



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!

Made a list of all persons we had harmed and became WILLING to make amends to them ALL.

The 12 Steps – Step 8
Make Amends!

April 26, 2018

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: 2 Corinthians 5:18–19, Leviticus 6:1-7, Proverbs 16:6-7, Ezekiel 33:14-16, Luke 19:8-10, Romans 12:18

Music: Johnny Cash – A Boy Named Sue
www.youtube.com/watch?v=NIMqEEASoWQ

Video: Tom Petty – Runnin' Down A Dream

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 (1 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 (1 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)

The 12 Steps > Step 8: Practice Reconciliation!

1. _____ > Step 8 begins to strip away the mask of self-righteousness, self-deception, and denial as we begin to WALK christian rather than TALK christian. When we are in denial, we are not fully aware of the dishonesty of our behavior, and we tend to defend our perceptions to the death.

2. _____ > This word expresses the heart and soul of our responsibility as Believers. It is not simply a strategy, but a lifestyle – the Way, the Truth, and the Life.

3. _____ > In 2 Corinthians 5:16–21, the apostle Paul tells Believers that they have been given the ministry of reconciliation. It means restoration to right standing and to favor. In just a few verses, the word reconciliation is repeated five times, underlining its importance.

4. _____ > We are actually commanded by God to, “Seek peace and pursue it.” (*Psalms 34:14*) And Jesus said to MAKE PEACE not to keep peace (be nice). “Blessed are the PEACEMAKERS, for they will be called children of God.” (*Matthew 5:9*)

5. _____ > Teshuvah (the Hebrew word for repentance) is a turning toward both God and man. We understand that it is a five-step process:

1. Recognition of our sins;
2. Confessing our sins to those we have hurt and asking for forgiveness;
3. Ceasing from the sin;
4. Demonstrating remorse and regret for the sin;
5. Resolving to live in a new way by refraining from the sin in the future.

The 12 Steps > Step 8: Biblical Models of Amends & Reconciliation!

1. _____ > Jacob is the best example of making amends & personal transformation. He overcomes a deceitful past and grows into a mature man desirous of overcoming hatred. He is willing to take risks to create a new beginning of brotherhood with Esau. His hard work overcomes the pent-up hatred and anger which Esau surely harbored. In a grand act of covenantal love and mercy, Esau, who perhaps had every fleshly right to continue hating his brother, embraced and kissed him as they both wept. (*Genesis 33:4*)

2. _____ > When it comes to personal relations, no matter how bitter an argument has become, there is always an opening and an urgent need to seize that opening in repairing broken bonds with others. Therefore, “with the power vested in him, he [Joseph] was able to mastermind a compassionate new beginning” and restore his family's unity. (*Genesis Chapters 42 to 50*)

3. _____ > The prophet Elisha anointed King Jehu to reconcile Israel back to God. Sadly, Jehu only partially cleansed the nation. He killed the false prophets of Baal and the evil Queen Jezebel who led Israel into such intense idolatry. He also shattered many of the statues that the people worshiped. Most importantly, however, the people's hearts were not cleansed of their idolatrous desires. Because the people only partially cleansed their hearts and practices, full peace and reconciliation with God was not restored, and Israel began to lose its battles and territories. (*2 Kings Chapter 9*)

4. _____ > It is often easy once we have our addictive behavior behind us to look only forward and forget about people we may have hurt in the past. But here we see how blessed it can be to go further and to take the step of making amends to those we have wronged. In Zacchaeus' case, it brought the Lord to proclaim, “Today salvation has come to this house,...”. (*Luke 19:8-10*)

ACTION: Journal This!

1. Are you willing to be willing to make amends?
2. Who do you need to make amends to?
3. Are you willing to be specific about the things you've done that hurt others?
4. Write out your list of those you have harmed and go through it with a SAFE person before you actually begin the process. Someone who's actually done it before and lives a life of continual reconciliation. Someone living a life of recovery – recovering the Life God intended.

Bible Verses – New Living Translation

2 Corinthians 5:18–19 – ¹⁸ And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. ¹⁹ For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation.

Leviticus 6:1–7 – ¹ Then the LORD said to Moses, ² “Suppose one of you sins against your associate and is unfaithful to the LORD. Suppose you cheat in a deal involving a security deposit, or you steal or commit fraud, ³ or you find lost property and lie about it, or you lie while swearing to tell the truth, or you commit any other such sin. ⁴ If you have sinned in any of these ways, you are guilty. You must give back whatever you stole, or the money you took by extortion, or the security deposit, or the lost property you found, ⁵ or anything obtained by swearing falsely. You must make restitution by paying the full price plus an additional 20 percent to the person you have harmed. On the same day you must present a guilt offering. ⁶ As a guilt offering to the LORD, you must bring to the priest your own ram with no defects, or you may buy one of equal value. ⁷ Through this process, the priest will purify you before the LORD, making you right with him, and you will be forgiven for any of these sins you have committed.”

Proverbs 16:6–7 – ⁶ Unfailing love and faithfulness make atonement for sin. By fearing the LORD, people avoid evil. ⁷ When people's lives please the LORD, even their enemies are at peace with them.

Ezekiel 33:14–16 – ¹⁴ And suppose I tell some wicked people that they will surely die, but then they turn from their sins and do what is just and right. ¹⁵ For instance, they might give back a debtor's security, return what they have stolen, and obey my life-giving laws, no longer doing what is evil. If they do this, then they will surely live and not die. ¹⁶ None of their past sins will be brought up again, for they have done what is just and right, and they will surely live.

Luke 19:8–10 – ⁸ Meanwhile, Zacchaeus stood before the Lord and said, “I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!” ⁹ Jesus responded, “Salvation has come to this home today, for this man has shown himself to be a true son of Abraham. ¹⁰ For the Son of Man came to seek and save those who are lost.”

Romans 12:18 – ¹⁸ Do all that you can to live in peace with everyone.

"A Boy Named Sue" Johnny Cash

My daddy left home when I was three
And he didn't leave much to ma and me
Just this old guitar and an empty bottle of booze.
Now, I don't blame him cause he run and hid
But the meanest thing that he ever did
Was before he left, he went and named me "Sue".

Well, he must o' thought that is quite a joke
And it got a lot of laughs from a' lots of folk,
It seems I had to fight my whole life through.
Some gal would giggle and I'd get red
And some guy'd laugh and I'd bust his head,
I tell ya, life ain't easy for a boy named "Sue".

Well, I grew up quick and I grew up mean,
My fist got hard and my wits got keen,
I'd roam from town to town to hide my shame.
But I made a vow to the moon and stars
That I'd search the honky-tonks and bars
And kill that man who gave me that awful name.

Well, it was Gatlinburg in mid-July
And I just hit town and my throat was dry,
I thought I'd stop and have myself a brew.
At an old saloon on a street of mud,
There at a table, dealing stud,
Sat the dirty, mangy dog that named me "Sue".

Well, I knew that snake was my own sweet dad
From a worn-out picture that my mother'd had,
And I knew that scar on his cheek and his evil eye.
He was big and bent and gray and old,
And I looked at him and my blood ran cold
And I said, "My name is 'Sue'! How do you do!
Now you're gonna die!"

Well, I hit him hard right between the eyes
And he went down, but to my surprise,
He come up with a knife and cut off a piece of my ear.
But I busted a chair right across his teeth
And we crashed through the wall and into the street
Kicking and a' gouging in the mud and the blood and the beer.

I tell ya, I've fought tougher men
But I really can't remember when,
He kicked like a mule and he bit like a crocodile.
I heard him laugh and then I heard him cuss,
He went for his gun and I pulled mine first,
He stood there lookin' at me and I saw him smile.

And he said, "Son, this world is rough
And if a man's gonna make it, he's gotta be tough
And I knew I wouldn't be there to help ya along.
So I give ya that name and I said goodbye
I knew you'd have to get tough or die
And it's the name that helped to make you strong."

He said, "Now you just fought one hell of a fight
And I know you hate me, and you got the right
To kill me now, and I wouldn't blame you if you do.
But ya ought to thank me, before I die,
For the gravel in ya guts and the spit in ya eye
Cause I'm the son of a bitch that named you 'Sue'."

I got all choked up and I threw down my gun
And I called him my pa, and he called me his son,
And I came away with a different point of view.
And I think about him, now and then,
Every time I try and every time I win,
And if I ever have a son, I think I'm gonna name him
Bill or George! Anything but Sue! I still hate that name!

Roane Hunter, Sr., LPC, CSAT, CCSAS

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The 12 Steps

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

The Rubber Meets the Road

2 Corinthians 5:18–19; Leviticus 6:1–7; Proverbs 16:6–7; Ezekiel 33:14–16; Romans 12:18

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 8: Practice Reconciliation!

1. **Walking the Talk**> Step 8 begins to strip away the mask of self-righteousness, self-deception, and denial as we begin to WALK Christian rather than TALK Christian. When we are in denial, we are not fully aware of the dishonesty of our behavior, and we tend to defend our perceptions to the death.
2. **Reconciliation = Responsibility** >This word expresses the heart and soul of our responsibility as Believers. It is not simply a strategy, but a lifestyle – the Way, the Truth, and the Life.
3. **It's Pretty Freaking Important!** >In 2 Corinthians 5:16–21, the apostle Paul tells Believers that they have been given the ministry of reconciliation. It means restoration to right standing and to favor. In just a few verses, the word reconciliation is repeated five times, underlining its importance.

The 12 Steps > Step 8: Practice Reconciliation!



4. **We are called to MAKE Peace – not make NICE** > We are actually commanded by God to, “Seek peace and pursue it.” (Psalm 34:14) And Jesus said to MAKE PEACE not to keep peace (be nice). “Blessed are the PEACEMAKERS, for they will be called children of God.” (Matthew 5:9)

5. **Reconciliation = Ownership** > *Teshuvah* (the Hebrew word for repentance) is a turning toward both God and man. We understand that it is a five-step process:
 - a) Recognition of our sins;
 - b) Confessing our sins to those we have hurt and asking for forgiveness;
 - c) Ceasing from the sin;
 - d) Demonstrating remorse and regret for the sin;
 - e) Resolving to live in a new way by refraining from the sin in the future.

The 12 Steps > Step 8: Biblical Models of Making Amends!



1. **Jacob & Esau** > Jacob is the best example of making amends & personal transformation. He overcomes a deceitful past and grows into a mature man desirous of overcoming hatred. He is willing to take risks to create a new beginning of brotherhood with Esau. His hard work overcomes the pent-up hatred and anger which Esau surely harbored. In a grand act of covenantal love and mercy, Esau, who perhaps had every right to continue hating his brother, embraced and kissed him as they both wept. (*Genesis 33:4*)
2. **Joseph & his brothers** > When it comes to personal relations, no matter how bitter an argument has become, there is always an opening and an urgent need to seize that opening in repairing broken bonds with others. Therefore, "with the power vested in him, he [Joseph] was able to mastermind a compassionate new beginning" and restore his family's unity. (*Genesis Chapters 42 to 50*)
3. **Elisha, Jehu, & the people of Israel** > The prophet Elisha anointed King Jehu to reconcile Israel back to God. Sadly, Jehu only partially cleansed the nation. Because the people only partially cleansed their hearts and practices, full peace and reconciliation with God was not restored, and Israel began to lose its battles and territories. (*2 Kings Chapter 9*)
4. **Zacchaeus** > It is often easy once we have our addictive behavior behind us to look only forward and forget about people we may have hurt in the past. But here we see how blessed it can be to go further and to take the step of making amends to those we have wronged. In Zacchaeus' case, it brought the Lord to proclaim, "Today salvation has come to this house,..." (*Luke 19:8-10*)

ACTION: Journal This!



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