



Pastor's Choice Series

Life Recovery 1

(Answers to Addictions)

Compiled by and for: ANOC Int'l

*Note: This material is NOT FOR SALE and for ANOC Int'l Oikos Cell Groups consumption only. These questions are taken from **The Book of Life Recovery** by Stephen Arterburn and David Stoop.*

The Twelve Steps of Life Recovery

- 1. We admitted that we were powerless over our problems and that our lives had become unmanageable.**
“I know that nothing good lives in me...I want to do what is right, but I can’t.” – Romans 7:18, see also John 8: 31-36; Romans 7:14-25.
- 2. We came to believe that a Power greater than ourselves could restore us to sanity.**
“God is working in you, giving you the desire and the power to do what pleases him.” – Philippians 2:13; see also Romans 4:6-8; Ephesians 1:6-8; Colossians 1:21-22; Hebrews 11:1-10.
- 3. We made a decision to turn our wills and our lives over to the care of God.**
“Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable.” – Romans 12:1; see also Matthew 11:28-30; Mark 10:14; James 4:7-10.
- 4. We made a searching and fearless moral inventory of ourselves.**
“Let us test and examine our ways. Let us turn back to the Lord.” – Lamentations 3:40; see also Matthew 7:1-5; 2 Corinthians 7:8-10.
- 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
“Confess your sins to each other and pray for each other so that you may be healed.” – James 5:16; see also Psalms 32:1-5; 51:1-3; 1 John 1:2-6.
- 6. We were entirely ready to have God remove these defects of character.**
“Humble yourselves before the Lord, and he will lift you up in honor.” – James 4:10; see also Romans 6:5-11; Philippians 3:12-14.
- 7. We humbly asked God to remove our shortcomings.**
“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 1:9; see also Luke 18:9-14; 1 John 5:13-15.

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 like them to do to you.” – Luke 6:31; see also Colossians 3:12-15; 1 John 3:10-20.

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

“If you are presenting a sacrifice at the altar and...someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.” – Matthew 5:23; see also Luke 19:1-10; 1 Peter 2:21-25.

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

“If you think you are standing strong, be careful not to fall.” – 1 Corinthians 10:12; see also Romans 5:3-6; 2 Timothy 2:1-7; 1 John 1:8-10.

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

“Devote yourselves to prayer with an alert mind and a thankful heart.” – Colossians 4:2; see also Isaiah 40:28-31; 1 Timothy 4:7-8.

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

“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.” – Galatians 6:1; see also Isaiah 61:1-3; Titus 3:3-7; 1 Peter 4:1-5.

<http://liferecoverygroups.com/the-12-steps/>

Ground Rules For OIKOS CELL

1. THE COVENANT OF CONFIDENTIALITY - Whatever is said in the group stays in the group.
2. ONLY TALK ABOUT THOSE PRESENT - Sometimes we think others are our problem, but we can only deal with those present when the group meets.
3. DON'T TAKE UP ANOTHER'S DEFENSE (or offense) - We need to support and walk with one another through our problems by God's grace and allow others to speak for themselves.
4. DON'T DOMINATE - The time spent in small groups is precious, and many come with significant hurts and wounds; be considerate, and realize that none of us has all the answers.
5. DON'T COUNSEL OR GIVE ADVICE - Only share where you can identify the same difficulty in your own life. Share from your own experience, strength and hope.
6. NO SPECTATORS - All members of a small group whenever it meets are to be participants in the process of getting healthy. If you come to help others, but you can't see any problems that you need help with, you need to disqualify yourself from the support group setting.
7. NO PROFANITY – Coarse talk has no place in a Christ-centered support group.
8. NO CROSS TALK – Cross talk excludes people from the conversation.
9. THE HOLY SPIRIT IS THE LEADER - The group leader does not have all the answers; he/she is just the facilitator.
10. OBSERVE TIME LIMITS- Each member is only given two (2) precious minutes maximum to present his/her answers to every question.

The Twelve Traditions

It has been beneficial to have guidelines in recovery to insure the groups are able to continue to perform the function for which they were intended. The following traditions are similar in principle to those which have proved invaluable to many Twelve-Step groups:

1. The welfare of the group is of primary importance, since personal recovery depends on group unity.
2. For our groups there is but one authority, Jesus Christ, as He lovingly expresses Himself through the Scriptures and as the Holy Spirit leads the group. Our leaders are but caretakers of God's will. They do not govern.
3. The only requirement for membership is the desire to allow the Lord to set us free from our life controlling problems, and seek greater knowledge of His will and purpose in our lives.
4. Groups shall remain autonomous, except in matters affecting the ministry as a whole.
5. The groups have but one primary purpose, to carry the message to those who still suffer and are in need of Jesus' redeeming love, forgiveness, salvation, freedom and healing.
6. The groups should never endorse finance or lend its name to any outside enterprise, least problems of money, prestige or prosperity divert us from our primary purpose.
7. Groups should be fully self-supporting, declining outside contributions.
8. Groups should remain forever non-professional, although we may hire special workers.
9. Groups ought never to be organized, though we may create service boards, responsible directly to those they serve.

10. Groups have no opinions on outside issues, hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion, we need always to maintain personal anonymity at the level of press, radio and television.
12. Anonymity (Unconditional love) is the spiritual foundation of all of our traditions, ever reminding us to place principles before personalities.

(Adapted from: Christians Under Construction)

PLEASE DO OBSERVE THIS PATTERN:

WELCOME TIME: (15 min)

FOCUS: One another

AIM: Building relationships within the group

The **WELCOME TIME** is an ice-breaker that gets the group sharing with each other. It needs to be able to be answered by anyone without requiring a lot of trust or intimacy. It should be a simple question that can be answered in one minute or so. The purpose is to build community in the group.

WORSHIP TIME: (10 min)

FOCUS: Us to God

AIM: To focus our attention as individuals and as a group on the presence of the Lord Jesus

The **WORSHIP TIME** is meant to focus the hearts of the group away from themselves and onto God. This is often, but not exclusively done through singing worship songs. Worship is a chance for us to reflect on who God is and to speak the truth about Him to each other. **WORSHIP TIME** can be spent in a wide variety of ways, but keep 2 things in mind:

1. each person must be able to participate
2. the focus must be on the Lord Jesus

WORD TIME: (40 mins)

FOCUS: God to us

AIM: Allow God to minister to us as we study his word

The **WORD TIME** is based on a Biblical passage of the previous week's sermon or particular topic from the booklet provided. The goal is not Bible study or philosophical discussion, but instead a time where

group members learn together what the Bible is teaching, as well as open up and share about their personal spiritual journeys.

WORKS TIME: (15 mins)

FOCUS: GOD TO OTHERS - THROUGH US

AIM: Allow God to reach and minister to others outside this group through us

The **WORKS TIME** is a time focusing on reaching others with the gospel of Christ. This includes a time of prayer with an expectation that God is going to use us to reach our community for him. Along with a time of prayer, the group can spend together time creating strategies to reach those who do not know Christ, taking responsibility for one another's friends and family members (e.g., social and special outreach events). This time is essential to the dynamics of the group, making growth and multiplication the normal expectation.

WOW TIME: (30 mins)

FOCUS: **Serving One another**

AIM: This is the fellowship time where every individual will be enjoying the food being serve and Discipleship Levels will be worked with.

The **WOW TIME** is a time that most people are enjoying with but this should not the entire focus of the meeting. It is only part of the whole cell group meeting. From light snacks to heavy meal might be serve during the WOW time but is not compulsory for the host to serve an extravagant meal. Other members may also bring food aside from the meal serve by the host. Visitors will be entertained during this time and Oikos Cell System (*both Leadership and Discipleship*) will be introduced to them.

In this time Discipleship level are also given priority so that the members can complete their Discipleship Level goals.

Step One

We admitted that we were powerless over our problems and that our lives had become unmanageable.

“I know that nothing good lives in me...I want to do what is right, but I can’t.” – Romans 7:18, see also John 8: 31-36; Romans 7:14-25.

WELCOME TIME: (15 min)- The Facilitator will welcome everyone by introducing himself and his short background, and the next person will introduce himself until everyone has spoken. The Facilitator will introduce the desired outcome of the meeting.

Startup: Have everyone read the Twelve Steps (except for the verses) and Ground Rules, either in unison or individually.

WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- *Study # 1: The Progression of An Addiction (Proverbs 23:29-35)*

1. **It all seemed so manageable at first.** Prov. 23:29-35
 - a. Think back to the beginning –before you were addicted or dependent. What attracted you to your behavior?
 - b. How did you get started?
 - c. How did you minimize?
2. **At some point, what once attracted will turn on you.** Prov. 23:32
 - a. Over time, how did what seemed manageable turn against you? When did you begin to recognize the danger?

- b. How did it all change in your experience?
 - c. What were some of the “dangers” you encountered?
Who was involved?
3. **The Consequences.** Prov. 23:29, 33-35
- a. What would be a parallel to “hallucinations” for your dependency?
 - b. Describe some of your crazy talk.”
 - c. How have you tried to dull the pain?
4. **The Final Stage: Powerlessness.** Prov. 23:35
- a. Describe times when you have been obsessed with pursuing your addiction or dependency.
 - b. When you realized that most of your thoughts were about that “next time,” describe the feeling of powerlessness you experienced.
 - c. How close to “the bottom” did you come?
 - d. Jesus says, “The truth will set you free” (John 8:32). Look back over what you have written. How truthful have you been with yourself as you studied this passage? Is there anything you want to add or change?

WORKS TIME: (15 mins)- Pray for someone’s needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Two

We came to believe that a Power greater than ourselves could restore us to sanity.

“God is working in you, giving you the desire and the power to do what pleases him.” – Philippians 2:13; see also Romans 4:6-8; Ephesians 1:6-8; Colossians 1:21-22; Hebrews 11:1-10.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: Coming to Believe (Romans 1:16-23)***

1. **Hurdles to Belief** (Romans 1:18-20)
 - a. If we modify some of the harsh-sounding words—changing wickedness to “addictive behaviors” and sinful, wicked people to “struggling, powerless people”—how does this passage describe your struggle with believing that God has the power to restore you to sanity?
 - b. In what ways have you “known” that God is the only Power that can help you?
 - c. Do you remember times in the midst of your struggles when you looked at a sunset, or a range of mountains, or a beautiful sky, and were aware for a moment of the reality of God? Describe that experience. How did you “push it aside” and go back to your “unbelief”?

- d. Paul says we “have no excuse for not knowing God.” What excuses have you used in the past for not knowing God’s power? Circle any excuses you still hold on to.
2. **The Cost of Denial** (Romans 1:21-23)
- a. In what ways have you “redefined” God, as compared to how the Bible portrays God’s character?
 - b. If in the past you have created your own understanding of God, how has that lead to your disappointment with God?
 - c. What kinds of vows or behaviors did you think you had to change before going to God?
 - d. Do you still harbor any “foolish ideas” about what God is like? Describe them.
 - e. Our recovery begins when we “come to believe.” Describe any new insights you have discovered about God.
3. **The Good News** (Romans 1:16-17)
- a. How is this good news for you? Be specific as you describe what you mean.
 - b. The Bible’s definition of faith is “the confidence that what we hope for will actually happen” (Hebrews 11:1). How would you describe your faith right now? What is your confidence level?

WORKS TIME: (15 mins)- Pray for someone’s needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Three

We made a decision to turn our wills and our lives over to the care of God.

“Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable.” – Romans 12:1; see also Matthew 11:28-30; Mark 10:14; James 4:7-10.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- *Study # 1: The End of Shame (Isaiah 54:4-8)*

1. **The Promise** (Isaiah 54:4)
 - a. What are some of the things you have done that fit into these categories?
 - b. What have you typically done to hide your shame or disgrace?
 - c. Does it feel impossible not to remember, as Isaiah suggests? How has remembering kept you trapped in your problem?
2. **The one who promise** (Isaiah 54:5-6)

- a. What characteristics of God's nature character do you find in these verses?
 - b. How can you personalize these characteristics in term of God's relationship with you? What does it mean to you that God is your Redeemer?
3. **The time of abandonment and anger—as opposed to now** (Isaiah 54:7-8)
- a. Describe times when you felt abandoned by God.
 - b. Have there been times when you have felt God's anger? Explain.
 - c. According to Isaiah, those experiences are now in the past. What do we experience today?
 - d. How have you experienced God's everlasting love and compassion?
 - e. Write God a note, responding to his promise of love an compassion.

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WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Four

We made a searching and fearless moral inventory of ourselves.

“Let us test and examine our ways. Let us turn back to the Lord.” – Lamentations 3:40; see also Matthew 7:1-5; 2 Corinthians 7:8-10.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: A Preface to Recovery***
(*Nehemiah 8-9*)

1. **A Serious Celebration** (Nehemiah 9:1-6)
 - a. How would you describe the seriousness of your work in recovery to this point?
 - b. Some people, those who don't understand the serious nature of breaking free from our problems and dependencies, see Step Four as “inventory lite.” But those who are on the path of recovery know that the fourth Step is fraught with difficulties. The people of Israel marked the seriousness of their work by how they dressed. How can you mark the seriousness of your recovery on this Step?
2. **Separation Time** (Nehemiah 9:2-3)

- a. Describe what it is like to shift from blaming others to taking responsibility.
 - b. Describe what it is like to shift all the blame to actually blaming the right source.
 - c. In Matthew 6:12, Jesus prays, “Forgive us our sins, as we have forgiven those who sin against us.” Take some time now and begin your inventory. Depending on what issues you are working on, begin the list of “My Sins” or “Sins Done to Me.”
3. **Confession as a part of worship** (Nehemiah 9:4-6)
- a. The Levites named were the preists who were in charge of corporate worship. For them, confession—making an inventory—was done in the realization of the one to whom they were confessing. At this point, you are doing your inventory only in the context of yourself and God. Perhaps you have known God for years, but haven’t served Him. Perhaps your awareness of God began when you god serious about Step Three. Either way, write out a description of your understanding of God as you fearlessly begin your inventory.

WORKS TIME: (15 mins)- Pray for someone’s needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Five

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

“Confess your sins to each other and pray for each other so that you may be healed.” – James 5:16; see also Psalms 32:1-5; 51:1-3; 1 John 1:2-6.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: Confession Brings Release***
(*Psalm 51*)

1. **Have Mercy on Me, Oh God!** (Psalm 51:1-6)
 - a. First, David gives us some great insight into the nature of God, who listens to our confessions. What five things does he tell us about God.
 - b. What does David confess about himself in these verses? What would be on his inventory?
 - c. The pattern of David’s confession fits Step Five, in that he admitted his sins to God, to himself, and to Nathan. In addition, his inventory is written for the whole world to see.

- d. What are some of the things in your inventory that would be difficult to share with another person?
 - e. What are some things you could share with more than one person.
2. **A Clean Heart** (Psalm 51:7-11)
- a. What does David’s phrase “a clean heart” mean to you?
 - b. What would it be like for you to have a clean heart?
 - c. When have you experienced joy in your life? For David, it seems as if the path to joy goes first through his brokenness. How do you think brokenness leads to joy?
 - d. David ask for the renewal of a loyal sprit within him. How does that apply to you? Where have you struggled with disloyalty, either in yourself or in others?
 - e. How would you rewrite this passage as a personal expression of prayer?
3. **Lips That Praise God** (Psalm 51:12-15)
- a. David had to ask God to make him willing to obey him. Where do you still question, or struggle with obeying, what you know God wants in your life?

- b. David's response is to sing of God's forgiveness and to praise him. As you have worked through step and confessed to God, he has promised to forgive you. Write him a thank-you note for his forgiveness.
4. **The Right Sacrifice** (Psalm 51:16-19)
- a. The sacrifice described here is a broken and repentant heart. Describe how working through the first five Steps has been the proper sacrifice for you in your healing.

 - b. Now think symbolically. Think of the walls of Jerusalem as your personal boundaries. How are you rebuilding your personal boundaries with others?

 - c. David mentions what will happen when Jerusalem's boundaries are rebuilt. Life will become the way it was designed to be. As you are rebuilding the personal boundaries in your relationships, describe how your life will be different as you continue the journey of recovery.

WORKS TIME: (15 mins)- Pray for someone's needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Six

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

“Humble yourselves before the Lord, and he will lift you up in honor.” – James 4:10; see also Romans 6:5-11; Philippians 3:12-14.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: The Big Question? (John 1:1-9)***

1. **The Setting** (John 5:1-5)
 - a. Prior to starting your recovery journey, how had your addiction, dependency, or problems become a “way of life” for you?

 - b. In spite of the painfulness of those problems, what was “comfortable,” or familiar, about them?

2. **Ready, but not Quite Ready** (John 5:6-7)
 - a. What were some of the familiar parts of your addiction, dependency, or problem?

- b. What part of your problem has been the hardest for you to give up?

- c. The man gives Jesus an excuse instead of answering the question. What were some of your excuses? What were some you heard others give?

3. **The Unexpected** (John 5:8-9)

- a. What would Jesus say to you about your addiction, dependency, or problem that might be as starting as what he said to the man by the pool?

- b. What keeps you from believing that Jesus wants to heal you in the same way?

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WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Seven

We humbly asked God to remove our shortcomings.

“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 1:9;

see also Luke 18:9-14; 1 John 5:13-15.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: Humility or Humiliations***
(*Luke 14:7-14*)

1. **Some Practical Advice** (Luke 14:7-9)
 - a. In what ways have you “sought the seat of honor”—to make yourself look good—in the past?
 - b. Has this ever backfired on you, as in the story told by Jesus? What happened? How did you handle it?
 - c. Have you ever acted in humility and then been honored? How did that feel?
2. **True Humility** (Luke 14:10-11)
 - a. Write your own definition of humility.
 - b. Describe how your definition fits with the example Jesus gave—the opposite of seeking to be exalted.

- c. What has your recovery journey taught you about humility so far?

- d. Describe an example of how you have demonstrated humility in your recovery.

3. **A Step Beyond Humility** (Luke 14:12-14)

- a. If we let Jesus' reference to "the poor, the crippled, the lame, and the blind" symbolize anyone who has needs and who can't pay us back, who in your life is an example of this kind of person?

- b. Make a list of the kinds of actions you could take that would fulfill what Jesus talks about in this passage.

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WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Eight

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 like them to do to you.” – Luke 6:31;
see also Colossians 3:12-15; 1 John 3:10-20.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: Living in Grace (Romans 12:9-21)***

1. **Let’s Not Pretend** (Romans 12:9-13)
 - a. “Don’t just pretend to love others. Really love them... with genuine affection.” What part of this principle is difficult for you?
 - b. “Hate what is wrong.” Are you willing?
 - c. “Hold tightly to what is good.” How consistently do you do this?
 - d. “Delight in honoring each other.” What are some ways you can do this?
 - e. “Never be lazy, but work hard and serve the Lord enthusiastically.” What part of this principle is hard for you?
 - f. “Rejoice in our confident hope.” What does this mean to you?
 - g. “Be patient in trouble.” When do you have difficulty with patience?

- h. “Keep on praying.” How regularly or consistently do you pray?
 - i. “When God’s people are in need, be ready to help them” Whom could you help?
 - j. “Always be eager to practice hospitality.” In what ways can you practice hospitality eagerly?
2. **Grace-Filled Living** (Romans 12:14-18)
- a. Bless those who persecute you... pray that God will bless them.” This goes completely against our natural response. How do you struggle with this one?
 - b. “Be happy with those who are happy.” Give some examples of how you do this.
 - c. “Weep with those who weep.” Who needs your support and empathy right now?
 - d. “Live in harmony with each other... Do all that you can to live in peace with everyone.” Which person in the hardest for you to live in peace with?
 - e. “Don’t be too proud to enjoy the company of ordinary people.” Describe how this applies to you.
 - f. “Never pay back evil with more evil.” Give some examples of when you have returned evil for evil. How can you change this in the future?
 - g. “Do things in such a way that everyone can see you are honorable.” With whom will this be the most difficult task to accomplish? What makes it so hard?
3. **Paradoxical Living** (Romans 12:19-21)
- a. Who will be the most difficult for you to act kindly toward in the way Paul is asking us to in these verses?
 - b. How would you explain what Paul means when he says we are to “conquer evil by doing good”?

WORKS TIME: (15 mins)- Pray for someone’s needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Nine

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

“If you are presenting a sacrifice at the altar and...someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.” – Matthew 5:23; see also Luke 19:1-10; 1 Peter 2:21-25.

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WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: God’s Support of Us as We Make Amends (Genesis 32:3-12)***

1. **A First Attempt** (Genesis 32:4-5)
 - a. Fortunately, unless circumstances intervene, we make direct amends when we are ready. What do you think Jacob experienced as he realized he had to make amends with Esau?
 - b. With whom are you not ready to make amends?
 - c. With whom are you ready to make amends?
2. **When Making Amends Gets Complicated** (Genesis 32:6-8)
 - a. Describe what you think Jacob felt when he got news that his brother was bringing a small army to meet him?

- b. When you look at the difficult amends you need to make, how can you prepare to cover any contingencies?
3. **Seeking God's Help** (Genesis 32:9-12)
- a. How did you pray when you faced a crisis prior to beginning your recovery?
 - b. Which of the four characteristics of Jacob's prayer is most difficult for you?
 - c. If we come before God with humility, we can ask for his help in those difficult areas, especially as we begin to make direct amends. Write a prayer that expresses your humility in requesting God's help with making direct amends.

WORKS TIME: (15 mins)- Pray for someone's needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Ten

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

“If you think you are standing strong, be careful not to fall.” – 1 Corinthians 10:12; see also Romans 5:3-6; 2 Timothy 2:1-7; 1 John 1:8-10.

WELCOME TIME: (15 min)- The Facilitator will welcome everyone by introducing himself and his short background, and the next person will introduce himself until everyone has spoken. The Facilitator will introduce the desired outcome of the meeting.

Startup: Have everyone read the Twelve Steps (except for the verses) and Ground Rules, either in unison or individually.

WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: A Condition of the Heart***
(Matthew 13:1-23)

1. **Story Time** (Matthew 12:3-9)
 - a. Remembering that a parable is an analogy, what do you think the *seeds* represented to the crowd?
 - b. What do you think the *ground* represented to the crowd?
 - c. What do you think the *crop* represented to the crowd?
2. **A Lack of Understanding** (Matthew 13:13-15)
 - a. What parallel do you see in today’s culture, where someone is popular but not understood?
 - b. Why do you think Jesus was not understood?

- c. What do you find hard to understand regarding Jesus and his teachings?
3. **Guarding the Garden** (Matthew 13:18-23)
- a. The crowd on the shore probably tried to understand Jesus' story in a literal way. How did your description of the crowd's interpretation in the previous section compare with what Jesus said he meant?
 - b. What kind of ground was our heart before you began your recovery journey?
 - c. What kind of ground would you say your heart is today?
 - d. What do you think is the "harvest" in you life?

WORKS TIME: (15 mins)- Pray for someone's needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Eleven

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

“Devote yourselves to prayer with an alert mind and a thankful heart.” – Colossians 4:2; see also Isaiah 40:28-31; 1 Timothy 4:7-8.

WELCOME TIME: (15 min)- The Facilitator will welcome everyone by introducing himself and his short background, and the next person will introduce himself until everyone has spoken. The Facilitator will introduce the desired outcome of the meeting.

Startup: Have everyone read the Twelve Steps (except for the verses) and Ground Rules, either in unison or individually.

WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: Knowing Our Creator (Psalm 8)***

1. **The Majestic God** (Psalm 8:1-2)

- a. What do you think the psalmist means when he says that God’s “majestic name fills the earth”?
- b. The words “majestic” or “mighty” are used in Psalms to describe kings (Psalm 136:18, NASB), heroes (Psalm 16:3, NASB), mountains (Psalm 76:4), and waves hitting the seashore (Psalm 93:4). When you consider the words “majestic” and “mighty” in those context, what other similar words come to mind?
- c. We also see the psalmist uses two other words to describe God. One relates to his “strength.” In what ways has God been a strength for you in your recovery?

- d. The other word is really a phrase—“silencing your enemies.” How is this an extension of “majestic” and “strength”? How has God used your recovery to silence those who opposed you?

2. **Knowing God** (Psalm 8:3-9)

- a. When we compare ourselves to the sun, moon and stars, we truly are insignificant. But what does it mean to you when the psalmist says we are “crowned... with glory and honor”?
- b. In Genesis 2, God tells Adam to tend the garden and name the animals. By having Ada name the animals, God gave him authority over them. He psalmist asserts the same thing—that we are above the rest of creation and that we have authority over it. What does this mean to you about how God views you?
- c. God has, by design, given you dignity and honor. Addictions, dependencies, and problems seek to rob us of our dignity and honor. In what way does this make God the God of your recovery?

WORKS TIME: (15 mins)- Pray for someone’s needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One

Step Twelve

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

“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.” – Galatians 6:1; see also Isaiah 61:1-3; Titus 3:3-7; 1 Peter 4:1-5.

WELCOME TIME: (15 min)- The Facilitator will welcome everyone by introducing himself and his short background, and the next person will introduce himself until everyone has spoken. The Facilitator will introduce the desired outcome of the meeting.

Startup: Have everyone read the Twelve Steps (except for the verses) and Ground Rules, either in unison or individually.

WORSHIP TIME: (10 min)- Testimonies and Singing

WORD TIME: (40 mins)- ***Study # 1: Speak Out!*** (Psalm 107:1-22,32)

1. **Speak Out!** (Psalm 107:1-3)
 - a. How was your previous way of living like being an exile?
 - b. How would you describe to someone else what the psalmist means by being redeemed?
 - c. Who have you told about your healing and recovery? Who could you tell about what God is doing in your healing and recovery?
2. **Satisfied by God** (Psalm 107:4-9)
 - a. Describe your wilderness experience.
 - b. What have been some of the surprises as the Lord has led you to safety and recovery?

- c. In what ways are you experiencing the feeling of being satisfied?
3. **Freed by God** (Psalm 107: 10-16)
- a. Here is an accurate picture of the power of addiction can have over us: we are “imprisoned in iron chairs of misery.” In what ways was your experience like being in chains?
 - b. Even the patterns of dependencies and the oppression of unresolved problems can feel like a prison. How has this been your experience?
 - c. In what ways did your life go from bad to worse before surrendered your will and your life to God?
4. **Exalting God Publicly** (Psalm 107:17-22,32)
- a. How have you expressed your gratitude to God for helping you in your recovery and healing program?
 - b. How have you expressed your gratitude publicly?
 - c. Identify at least two people whom you could share your gratitude with, and then make it a point to do so.

WORKS TIME: (15 mins)- Pray for someone’s needs, Plan for Evangelism Strategy and Announcements for upcoming activities.

WOW TIME: (30 mins)- Time to Eat. Discipleship Level One on One