



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 quick to admit his part in any wrongdoing.

The 12 Steps – Step 10
Quick to Admit Wrongdoing!

May 10, 2018
Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12; I Cor. 10:12; Mark 14:38; Ezekiel 33:14-16; I John 1:7

Music: Jamie Cullum - Gran Torino (BBC)
<https://www.youtube.com/watch?v=dL64UAjsID8>

Video: Clint Eastwood on Gran Torino
<https://www.youtube.com/watch?v=jXriv3tzXpw>
Gran Torino Confession
<https://www.youtube.com/watch?v=-FNHxEQjKVc>
Gran Torino Ending
<https://www.youtube.com/watch?v=YQN-3p2HqPA>

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 10: A New Style of Life.

1. _____ > Easy to see Step 10 as a throwaway step. “I got this!” Critical to see how denial and delusion is always hovering “just a decision away” to throw us back into fear and confusion.
2. _____ > Sign over the ownership of the House of Your Life to God. Let Him have the ultimate owner's responsibility for structural change. You can now relax and enjoy living your own life, inside yourself and with the people around you without the ultimate responsibility to make everything right.
3. _____ > Step 10 moves from a program (“Working the Program”) to a way of life. People change because they have paid the price in their vulnerability and willingness to surrender to God, to pray, to do the steps, go to meetings, read the Bible, clean up their pasts and their relationships, and offer their whole lives to God so he can change them.

The 12 Steps > Step 10: Using Steps 1,2, & 3 Daily

1. _____ > There are times when an emotional storm hits, and in our anger or fear we are vulnerable to moving back into our controlling ways of relating to people and into our compulsions and/or addictions. Steps 1-3 can help you calm down and get out of your unmanageable emotional storm to work through an inventory.
2. _____ > You must recognize that you are powerless to control people or circumstances. You can put yourself in God's hands and start identifying which form of insanity from the Sin-disease is occurring.
3. _____ > Look for your part in the problem and want/work to make amends. Be quick to initiate taking responsibility for your part in the rupture.

The 12 Steps > Step 10: Three Kinds of Inventory

1. _____ > You must first surrender the outcome to God, and honestly analyze what has happened to you—self assess. Seek to catch old character defects and how they are operating today. This act of analyzing, instead of simply reacting, alters things, and often causes the emotional static to subside. This spot-check helps us to learn that when we are tempted to rage or try to control people or when we fail in some way, we can respond more rationally by checking the reality of the situation.
2. _____ > At the end of the day, focus on the present. The spiritual life is focused in the present. Nothing creative or loving ever took place in the past or in the future.
3. _____ > Once or twice a year, reflect on your progress and spiritual growth and see what God's done in your life, resulting in GRATITUDE!

ACTION: Journal This!

1. Complete the sentence: “I am powerless over ...”
2. Describe any “insanity” (thoughts, exaggerated feelings, inappropriate behavior) from which God needs to restore you.
3. What do you need to turn over to God afresh?

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.

I Cor. 10:12 - ² If you think you are standing strong, be careful not to fall.

Mark 14:38 - ³⁸ Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak."

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.

I John 1:7 - ⁷ But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

"Gran Torino" Jamie Cullman

Realign all the stars
Above my head
Warning signs
Travel far
I drink instead
On my own
Oh, how I've known
The battle scars
And worn out beds

Gentle now
A tender breeze blows
Whispers through a Gran Torino
Whistling another tired song

Engines humm and bitter dreams grow
Heart locked in a Gran Torino
It beats A lonely rhythm all night long

These streets are old
They shine with the things I've known
And breaks through the trees
Their sparkling

Your world
Is nothing more
Than all
The tiny things
You've left behind

So tenderly
Your story is
Nothing more
Than what you see
Or
What you've done
Or will become
Standing strong
Do you belong
In your skin
Just wondering

Gentle now a tender breeze blows
Whispers through the Gran Torino
Whistling another tired song
Engines humm and bitter dreams grow
A heart locked in a Gran Torino
It beats A lonely rhythm
All night long

May I be so bold and stay
I need someone to hold
That shudders my skin
Their sparkling

Your world
Is nothing more
Than all
The tiny things
You've left
Behind

So realign
All the stars
Above my head
Warning signs
Travel far
I drink instead
On my own
Oh
How I've known
The battle scars
And worn out beds

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All night long
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All night long
It beats a lonely rhythm
All night long

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The 12 Steps

**Step 10: Continued to Take Personal Inventory and, When We Were Wrong, Promptly Admitted It!
Quick to Admit Wrongdoing!**

Isaiah 58:12; I Cor. 10:12; Mark 14:38; Ezekiel 33:14-16; I John 1:7.

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 10: A New Style of Life



1. **Maintain the New Life** > Easy to see Step 10 as a throwaway step. “I got this!” Critical to see how denial and delusion is always hovering “just a decision away” to throw us back into fear and confusion.
2. **Sign It Over** > Sign over the ownership of the House of Your Life to God. Let Him have the ultimate owner’s responsibility for structural change. You can now relax and enjoy living your own life, inside yourself and with the people around you without the ultimate responsibility to make everything right.
3. **Way of Life** > Step 10 moves from a program (“Working the Program”) to a way of life. People change because they have paid the price in their vulnerability and willingness to surrender to God, to pray, to do the steps, go to meetings, read the Bible, clean up their pasts and their relationships, and offer their whole lives to God so he can change them.

The 12 Steps > Step 10: Using Steps 1, 2 & 3 Daily



1. **Anchored** > There are times when an emotional storm hits, and in our anger or fear we are vulnerable to moving back into our controlling ways of relating to people and into our compulsions and/or addictions. Steps 1-3 can help you calm down and get out of your unmanageable emotional storm to work through an inventory.
2. **Powerless** > You must recognize that you are powerless to control people or circumstances. You can put yourself in God's hands and start identifying which form of insanity from the Sin-disease is occurring.
3. **Inventory** > Look for your part in the problem and want/work to make amends. Be quick to initiate taking responsibility for your part in the rupture.

The 12 Steps > Step 10: Three Kinds of Inventory



1. **Spot-Check Inventory** > You must first surrender the outcome to God, and honestly analyze what has happened to you—self assess. Seek to catch old character defects and how they are operating today. This act of analyzing, instead of simply reacting, alters things, and often causes the emotional static to subside. This spot-check helps us to learn that when we are tempted to rage or try to control people or when we fail in some way, we can respond more rationally by checking the reality of the situation.
2. **Daily Inventory** > At the end of the day, focus on the present. The spiritual life is focused in the present. Nothing creative or loving ever took place in the past or in the future.
3. **Periodic Inventory** > Once or twice a year, reflect on your progress and spiritual growth and see what God's done in your life, resulting in GRATEFULNESS!

ACTION: Journal This!



1. Complete the sentence: “I am powerless over ...”
2. Describe any “insanity” (thoughts, exaggerated feelings, inappropriate behavior) from which God needs to restore you.
3. What do you need to turn over to God afresh?