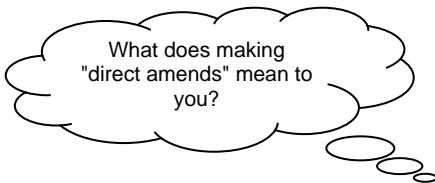


The Twelve Stepsa spiritual journey of recovery

Step Nine Examining our Relationships

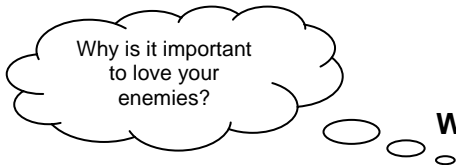
Review:

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



Step Nine: We made direct amends to such people wherever possible, except when to do so would injure them or others.

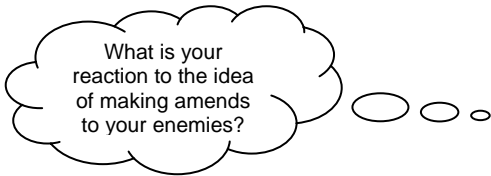
Matthew 5: 23-24 *"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."*



WHY MAKE AMENDS?

The Golden Rule

Luke 19:1-10 *Zacchaeus...a cheat and swindler meets Jesus, experiences genuine remorse and repays all the people he's hurt.*



Hebrews 12:15 (TLB) *"Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives."*

HOW TO MAKE AMENDS?

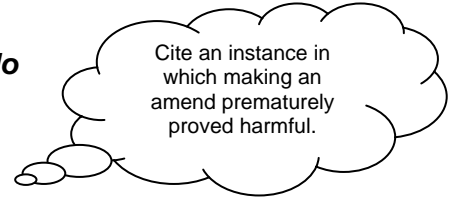


1. Make a list of those I've harmed and what I did.

Debts? Broken promises? Over-controlling or possessive? Hypercritical? Abusive verbally, emotionally, physically? Unfaithful? Lying? Etc...

2. Think how I'd like someone to make amends to me.

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



3. Assessing whether or not this amend cause more harm?

- Is this the best timing?

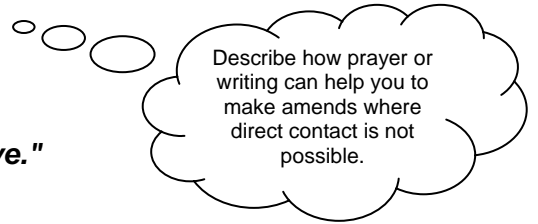
Eccl. 8:6 (GNB) "There is a right time and a right way to do everything."

- Do I have the right attitude?

Eph. 4:15 "Speak the truth in a spirit of love."

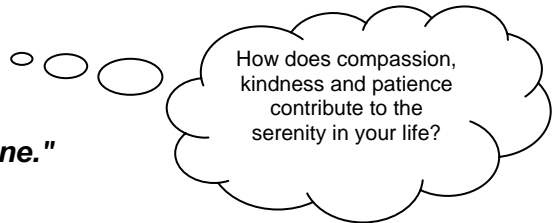
- Is it Appropriate?

Prov. 12:18 "Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal."



4. Do it! ...make the amend.

Rom. 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."



WHAT'S NEXT?

Re-focus my life

Job 11:13-16 (GNB) "Put your heart right, reach out to God ... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>	
Matthew 18:23-35	Exodus 22:10-15
2 Corinthians 2:5-8	Ezekiel 33:10-16
Galatians 6:7-10	Philemon 1:13-16