



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 is focused on a deeper connection to God, daily!

The 12 Steps – Step 11
Deeper Connection to God!

May 17, 2018

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12; Colossians 3:16; Luke 11:9,10; Matthew 6:9-13; Romans 8:26-28; Psalm 34; Psalm 44:23-24; I Peter 1:6,7; I Peter 4:1,2

Music: Reckless Love – Cory Asbury

<https://www.youtube.com/watch?v=ZLFak6N04GY>

Video: Warrior - Inspirational Fight and Speech – 4:39.

<https://www.youtube.com/watch?v=P31DRdPOTsY>

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)

The 12 Steps > Step 11: Get to Know God Everyday!

1. _____ > The daily goal of a growing spiritual maturity is to get you out of the “God Role” and to put a loving, moral and forgiving God back in control of your world.
2. _____ > Moving through the Steps will move most people from being in contact with a PERSON, rather than a philosophical Higher Power. After much fear of losing control, they discover insight, wisdom, power, and courage by communicating with God concerning what is happening to them.
3. _____ > Let the light of truth shine on the disease and the behavior it leads to. Living in the light of God's Word will give the power and inclination to overcome the effects and strategies of your controlling Sin-disease.
4. _____ > You must fight the denial, delusion, and grandiosity of the Sin-disease.

The 12 Steps > Step 11: A Daily Prayer Model.

1. _____ > Select a daily meaningful reading to guide, stimulate, and inspire you. Meditation is more about listening. Prayer of St. Francis.
2. _____ > Be thankful for one person or one specific thing.
3. _____ > Practice confessing things that you seek to control.
4. _____ > Desire to know God's will, seek His direction daily.
5. _____ > Ask God for the courage to execute His will.
6. _____ > Simply let others know your feelings and your story.
7. _____ > Do some positive visualizations. See yourself as the Man God wants you to be, doing the things He desires you do, loving and taking responsibility.
8. _____ > Contact one person who might need help.
9. _____ > Daily fight against perfectionism.

The 12 Steps > Step 11: Move Toward God!

1. _____ > Shows us that we are not in control of our lives. See Psalm 34:1-3. David goes on to affirm God's presence even in suffering.
2. _____ > Adversity leads many people to believe in God's existence. It pulls those who already believe into a deeper experience of God's reality, love, and grace. One of the main ways we move from abstract knowledge about God to a personal encounter with Him as a living reality is through the furnace of affliction. C.S Lewis: “God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain.”
3. _____ > “At the heart of why people disbelieve and believe in God, of why people decline and grow in character, of how God becomes less real and more real to us—is suffering.” – Tim Keller. See Psalm 44:23-24.
4. _____ > The biblical metaphor is used for the image of torment and pain—human suffering (I Peter 4:1,2), for suffering that builds character (I Peter 1:6,7), and the refining nature of suffering (Isaiah 43:1,2).

ACTION: Journal This!

1. Describe how you are learning to hear God's voice. How is He speaking to you?
2. What is your opinion of your life today? How has the quality of your life improved because of walking with God?
3. Can you cite an example in which God answered your prayers through another individual or a new experience.

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.

Colossians 3:16 – ¹⁶ Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.

Luke 11:9,10 - ⁹ “And so I tell you, 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. ¹⁰ For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

Matthew 6:9-13 – ⁹ Pray like this: Our Father in heaven, may your name be kept holy. ¹⁰ May your Kingdom come soon. May your will be done on earth, as it is in heaven. ¹¹ Give us today the food we need, ¹² and forgive us our sins, as we have forgiven those who sin against us. ¹³ And don't let us yield to temptation, but rescue us from the evil one.

Romans 8:26-28 – ²⁶ And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.²⁷ And the Father who knows all

hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. ²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Psalm 34: 1-3 – ¹ I will praise the LORD at all times. I will constantly speak his praises. ² I will boast only in the LORD ; let all who are helpless take heart. ³ Come, let us tell of the LORD 's greatness; let us exalt his name together.

Psalm 44:23-24 – ²³ Wake up, O Lord! Why do you sleep? Get up! Do not reject us forever. ²⁴ Why do you look the other way? Why do you ignore our suffering and oppression?

I Peter 1:6,7 – ⁶ So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while.⁷ These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world.

I Peter 4:1,2 - ¹ Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. ² As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God.

"Reckless Love" Cory Asbury

Before I spoke a word, You were singing over me
You have been so, so good to me
Before I took a breath, You breathed Your life in me
You have been so, so kind to me

Oh, the overwhelming, never-ending, reckless love of God
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine
I couldn't earn it, and I don't deserve it, still, You give Yourself
away
Oh, the overwhelming, never-ending, reckless love of God, yeah

When I was Your foe, still Your love fought for me
You have been so, so good to me
When I felt no worth, You paid it all for me
You have been so, so kind to me

Oh, the overwhelming, never-ending, reckless love of God
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine
I couldn't earn it, and I don't deserve it, still, You give Yourself
away
Oh, the overwhelming, never-ending, reckless love of God, yeah

There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down

Lie You won't tear down
Coming after me
There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down
Lie You won't tear down
Coming after me
There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down
Lie You won't tear down
Coming after me

Oh, the overwhelming, never-ending, reckless love of God
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine
And I couldn't earn it, I don't deserve it, still, You give Yourself
away
Oh, the overwhelming, never-ending, reckless love of God, yeah

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The 12 Steps

**Step 11: Sought Through Prayer and Meditation to Improve Our Conscious Contact with God,
Praying Only for Knowledge of His Will for Us and the Power to Carry That Out.**

Deeper Connection to God! – Colossians 3:16

Isaiah 58:12; Luke 11:9-10; Matthew 6:9-13; Romans 8:26-28

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 11: Get to Know God Everyday!



1. **God Control** > The daily goal of a growing spiritual maturity is to get you out of the “God Role” and to put a loving, moral and forgiving God back in control of your world.
2. **“I Surrender!”** > Moving through the Steps will move most people from being in contact with a PERSON, rather than a philosophical Higher Power. After much fear of losing control, they discover insight, wisdom, power, and courage by communicating with God concerning what is happening to them.
3. **Live in the Light** > Let the light of truth shine on the disease and the behavior it leads to. Living in the light of God’s Word will give the power and inclination to overcome the effects and strategies of your controlling Sin-disease.
4. **Pray!** > You must fight the denial, delusion, and grandiosity of the Sin-disease.

The 12 Steps > Step 11: A Daily Prayer Model



1. **Read & Meditate** > Select a daily meaningful reading to guide, stimulate, and inspire you. Meditation is more about listening. Prayer of St. Francis.
2. **Thank God** > Be thankful for one person or one specific thing.
3. **Surrender** > Practice confessing things that you seek to control.
4. **Ask** > Desire to know God's will, seek His direction daily.
5. **Do** > Ask God for the courage to execute His will.
6. **Tell** > Simply let others know your feelings and your story.
7. **Imagination** > Do some positive visualizations. See yourself as the Man God wants you to be, doing the things He desires you do, loving and taking responsibility.
8. **Reach Out** > Contact one person who might need help.
9. **Good Enough** > Daily fight against perfectionism.



The 12 Steps > Step 11: Move Toward God!

1. **Pain & Suffering** > Shows us that we are not in control of our lives. See Psalm 34:1-3. David goes on to affirm God's presence even in suffering.
2. **Deeper Experience of God** > Adversity leads many people to believe in God's existence. It pulls those who already believe into a deeper experience of God's reality, love, and grace. One of the main ways we move from abstract knowledge about God to a personal encounter with Him as a living reality is through the furnace of affliction. C.S Lewis: "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain."
3. **Suffering** > "At the heart of why people disbelieve and believe in God, of why people decline and grow in character, of how God becomes less real and more real to us—is suffering." – Tim Keller. See Psalm 44:23-24.
4. **Fiery Furnace** > The biblical metaphor is used for the image of torment and pain—human suffering (I Peter 4:1,2), for suffering that builds character (I Peter 1:6,7), and the refining nature of suffering (Isaiah 43:1,2).

ACTION: Journal This!



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