

The Twelve Steps

Introduction

Welcome to Love Lifted Me Recovery Ministries 12-Step Program. This program will be different than any other you might be familiar with (i.e., AA, Al Anon, NA). We use the 12 Steps as an outline or general formula, and we believe the principles of the 12 Steps were taken right out of the pages of the Bible, and have been blessed by God. However, Love lifted Me Recovery Ministries recognizes only one Higher Power - the Lord Jesus Christ, and only one source for our study text - God's word, the Bible. Meetings will consist of an opening time of worship and singing, prayer, announcements, praise reports or brief sharing on a step, etc., Bible study and questions and answers on whatever Step we are currently studying. We may group some of the steps together for study purposes, such as 1-3, 4-5, 6-7, 8-9, 10-12, but we recommend that you work each Step one at a time. We will help anyone with one-on-one Bible counseling, questions, or work with the Steps if needed, and we offer ourselves by phone 24 hours a day, seven days a week, for prayer or pastoral care. Our goal is to bring you into a close relationship with your Higher Power, Jesus Christ, and to get you familiar with His word, the Bible. There is nothing we will not try to help you with, and if help is needed outside of our scope, we can refer you to professional help. We can sign court cards or sober living vouchers, if needed. Meetings will start at 7:00 pm, and end at approximately 8:30 pm. We are available to stay after the meetings, if anyone needs special prayer, or just needs someone to talk to.

You will need to start looking around for a Sponsor or Accountability Partner. This should be someone of the same sex, who has already worked the complete Twelve Steps, and they should be a Christian. If you cannot find someone to be your Sponsor or Accountability Partner, you may ask Dottie or myself. If you have worked the Twelve Steps in our group, and would like to be someone's Sponsor, please see Dottie or myself, and we will go over any questions with you.

We have seen some great success since we started Love Lifted Me Recovery Ministries - a lot of healing, understanding, spiritual growth, and growth in being able to really give and receive real love! Pure love, yes, God's love! You, too, will see this same healing and growth if you stick with the program for the entire Twelve Steps, and make an honest commitment to the Lord and yourself. The first commitment you need to make is to DO the homework assignments and be regular in attendance. You cannot learn to have a disciplined walk with God by spasmodic attendance and a lukewarm commitment. However, if you make this commitment, you, too, can succeed, overcome pain, shame and heal the wounds from the past, no matter how great. Everything in your life will begin to become clearer as you heal and become more productive, and you begin to see and experience God's love and plan for your life.

Step 1 - We admitted we were powerless over our dependencies- that our lives had become unmanageable.

Powerless - if we can get to a point where we are able to be honest and admit our powerlessness over even life itself, then we have come to a place where a loving God can and will empower us to take healthy control of our lives. Just as little children are totally dependent on others to supply their needs, we must get to this place where we are dependent on God. When we do, it will open a door to restoration and enable us to use the tools needed to lift us up and out of the pain and shame of our lives.

Unmanageable - If indeed your life has become unmanageable and you feel powerless to do anything about it, you are in the right place! The first Step is to recognize that life is bigger

than you are - you can't control everything! Whether you suffer from substance abuse, relational abuse (co-dependency), depression or inability to function in life because of abuse in your childhood, etc. (family dysfunctions), you will gain new insights and strength to enable you to understand why you are here and how to get past it. You will learn what causes "stinkin' thinkin'" and destructive patterns of behavior, and how they can be replaced with healthy thinking, relationships, and life-styles, thus bringing you to a place of peace and understanding. You will learn just what and who a loving Heavenly Father is, and how He wants His children to have peace and happiness. You will receive incredible power from our Creator as you conform to His will for your life. This of course is a process, and that is why it is broken up into the Twelve Steps. If you will make an honest commitment to yourself to WORK the entire Twelve Steps and stick with us, I guarantee by this time next year, you will be able to look at life and love, trust and happiness, in a much healthier way. There will be brightness in the future where now there may be only dimness and not a lot of hope.

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

In Step One, we admitted, basically, that we are not God, and are NOT able to control our lives. In Step Two, we have HOPE that a Higher Power can help us get our lives in order somehow. Now, we need to get to know that One, the very One who created us, the Creator of heaven and earth. Since He created us, we must trust that He has the answers to life's questions and problems in the Bible, His Word, the Manufacturer's Manual for our lives. God can restore you to a healthy place in thought, word and deed if you will trust Him enough to give Him complete control of your life. You must get off the throne of your life, get out of the driver's seat, so to speak, and ALLOW Him to guide you and direct you in wholesome ways - HIS ways instead of YOUR ways. You must turn your addictions, problems and concerns over to Him, and He will take them and help you to overcome them, and to understand who you are.

Step 3 - Made a decision to turn our will and our lives over to the care of God.

Step Three is the actual step of believing and trusting in God to take control of those areas of your life that are OUT OF CONTROL. If you have already trusted Jesus Christ as your Savior, and accepted what He did on the cross as payment for your sins, you are forgiven and are a child of God. However, just as little children do not always obey their earthly parents, we do not always obey our Heavenly Father, and we get in trouble, and our lives become a mess. Whether you have known the Lord for a long time, or if you would like to accept Jesus as your Savior right now, this Step is the same. You must ALLOW Jesus to be LORD OF YOUR LIFE. You MUST ASK HIM to take over every area of your life, and GIVE HIM all your burdens, cares, worries, sins, fears and inabilities (I Peter 5:6-7). Jesus Christ was without sin, yet He was tempted in every way (Hebrews 4:14-16), so that He understands what you are going through. He paid the complete price for your sin and disobedience, so that you do not have to drag the burden of guilt and shame around anymore (I Peter 2:24 & II Corinthians 5:21). You are free to grow in new directions and experience newness of life, because you are a new creation in Christ (II Corinthians 5:17), the old things are passing away, and all things will become new.