

## The 12 Steps – *and their biblical comparisons*

- 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
- 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
- Step 3** We made a decision to turn our lives and our wills over to the care of God. **Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, Holy and pleasing to God-this is your spiritual act or worship."** Romans 12:1
- 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
- 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 5:15 a
- Step 6** We were entirely ready to have God remove all these defects of character. **"Humble yourself before the Lord, and He will lift you up."** James 4:10
- 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 cleanse us from unrighteousness."** 1 John 1:9
- 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
- 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 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."** 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 try to carry this message to others and to practice these principles in all our affairs. **"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted."** Galatians 6:1

ewfbc.org

**"My grace is sufficient for you..."**

**2 Corinthians 12:9-10**



**We  
Celebrate  
Recovery**

**East Wenatchee First Baptist Church**

1700 Grant Road, E. Wenatchee, WA 98802 (509) 884-4530

## We Celebrate Recovery Purpose

The purpose of We Celebrate Recovery is to fellowship and celebrate the healing power of God's grace in our lives as we work through the Christ-Centered 12 Steps and the Eight Recovery Principles. These experiences allow us to be changed. We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God's grace in helping us to solve our lives' problems.

By working and applying these Biblical principles, we begin to grow spiritually. We break free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity and joy within ourselves and helps us to build stronger personal relationships with our friends, families and most importantly, with God. As we progress through the program, we discover our personal, loving and forgiving "Higher Power", Jesus Christ.

## Wednesday Night *- Child Care Available*

6:30 – 6:45 Snacks and Fellowship

6:45 – 7:30 Large Group Session

7:30 – 8:30 Open-Share Small Groups

Men's Life Issues Group

Men's Chemical Dependency Group

Women's Life Issues Group

Women's Chemical Dependency Group

Newcomer's "101" – Are you "New" to CR? This is for you.

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
2. There will be no cross talk, please. Cross talk is when two individuals engage in dialog, excluding all others. Each person is free to express their feelings without interruption.
3. We are here to support each other. We will not attempt to "fix" another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group! The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-Centered recovery group.

## The Road to Recovery

### 8 Recovery Principles Based on the Beatitudes

**R**ealize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. **"God blesses those who realize their need for Him, for the kingdom of Heaven is given to them."** Matthew 5:3

**E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. **"God blesses those who mourn, for they will be comforted."** Matthew 5:4

**C**onsciously choose to commit all my life and will to Christ's care and control. **"God blesses those who are gentle and lowly, for the whole earth will belong to them."** Matthew 5:5

**O**penly examine and confess my faults to myself, to God, and to someone I trust. Happy are the pure in heart. **"God blesses those whose hearts are pure, for they will see God."** Matthew 5:8

**V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. Happy are those whose greatest desire is to do what God requires. **"God blesses those who are hungry and thirsty for justice, for they will receive it in full."** Matthew 5:6

**E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. **"God blesses those who are merciful, for they will be shown mercy."** Matthew 5:7

**R**eserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

**Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words. **"God blesses those who are persecuted because they live for God, for the kingdom of Heaven is theirs."** Matthew 5:10

## Prayer for Serenity

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  
~ Reinhold Niebuhr