

The Twelve Stepsa spiritual journey of recovery

Step 8 Examining our Relationships

Review:

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

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

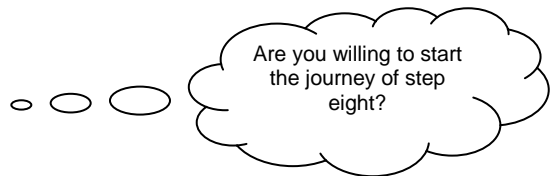
Luke 6:31 "Do to others as you would have them do to you."

Four Great Reasons to do Step Eight

1. We are forgiven by God: Step 8 helps us appreciate what Jesus did for us.
2. We are not hopelessly bad: Step 8 helps us experience the good in ourselves.
3. We are designed to be in relationship: Step 8 helps us overcome loneliness.
4. We need forgiveness from each other: Step 8 helps us experience the golden rule.

How do we unthaw ourselves and prepare to do step eight?

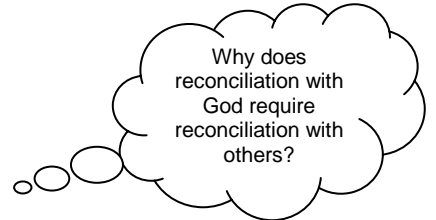
1. Do An Inventory Of All My Relationships
 - List the people in my life, past and present.
2. Ask yourself four questions
 - Who did I hurt?
 - What was my offense?
 - How did it impact them?
 - How did it impact me?
3. Pray
 - "Help me to be ready and willing to make amends."



Forgiving Those Who've Hurt Me

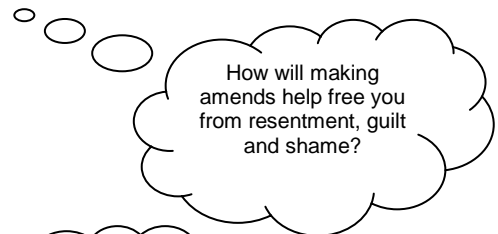
Ephesians 4:31–32 "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another just as God through Christ has forgiven you."

Getting ready to forgive someone means acknowledging: Who hurt me, what did they do, and how did it impact me?



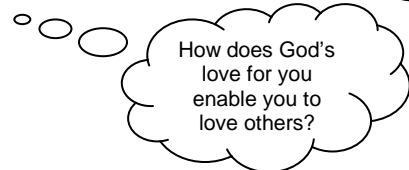
Why Forgive?

- Because God forgives me.
I John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."
- Because I don't feel forgiveness when I'm holding resentment.
Mark 11:25: "When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too."
- Because I'll need forgiveness in the future.
"Forgive us our trespasses as we forgive those trespass against us." Matthew 6:12



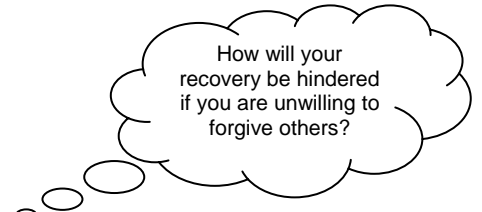
What Forgiveness is not:

- turning a blind eye
- forgetting what happened
- excusing the offender
- no accountability for what happened
- living without boundaries



How Do I Forgive?

- a. Reveal my hurt.
- b. Release the offender.
Matthew 18:21–22
- c. Replace my hurt with God's peace
Colossians 3:15 "Let the peace of Christ rule in your hearts."



<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>	
Exodus 22:10-15	Leviticus 4:1-23
Leviticus 16:20-22	Ecclesiastes 4:9-12
Matthew 18:23-35	2 Corinthians 2:5-8