Quest 180° Curriculum

Volume 6

STEP 1
We admitted we were powerless over our addictions and compulsive behaviors—that our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. **Romans 7:18**

Engage

Addiction experts will tell you that a person must first admit there's a problem before recovery can truly begin. But the first step of the 12 Steps goes way deeper than this: it means finally rejecting the self-deception and denial which accompanies addiction.

There are two keywords to focus on in the First Step:

Powerless – This means as much as we think we're in control of our drinking or drug use, we've lost control. The addiction is in charge and running (and ruining) our lives, and we can no longer regulate our consumption. A key point here is that you can no longer use drugs or alcohol "safely." Here, you're admitting you lack the willpower and strength and trying harder, white-knuckling it, or being better tomorrow isn't cutting it anymore.

Unmanageable – Our drinking or drug use is negatively impacting multiple areas of our life:

- Health
- Relationships
- Finances & Work
- Legal issues
- Our feelings of guilt, remorse, and shame.

When we admit our powerlessness, we can then begin the process of recovery. Know there is hope, and a new life is available to you. It all starts here with this step.

Key Verses for Step 1

So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin. I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. **Romans 7:14-15**

They promise them freedom, while they themselves are slaves of destructive habits, for a man is a slave of anything that has conquered him. **2 Peter 2:19**

They cried to the Lord in their troubles, and he rescued them! He led them from their darkness and shadow of death and snapped their chains. **Psalm 107:13-14**

Examine Your Heart

1. What areas of your life do you have power and control over? Be specific.
2. In what areas of your life are you now beginning to face reality and break the effects of denial?
3. Have you developed a support team? Are you asking for phone numbers in your meeting?

Prayer

Dear God, your Word tells me that I can't heal my hurts and habits by just saying that they are not there. Help me! Parts of my life are out of control. I now know that I cannot fix myself. It seems the harder that I try to do the right thing, the more I struggle. Lord, I want to step out of my denial and into the truth. I pray for you to show me the way. In your Son's name I pray, Amen.

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STEP 2
We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose. **Philippians 2:13**

Engage

In the First Step, we learned we have no control. The good news is that there is a solution, and there is hope!

In the Second Step, we learn that it's possible to gain strength, wisdom, and inspiration from something and someone outside of us. Once we lay our stubborn ego aside and think we can do recovery on our own, we're now open to a Higher Power who loves us unconditionally and desires to have a personal relationship with us, no matter what our story is. This Higher Power is Jesus Christ.

Every life can be pictured as a circle with a throne in the middle. Thinking we're in control, our self wants to sit on that throne and manage all the areas of our life. Jesus, our Higher Power, desires to come into your life and to sit on the throne—giving you the strength every day to say no to drugs or alcohol and yes to clean and sober living.

Key Verses for Step 2

Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him. **Hebrews 11:6**

Oh, what a miserable person I am! Who will set me free from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. **Romans 7: 24**

For I can do everything through Christ, who gives me strength. **Philippians 4:13**

Now faith is being sure of what we hope for and certain of what we do not see. **Hebrews 11:1**

Examine Your Heart

1. Before taking this step, where were you trying to find hope?
2. What do you believe about God? What are some of his characteristics?
3. In what areas of your life are you now ready to let God help you?
4. What things are you ready to change in your life? Where can you get the power to change them?

Prayer

Dear God, I have tried to fix and control my life's hurts and habits all by myself. I admit that by myself, I am powerless to change. I need to begin to believe and receive your power to help me recover. You love me enough to send your Son to the cross to die for my sins. Help me be open to the hope that I can only find in Him. Please help me to start living my life one day at a time. In Jesus' name I pray, Amen.

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STEP 3
We made a decision to turn our will and our lives over to the care of God.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. **Romans 12:1**

Engage

The first two steps were about reflection and understanding our own situation and the help which is available to us. The Third Step is about action and a decision. To put it simply, this step is deciding to get out of your own way in your recovery process and get on a new pathway towards health and wholeness.

If we were floundering in the middle of the ocean and someone tosses a life buoy towards us, we have to go beyond just thinking this buoy could keep us afloat. We actually need to reach out, grab it, and hang onto the buoy to save our life. It's the same way with Jesus Christ, our Higher Power. We can hear and learn about the help and life-transformation available to us—but that's not enough. A decision needs to be made to ask Jesus to come into our life to rescue us from our own compulsions and self-destruction and to give us a new life found in only him.

If you've made this decision—take a moment to thank God for his love, forgiveness, and the future he provides. If you haven't made this decision yet, ask God today to come into your life and heart—he wants to be your Higher Power and source of strength.

Key Verse for Step 3

If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heard that you are made right with God, and it is by openly declaring your faith that you are saved. **Romans 10:9-10**

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! **2 Corinthians 5:17**

Then Jesus said, "Come to me and I will give you rest, all of you who work so hard beneath a heavy yoke, for it fits perfectly. And let me teach you; for I am gentle and humble, and you shall find rest for your souls." **Matthew 11:28-30**

Examine Your Heart

1. What's stopping you from turning it over to your Higher Power, Jesus Christ?
2. If you've accepted Jesus Christ as your Higher Power, what differences have you seen in your life?
3. What have you been able to turn over to God?

If you made the decision to accept Christ as your Higher Power and Savior, let one of your Quest 180° leaders know today. We'd love to get you some free material to help you grow in your relationship with God.

Prayer

Dear God, help me set aside the hassles and noise of the world to focus and listen to you. Help me get to know you better. Help me to better understand your plan, your purposes for my life. Father, help me live within today, seeking your will and living this day as you would have me. Thank you for loving me and rescuing me! In your Son's name I pray, Amen

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STEP 4
We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the LORD. **Lamentations 3:40**

Engage

Congratulations on making it to Step Four! You're making great progress, and now you have the key help you need in Jesus for life-transformation.

In this step, you are developing a new way of doing life. But before you begin to make changes in your behaviors and attitudes, you have to know exactly what needs changing. Here, it's time to eliminate opportunities for denial by taking an honest and sometimes uncomfortable inventory of yourself and your behavior when using or drinking and the effect it has on you and others around you.

This inventory needs to be:

- **Fearless** – you must face the truth about yourself, which you may not like. But it's here where you can truly take steps to change them.
- **Searching** – you must take the necessary time to examine your life, thoughts, actions, and words. Here is where you need a pen and paper to write these down.
- **Moral** – For every poor choice and behavior we had in the past, we need to hold those up to a better way in which God wants us to live.

This step is not just about focusing on your weaknesses and mistakes. It's also about uncovering your strengths, which can be expanded upon for better living. When we know our strengths and weaknesses, it's then we can make better life choices.

Key Verses for Step 4

"And you will know the truth and the truth will set you free." **John 8:32**

Let me express my anguish. Let me be free to speak out of the bitterness of my soul. **Job 7:11**

Love the Lord, all of you who are his people; for the Lord protects those who are loyal to him. So, cheer up! Take courage if you are depending on the Lord. **Psalm 31:23-24**

Examine Your Heart

1. Where will you go for quiet time to begin your inventory? What is your plan for doing your inventory? When will you do this?
2. What are your fears as you begin your inventory? Why?
3. What things have you used to block the pain of your past?
4. Do you have a sponsor or accountability partner to help you keep your inventory balanced?

Prayer

Dear God, you know my past, all the good and bad things I've done. In this step, I ask that you give me the strength and the courage to list those things so I can come clean and face them and the truth. Please help me reach out to others you have placed along my recovery journey. Thank you for providing them to help me stay balanced as I do my inventory. In Christ's name I pray, Amen.

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STEP 5
We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed. **James 5:16**

Engage

This is a key next step to take after making your fearless, moral inventory. Writing down and looking at the list of the harm and mistakes which we've made while drinking or using can be tormenting. Without productive relief, that torment can lead back to bad ways of coping with life's difficulties—drinking, using, and relapse.

Sharing your list with a trusted person can help alleviate your negative feelings of shame and guilt. When you unburden yourself of the weight of your past, you can free yourself to live with freedom and be the person God originally created you to be.

Two great sayings are true in this step:

- Confession is good for the soul
- You're only as sick as your secrets

When we bring our past out of the hiding and darkness and into the light, we can allow God to cleanse and forgive us. Sharing this allows us to experience the grace in person, which God gives us—that no matter what our past is, we are loved and accepted.

Key Verses for Step 5

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. **Proverbs 28:13**

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. **1 John 1:8-9**

Examine Your Heart

1. What value do you see in confessing, in coming clean of the wreckage of your past?
2. As you obey God's direction for confession, what results do you expect God to produce?
3. After you complete this step, you will find four areas of your life begin to improve. You will be able to face the truth, ease the pain, stop the blame, and start accepting God's forgiveness. In what areas of your life will each of the four positive changes help your recovery?
   - I can be honest with…
   - I can ease my pain by…
   - I can stop blaming…
   - I can accept God's forgiveness because of…
4. For further study, read and ponder Psalms 103, where we see God's love, compassion, and forgiveness available to every follower of Christ.

Prayer

Dear God, I ask that you fill me with your peace and strength during my sharing of my inventory. I know that you have forgiven me for my past wrongs, my sins. Thank you for sending your Son to pay the price for me, so my sins can be forgiven. Help me to be humble and completely honest. In your Son's name I pray. Amen.

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STEP 6
We were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will lift you up. **James 4:10**

Engage

Throughout our past, which includes hurts, habits, and hang-ups—we developed unhealthy patterns of coping and alleviating pain. Step Six is where we let go of those past behaviors that hold us back from freedom and health and take on God's way of experiencing life.

Alcohol and drugs have shaped the world around us and were our main coping mechanism for life. Changing from this destructive pattern takes prayer, hard work, and support through meetings and ministries like Quest 180°.

Step Six is not about perfection—no one is perfect! This step is about getting better. By connecting with God and others, we can find and develop new and healthier ways of doing life and responding to the trials that exist for us. As we let go of the bad habits of the past, we can replace them with healthier ways of doing and experiencing life to the fullest.

Key Verse for Step 6

Help me to do your will, for you are my God. Lead me in good paths, for your Spirit is good. **Psalm 143:10**

Commit everything you do to the Lord. Trust him to help you do it and he will. **Psalm 37:5**

The thief's purpose is to steal, kill, and destroy. My purpose is to give them a rich and satisfying life. **John 10:10**

Examine Your Heart

1. What areas of your life are you still holding on to, attempting to control them on your own power?
2. Explain the differences in seeing a need for change and being entirely ready to accept positive change in your recovery.
3. It is very important that you allow God to replace your character defects with positive changes. What are some of the positive changes that you could make in your recovery? In your family? In your job? In your social circles?

Prayer

Dear God, thank you for taking me this far in my recovery journey. Now I pray for your help in making me entirely ready to change all my shortcomings. Give me the strength to deal with all of my character defects that I have turned over to you. Allow me to accept all the changes that you want to make in me. Help me be the person that you want me to be. In Jesus' name I pray. Amen.

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STEP 7
We humbly asked Him to remove all our shortcomings.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. **1 John 1:9**

Engage

The keyword in this step is humility. Here we learn to see ourselves as we truly are—both the weaknesses and the strengths. Many of our shortcomings are intertwined with our addictions. Because we first admitted we are powerless over our addictions (Step One), we are powerless to overcome our shortcomings.

When we are humble, we can admit when our old way of doing life isn't working, and we need outside help to overcome our hurts, habits, and hang-ups of day-to-day life. Humility allows us to:

- See the severity of our defects. Without humility, we tend to write off, excuse, or minimize the impact of our negative actions.
- Recognize our limitations. When we're humble, we understand that our efforts and willpower are not enough to overcome our addictions.
- See God for who he truly is. When we're humble, we can see there is something greater than ourselves and our addictions. Because God is greater, he can truly restore our lives to sanity and wholeness.

Key Verses for Step 7

"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest." **Matthew 11:28**

God gives strength to the humble, so give yourselves humbly to God. Resist the devil and he will flee from you. And when you draw close to God, God will draw close to you. **James 4:6**

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. **1 Peter 5:6**

Examine Your Heart

1. God's Word teaches us that real change comes from the changing of our minds. It's easy to focus on what we need to stop doing—but we also need an action item to take its place.

   ACTION PLAN

   Defect of character: _____
   I need to stop doing: _____
   I need to replace this by doing: _____

2. What action steps are you going to take this week and who are you connecting with for support, encouragement, and accountability?

Prayer

Dear God, show me your will in working on my shortcomings. Help me not to resist the changes that you have planned for me. I need you to direct my steps. Help me stay in today, not get dragged back into the past or lost in the future. I ask you to give me the power and the wisdom to make the very best I can out of today. In Christ's name I pray, amen.

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STEP 8
We made a list of all persons we had harmed and became willing to make amends to them all.

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

Engage

In the Fourth Step, internal personal housekeeping occurred when we made our fearless moral inventory. In this step, we're now focusing on the social housekeeping outside of us. It's all about acknowledging and recognizing the hurts we caused to those around us while actively addicted.

To keep moving forward, you must own up to the role you may have played in hurting others. Something happens when you become willing to repair the damage you have done—the pain, anger, hurt, and resentment start to reduce in your heart.

Making this list of people we've harmed helps work on the guilt we may be feeling. Confronting our guilt and dealing with it can make it easier for us to stay clean and sober. Also, seeing this list can be a great motivation to change.

Before you became clean or sober, using or drinking was all about you and your needs, desires, pain, and hurts. When you make this list, you're taking your eyes off yourself and seeing how your actions affect those around you, which will help break the cycle of addiction.

Key Verses for Step 8

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. **Romans 12:17**

Jesus replied, "You must love the Lord your God with all of your heart, all of your soul, and all of your mind. This is the first and greatest commandment. A second is equally important: "Love your neighbor as yourself." **Matthew 22:37-39**

Therefore, there is now no condemnation for those who are in Christ Jesus. **Romans 8:1**

Examine Your Heart

Is there someone who needs to be on your list that you've been avoiding? Could forgiveness resolve this?

Prayer

Dear God, I believe you sent your Son, Jesus, to die for my sins so I can be forgiven. Please put your Spirit in me, to direct me toward those I need to forgive and those I need to make amends with. Help me become honest and open to the names that need to be on my list. Amen.

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STEP 9
We made direct amends to such people whenever possible, except when to do so would injure them or others.

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

Engage

Step Eight was all about contemplation. Step Nine is about taking action. Now that we made a list of what we've done and who we've done it to, we have to take action to right our wrongs.

This can be a difficult but necessary step to take. Difficult, because making direct amends can mean face-to-face and in person. In a world dominated by email and text messaging, this can seem very strange and archaic. Asking someone to forgive you in person takes real courage.

We have to face those we have wronged and take responsibility for the harm we caused. It's more than saying you're sorry. It's directly asking someone to forgive you for a specific action. Making amends starts the process of cleaning up and dealing with the messes we made in our past. Since recovery is all about a new life and moving forward, making amends "balances the books," so we owe nothing from our addicted past. It allows us to have a fresh start in recovery.

It's very important to note the phrase: "whenever possible." Sometimes, reconnecting with someone from our past can reopen wounds or cause enormous pain and discomfort in someone else's life. In these cases, it may be best to communicate with them with a personal written letter.

It's also important to realize that though you took the step to apologize and ask for forgiveness, some people may not be willing to grant you forgiveness—or at least not at the moment. A person in recovery needs to understand and accept this fact.

Key Verses for Step 9

All need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ. **Romans 3:24**

Prepare your minds for service and have self-control. All your hope should be for the gift of grace that will be yours when Jesus Christ is shown to you. **1 Peter 1:13**

In Christ we are set free by the blood of his death, and so we have forgiveness of sins. How rich is God's grace. **Ephesians 1:7**

Examine Your Heart

1. How has Jesus used your weaknesses and turned them into strengths?
2. How can you model God's gift of grace in making your amends?
3. In what ways have you experienced God's grace in your own recovery?

Prayer

Dear God, thank you for your love and freely given grace. Help me model your ways when I make my amends to those I have hurt and offer my forgiveness to those who have injured me. Help me set aside my selfishness and speak the truth in love. I pray that I would focus only on my part, my responsibility in the issue. I know that I can forgive others because you first forgave me. Thank you for loving me. In Jesus' name I pray, amen.

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STEP 10
We continued to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! **1 Corinthians 10:12**

Engage

The previous steps have been looking at our past, taking inventories of our history, and how we've impacted others. In Step 10, we bring our lives and this process into the present as we start taking stock and inventory of our lives on a daily basis. This new way of doing life keeps us on track with our recovery as we do life one day and one moment at a time. For some, this will be learning a new way of experiencing and doing life, and it will take time to develop this great new habit.

The following are three ways to do a Step 10 inventory:

In the Moment
We can take a conscious inventory periodically throughout the day. The best time to admit we are wrong is the exact time that we are made aware of it! Why wait? We need to make amends ASAP! We will sleep a lot better at night!

Day to Day
At the end of each day, we need to review our daily activities: the good and the bad. We need to search for where we might have harmed someone or where we acted out of anger or fear. The best way to do this is to keep a journal. As promptly as we can, we need to admit mistakes and make amends.

Periodic
Every three months, set aside time for a mini retreat. Bring your daily journal with you. Pray and read your daily entries. Ask God to show you areas in your life that you can improve over the next 90 days and the victories you have made in the last 90 days!

Key Verses for Step 10

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life. **Psalms 139:23-24**

A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is. **Proverbs 16:21**

Examine Your Heart

1. What is your daily action plan with Step 10?
2. What are the recurring events or issues that you constantly need to make amends for? In what areas of your life do you see success?

Prayer

Dear God, thank you for today. Thank you for giving me the tools to work my program and live my life differently, centered in your will. Lord, help me make my amends promptly and ask for forgiveness. In all my relationships today, help me do my part in making them healthy and growing. In your Son's name I pray, amen.

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STEP 11
We sought, through prayer and meditation to improve our conscious contact with God, praying only for knowledge of his will for us and power to carry that out.

Let the Word of Christ dwell in you richly.
Colossians 3:16

Engage

Step 10 and 11 have been called "maintenance steps" as they help us sustain our progress made in the previous steps. Step 10 is the inward, regular review of our lives, and now we look outward, seeking a growing and thriving connection with God through prayer and meditation.

Throughout our journey of working the steps, we have turned to God for help and strength. In this step, we focus directly on God to improve our contact with him and pray for the knowledge of his will for our lives.

Two keys words here we need to look at:

Prayer – Prayer is simply talking to God. We can talk to God throughout the day, sharing our burdens, admitting our wrongs, asking for help, and thanking him for all that he's done for us.

Meditation – As we read God's word, the Bible, and pray, meditation is stilling our hearts, setting aside our egos, and reflecting on how our lives are lining up with the way God desires us to live. It's letting scripture speak to us and our hearts. Whereas prayer was talking, meditation is all about listening.

Key Verses for Step 11

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ. **Philippians 4:6-7**

Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
1 Thessalonians 5:17-18

Trust in the Lord with all of your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. **Proverbs 3:5-6**

Examine Your Heart

1. Do you find it especially easy or difficult to seek prayer and meditation regularly?
2. What are some areas in your life that you can be grateful for right now?
3. Why do you think it's important for you to maintain an attitude of gratitude in your recovery?

Prayer

Dear God, help me set aside the hassles and noise of the world to focus and listen to you. Help me get to know you better. Help me to better understand your plan, your purpose for my life. Father, help me live within today, seeking your will and living this day as you would have me. In Jesus' name I pray, amen.

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STEP 12
Having had a spiritual experience as the result of these steps, we tried to carry this message to others and practice these principles in all our affairs.

Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, or you also may be tempted. **Galatians 6:1**

Engage

For yourself, there are a few things that you can do that can better serve your sobriety than by working with others who are still struggling.

Serving others has some great benefits for you:

- It reminds you of where you once were and where you no longer desire to be
- It gives you a great sense of purpose
- It's a great reminder that your past has not disqualified you from having a great impact on those around you
- It keeps you on your toes in your desire to set an example to those who need to see hope

As you serve others, there are enormous benefits in store for them:

- Unlike many others in their lives, you offer great insights and wisdom from your own recovery experience
- You have a great "get-it factor" and people will trust you
- When you share your own story, others may be inspired by your ongoing effort in recovery.
- You can be an example of hope and restoration, which can motivate others in taking their next step in their recovery.

At Quest 180°, there are a variety of areas where you could serve. Connect with one of your leaders at your campus to discuss which area would be a good fit for you.

Key Verses for Step 12

Let us not love with words or tongue, but with actions and in truth. **I John 3:18**

"And since I, the Lord and Teacher, have washed your feet, you ought to wash each other's feet. I have given you an example to follow do as I have done to you." **John 13:14-15**

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection and take delight in honoring each other. **Romans 12: 9-10**

Examine Your Heart

1. Does your lifestyle show others the world's patterns—selfishness, pride, and lust, or does it reflect the love, humility, and service of Jesus Christ?
2. If you knew that you couldn't fail, what would you like to do most for God in helping others?
3. In your own recovery, who has had a positive impact in your life, and how have you benefited from this relationship?
4. In the words of Step 12, how will you practice these principles in all your affairs?

Prayer

Dear Jesus, as it would please you, bring me someone today whom I can serve. Amen.

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardships as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that you will make all things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with you forever in the next. Amen.

The 12 Steps & Their Biblical Comparisons

STEP 1
We admitted we were powerless over our addictions and compulsive behaviors—that our lives had become unmanageable.
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STEP 2
We came to believe that a power greater than ourselves could restore us to sanity.
For it is God who works in you to will and to act according to his good purpose. **Philippians 2:13**

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We made a decision to turn our will and our lives over to the care of God.
Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. **Romans 12:1**

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Let us examine our ways and test them, and let us return to the LORD. **Lamentations 3:40**

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We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
Therefore confess your sins to each other and pray for each other so that you may be healed. **James 5:16**

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We were entirely ready to have God remove all these defects of character.
Humble yourselves before the Lord, and he will lift you up. **James 4:10**

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We humbly asked Him to remove all our shortcomings.
If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. **1 John 1:9**

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We made a list of all persons we had harmed and became willing to make amends to them all.
Do to others as you would have them do to you. **Luke 6:31**

STEP 9
We made direct amends to such people whenever possible, except when to do so would injure them or others.
Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. **Matthew 5:23-24**

STEP 10
We continued to take personal inventory and when we were wrong, promptly admitted it.
So, if you think you are standing firm, be careful that you don't fall! **1 Corinthians 10:12**

STEP 11
We sought, through prayer and meditation, to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.
Let the Word of Christ dwell in you richly. **Colossians 3:16**

STEP 12
Having had a spiritual experience as the result of these steps, we tried to carry this message to others and practice these principles in all our affairs.
Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, or you also may be tempted. **Galatians 6:1**

NOTES

Visit Eagle Brook Church on the weekend or go online to watch messages.

For weekend service times and locations, visit **eaglebrookchurch.com/locations**.
To watch current and past messages visit **eaglebrookchurch.com/messages** or download the Eagle Brook app.

Serve at Quest 180°

There are great volunteer opportunities available for you to make an impact in the lives of others in recovery. See one of your leaders for more details.

Quest 180° Locations

For all Q180° times and locations, visit **quest180.com**.