

The Twelve Steps and Related Scripture

Step One

We admitted we were powerless over the effects of our separation from God—that our lives had become unmanageable.

“I know 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 Two

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 Three

We made a decision to turn our will and our lives 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 of worship.” Romans 12:1

Step Four

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 Five

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 5:16a

Step Six

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

Step Seven

We humbly asked Him to remove our shortcomings.

“If we confess our sins, he is faithful and just and will forgive us our sins and to purify us from all unrighteousness.” 1 John 1:9

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 have them do to you.” Luke 6:31

Step Nine

We made direct amends to such people wherever 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 Ten

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 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 that out.

“Let the word of Christ dwell in you richly.” Colossians 3:16a

Step Twelve

Having had a spiritual awakening as the result of these steps, we tried 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