

My Foundation

1. I admit that on my own I am powerless over this addiction and because of it my life has become unmanageable.
2. I believe that only the power of God, seen in the face of Jesus Christ, can restore my spirit to sanity.
3. The Holy Spirit, my Counselor, has turned my will to place all that I am into the hands of God.

The Path of Healing I Must Walk

4. I have made an honest and searching inventory of my life, seeking to identify what was wrong.
5. I have confessed the exact nature of my wrongs to God, to myself, and to another human being.
6. I take comfort in the forgiveness I find at the cross of my Savior, Jesus.
7. I humbly ask him to remove these wrongs from my life.
8. I have made a list of people my addiction has harmed and from the heart I am willing to make amends to them.
9. I have made amends to these people wherever possible, except when to do so would cause more harm than good.

The Path to Conquering My Addiction through Christ Alone

10. I continue to hold myself accountable every day and when I am wrong, I promptly admit it.
11. I seek through prayer and meditation on God's Word to improve my relationship with God, a greater focus on his will for my life and his power to live as a child of God.
12. Because this path has made my soul well, I will share these steps with others I encounter whose lives are hurt by addiction. I will continue to use these principles as I walk through this earthly life toward eternal life in heaven.

The Meeting Plan

Prayer

Open the meeting with prayer, asking God to open hearts and minds to hear, learn, and do his will. Ask for God's guidance and blessing.

Welcome

Welcome everyone. Introduce everyone, especially newcomers. Allow everyone the chance to share how things are going in their everyday lives. Especially encouraging are testimonies people can share of God's grace at work in life spurring them on in recovering a sober life. Introduce the step the evening's Bible study will focus upon. Any other announcements can be made at this time.

The Time of Study

- **Scripture Reading:** The Bible study will focus on a specific section of Scripture. Share reading from the night's outline.
- **Discussion:** The study sheets are intended for group discussion. Especially important is not only understanding the step being considered, but understanding how one applies that principle to daily life.
- **Sharing:** The meeting is to be a safe place for everyone to share thoughts, troubles, needs, etc. All sharing inside the group, is to stay inside the group, and not go beyond the doorways as the meeting comes to an end. No one person, however, should monopolize the meeting.
- **Closing Prayer:** A prayer closes the night, asking for God's Word to change one's mind and heart, and for God's power to bring about such change in life!