

The Twelve Stepsa spiritual journey of recovery

STEP Twelve Serving Others

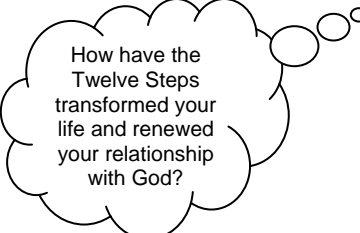
Review:

Steps One - Three: Spiritual Awakening
Steps Four - Seven: Getting Unstuck
Steps Eight - Nine: Relationship Building
Steps Ten - Twelve: Enhancing Growth

Step Twelve – OUTLINE

Step Twelve is about serving others. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Our spiritual awakening has changed us, and given us a capacity to live our lives as an expression of God's love for others.



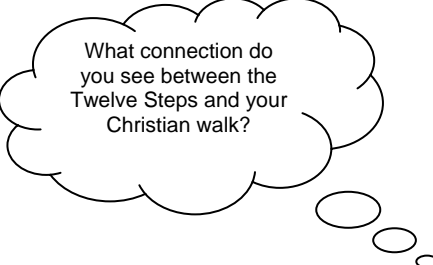
How have the Twelve Steps transformed your life and renewed your relationship with God?

"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, as you also may be tempted." Galatians 6:1

YOU CAN HELP WHEN NO ONE ELSE CAN!

...Why?

Because you understand the journey of recovery, the pain involved as well as the joy.



What connection do you see between the Twelve Steps and your Christian walk?

1. EVERYONE HAS A FREE WILL .. and can choose which direction to take.

Romans 7:9 "For what I do is not the good I want to do; no, the evil I do not want to do— this I keep on doing."

2. PAIN TENDS TO GET OUR ATTENTION

Hebrews 12:5-7 "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son. Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father?"

3. PAIN CAN HELP US TO DEPEND ON GOD

Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."

4. OUR PAIN CAN BE USED AS A WAY TO HELP OTHERS

2 Corinthians 4:3-4 "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."

HOW CAN WE BE USED BY GOD?

God uses our hurts, our hang-ups to help other people. We become the wounded healers.

The bible is chocked full of stories of people who had hurts, habits and hang-ups, yet they lived out the principle of step 12. In fact, it seems as though one of the prerequisites to being a hero in the bible is to have had hardship, pain and self-destructive behavior. Throughout history God has been telling stories of how He shows up in the lives of broken people, and restores them to wholeness again, and they become healers of others.

1. Be Humble

If pride is in the way, you can never really be true to yourself or others, and sometimes you don't even recognize who you are.

2. Be Real

Romans 12:2 "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 know what God wants you to do, and you will know how good and pleasing and perfect his will really is."

3. Show the meaning of your story

God can use your story to connect with someone else's life experience, and then to connect their story to God's story of hope and healing.

4. Show that love is a verb

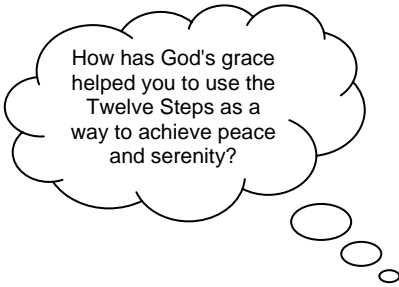
Do the practical work of demonstrating Christ's compassion and care. "Actions speak louder than words."

How does working the Steps help you carry this message of recovery to others?

Cite a recent situation in which you were helpful to someone that was hurting, addicted or in trouble.

What can you say to a newcomer that will encourage and comfort them the most?

GOD DOES NOT WANT TO WASTE OUR PAIN



Here are a few practical and logistical suggestions on how to work Step 12:

1. Make a list of the experiences you've had in life to this day, both negative and positive.
2. Ask yourself, "What did I learn from that experience? How did God help me make it through?"
3. Write out the story on paper. This will help you disentangle thoughts and get clarity on what you've learned.
4. Tell God you're available to help someone else.
5. Ask God to lead you into someone's life who needs what you have to offer. When He does, here is how you can interact with that person:
 - Listen and let people share their pain for ten minutes (no advice)
 - Acknowledge their pain as legitimate
 - Offer the darkest most detailed description of your pain as possible
 - Describe the magnitude and feeling of your healing
 - Give the credit to faith and God

1 Peter 3:15: "Always be prepared to give an answer to everyone who asks you the reason for the hope that you have. But do this with gentleness and respect."

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>	
Isaiah 61:1-3	Mark 16:14-18
John 15: 5-15	Acts 8:26-40
1 Timothy 4:14-16	Titus 3:1-5
1 Peter 4:1-4	