:18-22 - ¹⁸ One day as Jesus was walking along the shore of the Sea of Galilee, he saw two brothers—Simon, also called Peter, and Andrew—throwing a net into the water, for they fished for a living. ¹⁹ Jesus called out to them, "Come, follow me, and I will show you how to fish for people!" ²⁰ And they left their nets at once and followed him. ²¹ A little farther up the shore he saw two other brothers, James and John, sitting in a boat with their father, Zebedee, repairing their nets. And he called them to come, too. ²² They immediately followed him, leaving the boat and their father behind.

"I HAVE DECIDED TO FOLLOW JESUS"

I have decided to follow Jesus
I have decided to follow Jesus
I have decided to follow Jesus
No turning back, No turning back

I will follow You, I will follow You, I will follow You my God
I will follow You, I will follow You, I will follow You my God

Though none go with me still I will follow
Though none go with me still I will follow
Though none go with me still I will follow
No turning back, No turning back

I will follow You, I will follow You, I will follow You my God
I will follow You, I will follow You, I will follow You my God

The world behind me, the Cross before me
The world behind me, the Cross before me
The world behind me, the Cross before me
No turning back, No turning back

I will follow You, I will follow You, I will follow You my God
I will follow You, I will follow You, I will follow You my God
Yeah, I will follow you, my God

Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl.

Licensed Marriage & Family Therapist & Licensed Professional Counselor

Email: phil@bpointl.org

Webpage: www.bpointl.org



The 12 Steps

Step 3: Made a Decision to Turn Our Will and Our Lives Over to the Care of God as We Understood Him. Step 3 involves a decision to let God be in charge of our lives.

Made a Decision!

Isaiah 58:12; Romans 12:1,2; Mark 12:28-34; Matthew 4:18-22.

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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).
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The 12 Steps: Step 3 > Giving Up Control!



- 1. Need to Control** > The Big Book of A.A. describes the alcoholic's most basic problem not as alcohol but as self-centeredness and the need to control. Anger becomes evident in the relationships as control is attempted or resisted, relative to whether you are the controlled or the controller.
- 2. Need to Surrender** > Basic to the Christian faith is the teaching of the need to surrender to Jesus Christ, to renounce all sinful desires that draw you from the love of God, to put your whole trust in His grace and love and to follow and obey him as Lord. However, we are not told that our desire to control the people, places, and things in our lives is Sin and was part of the surrender to Jesus Christ. We often become "caring Christians" and manipulative controllers.
- 3. Bring to God** > Make a decision to turn your "entire live and will" over to God, to let God be the director of your life.

The 12 Steps: Step 3 > Surrender is HARD! How do you know?



1. **Intellectualization vs Experiencing the Emotional Meanings** > Some men try to control the process of healing by “understanding” them, rather than entering the process by experiencing the emotional meaning of fully acknowledging controlling behaviors.
2. **God will help me attain MY Goals** > Many men live their lives as if God is *their* servant and will help them attain their goals. We say, “God gave me all these abilities, and I’m going to do what I can to solve each problem first. I’ll turn my problem over to Him after I have done all that I can.” We try harder and then get angry when God does not do what we want.
3. **Own Our Repressed Need to Control** > The pain, failure, and alienation caused by our Sin-disease and denial must be acknowledged. God has to show us the extent of our repressed need to control—even Him—by not answering prayers that would not lead us to recovery but only back into trying to control our lives.

The 12 Steps: Step 3 > Fire the God in Your Head and Find the God who wants to live in your Heart!



1. **Fire God** > We need to fire the concept of God who promises He will be with you and then really doesn't come when you count on Him. We need to fire the God who say He loves me but is gone out of town or too tired to show up and teach you to be a man and teach you how to grow up. Fire the God who is made in the image of your father.
2. **Trust God** > Acknowledge your compulsive and addictive behaviors and trust God by surrendering your life and your will to God. It is your lack of trust that keeps you trapped in the "control" disease. If you stopped trying to control your family, your finances, your intimate relationships, God might.
3. **Head & Heart God** > The God of the Bible loves me and is there for me, who's honest and dependable and cares enough to confront my denial and my lies and my subtle attempts to get everybody to do it my way. The God of my emotional spiritual reality and the God of my head are much more the same.
4. **First Step** > "Making a decision" to do something is only the first part of doing it. Once you decide to give your life and will to Him, the other steps are designed to remove the blocks, the things that keep you from surrendering your bruised, self-defeating past and becoming that man God made you to be.

ACTION: Journal This!



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