

# **The Twelve Steps of the Christ Centered Recovery**

## **Step One**

I have admitted that I am powerless over my addiction and my life has become unmanageable.

Romans 7:24 – 25 Oh what a miserable person I am! Who will free me from this life that is dominated by sin? Thank God! The answer is Jesus Christ our Lord. So you see how it is: in my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

## **Step Two**

I have come to believe that a Power greater than myself can restore me to sanity.

2<sup>nd</sup> Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love and self-discipline.

## **Step Three**

I have made a decision to turn my will and my life over to the care of God as He is revealed to me in Jesus Christ.

John 3:16 – 17 For God so loved the world, that he gave his only Son, so that everyone that believes in Him will not perish but have eternal life. God did not send His Son into the world to condemn it, but to save it.

## **Step Four**

I have made a searching and fearless moral inventory of myself.

Matthew 23:28 You try to look like upright people outwardly, but inside your hearts are filled with hypocrisy and lawlessness.

## **Step Five**

I have admitted to God, to myself and to another human being the exact nature of my wrongs.

1<sup>st</sup> John 1:9 But if confess our sins to Him, He is faithful and just to forgive us and to cleanse us of every wrong.

## **Step Six**

I am entirely ready to let God remove all of these defects in my character.

Romans 6:6 – 8 Our sinful selves were crucified with Christ so that sin might loose its power in our lives. We are no longer slaves to sin. For when we died with Christ, we were set free from the power of sin. And since we died with Christ, we know we will also share His new life.

## **Step Seven**

I humbly ask Him to remove my shortcomings.

James 4:9 - 10 Let there be tears for the wrong things you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. When you bow down before the Lord and admit your dependence on Him, He will lift you up and give you honor.

## **Step Eight**

I have made a list of all persons that I have harmed and have become willing to make amends to them all.

Matthew 18:18 – 19 I tell you this, whatever you prohibit on earth is prohibited in heaven, and whatever you allow on earth is allowed in heaven. I also tell you this, if two of you agree concerning anything you ask, My Father in heaven will do it.

## **Step Nine**

I will make direct amends to such people wherever possible, except when to do so would injure them or others.

Matthew 5:23 – 24 So if you are standing before the altar in the temple offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

### **Step Ten**

I will continue to take personal inventory and when I am wrong, promptly admit it.

Romans 5:3 – 4 We can rejoice, too, when we run into problems and trials. For we know they are good for us... they help us endure. And endurance develops strength of character in us, and character strengthens our competent expectation of salvation.

### **Step Eleven**

I have sought through prayer and meditation to improve my conscious contact with God as I develop my relationship with Him through Jesus Christ, praying only for knowledge of His Will for me and the power to carry that out.

John 14:6 Jesus told him, 'I am the Way, the Truth, and the Life. No one can come to the Father except through Me.'

### **Step Twelve**

Having had a spiritual awakening as a result of these steps, I will try to carry this message to those addicted to sins nature and to practice these principals in all my affairs.

John 15:5 -6 Yes I am the Vine, you are the branches. Those who remain in Me, and I in them, will produce much fruit. For apart from Me you can do nothing. Anyone who parts from Me is thrown away like a useless branch and withers. Such branches are gathered into a pile and burned.