



**Christ-Centered
12 Step Recovery**

LEADERSHIP GUIDE

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Recovery In Christ Ministries

Recovery In Christ Ministries, Inc. (R.I.C.) began informally in 1985 when a handful of Christians who were attending traditional Twelve-Step groups met for coffee after a regular meeting. The Lord blessed that simple gathering with His presence in a special way. Genuine Christian fellowship and heartfelt prayer took place.



There was a shared desire to have a regular meeting where recovering people could freely talk about Jesus and discuss the Bible. Within a few weeks, the first meeting was scheduled. Only a couple of people attended — yet ministry and healing still took place. Since that humble beginning, hundreds of lives have been touched through these gatherings.

In June of 1990, Recovery In Christ Ministries, Inc. was formally incorporated as a non-profit organization in the state of Florida and approved by the IRS as a 501(c)(3) tax-exempt ministry.

Mission Statement

Recovery In Christ Ministries exists to communicate the hope of recovery found in Jesus Christ, helping individuals break free from chemical dependency, codependency, other addictions, and the wounds of dysfunctional family systems.

We are committed to:

- **Leading people into a personal and saving relationship with Jesus Christ** and encouraging them to grow within a Christian church of their choice.
- **Equipping churches to establish Christ-centered recovery support groups** and fostering cooperation among recovery ministries.
- **Publishing and distributing biblical recovery materials** to individuals, leaders, and groups.
- **Providing Christ-centered, biblically based counseling** to those who are hurting.
- **Training lay Christians and ministry leaders** to effectively help those who are suffering.

Our mission is to be an instrument of God's healing, peace, and righteousness — offering hope, restoration, and freedom through the transforming power of Jesus Christ.

Please pray for this ministry — that the Lord directs all of its activities and uses it as an instrument of His healing, His peace, and His righteousness.

Core Values - These core values express the heart of our ministry and guide everything we do. They reflect our commitment to Christ, to truth, and to the healing of those who are hurting.

1. Christ at the Center - Jesus Christ is the foundation of all recovery. We believe true healing, freedom, and transformation come through a personal relationship with Him.

2. The Authority of Scripture - God's Word is our guide for life, recovery, and spiritual growth. Every principle we teach is rooted in Scripture.

3. Honesty and Transparency – Healing begins with truth. We value authenticity, confession, and the courage to face our struggles with humility and grace.

4. Love Without Judgment - We welcome all who are hurting. We offer acceptance, compassion, and encouragement — never condemnation.

5. Confidentiality and Safety - A safe environment is essential for recovery. What is shared in the group stays in the group. Every person deserves protection and respect.

6. Community and Accountability - We grow best together. Recovery is strengthened through fellowship, shared experience, and mutual support within the Body of Christ.

7. The Power of the Holy Spirit - We rely on the Holy Spirit to lead, convict, comfort, and transform. He is the true Counselor and the Leader of every meeting.

8. Service and Outreach - We freely share the hope we have received. Our mission is to reach the hurting, disciple believers, and equip churches to minister effectively.

9. Humility and Teachability - We remain open to correction, growth, and the ongoing work of God in our lives. No one has all the answers — we walk this journey together.

10. Integrity and Stewardship - We honor God by handling all ministry responsibilities with excellence, honesty, and accountability.

Vision Statement - *To see individuals, families, and churches transformed by the healing power of Jesus Christ as they embrace Christ-centered recovery, walk in truth, and grow into healthy, Spirit-led communities of faith.*

We envision:

- People set free from addiction, trauma, and life-controlling issues through the power of Christ
- Churches equipped to minister effectively to the still suffering
- Recovery groups rooted in Scripture, love, and the Holy Spirit
- A global network of believers reaching out to a broken world with hope, compassion, and truth
- Communities where transparency, accountability, and grace flourish
- A movement of disciples who carry the message of recovery into every sphere of life

Our vision is simple: **Jesus restores lives — and we want the world to know it.**

Introduction to Recovery In Christ Ministries

Recovery In Christ Ministries began with something simple — a few believers gathering after a Twelve Step meeting to talk about Jesus, pray together, and share their struggles with honesty and hope. There were no plans, no programs, and no expectations. Yet the Lord met them there. In that small circle of hurting people, Christ's presence brought comfort, healing, and the beginnings of a ministry that would reach far beyond anything they imagined.

From that humble beginning in 1985, Recovery In Christ Ministries has grown into a Christ-centered outreach dedicated to helping individuals, families, and churches experience the transforming power of Jesus Christ. We believe that recovery is not merely about breaking destructive patterns — it is about discovering the love of God, walking in truth, and becoming the people He created us to be. Healing happens where Christ is welcomed, where grace is practiced, and where broken people gather with open hearts.

These resources were created to support that sacred work. Whether you are reading this as someone seeking personal healing, as a leader guiding others, or as a believer wanting to grow in Christ, we welcome you. Each book in this series serves a unique purpose, yet all three share the same foundation: Jesus Christ at the center, Scripture as our guide, and the Holy Spirit as our Counselor.

The RIC Workbook (Reaching Out to a Hurting World) helps individuals explore biblical principles of recovery and apply them to daily life. **The Leadership Guide** equips leaders to shepherd Christ-centered recovery groups with wisdom, structure, and grace. **The Guide to Christ-Centered Traditions** strengthens the unity, safety, and spiritual health of groups by grounding them in principles that protect the heart of recovery.

Together, these resources form a unified pathway — a way for individuals and communities to grow in honesty, humility, accountability, and love. They are not meant to instruct from above, but to walk beside you. We write as fellow travelers, fellow strugglers, and fellow recipients of God's mercy.

Our prayer is simple: that through these pages, Jesus will draw you closer to Himself, restore what has been broken, deepen your fellowship with others, and lead you into the freedom only He can give. May the Lord bless your journey, strengthen your faith, and use your life as a testimony of His healing power.

Sincerely,

Recovery In Christ Ministries

How to Use These Resources Together

Recovery is a journey best walked with Christ at the center and with others by our side. The resources in this ministry series were created to work together as a unified pathway — supporting individuals, leaders, and groups as they grow in healing, truth, and spiritual maturity.

Each book serves a unique purpose, yet all three share the same foundation: Jesus Christ as our Healer, Scripture as our guide, and the Holy Spirit as our Counselor. Used together, they provide a balanced and comprehensive approach to Christ-centered recovery.

The ‘Reaching Out to a Hurting World’ (RIC Workbook) This book is designed for personal growth, group discussion, and ongoing spiritual formation. It explores key topics related to addiction, trauma, codependency, emotional health, and discipleship. Individuals can use it privately, and groups can use it as a weekly guide for reflection, sharing, and prayer.

The Leadership Guide This guide equips leaders, facilitators, and pastors to shepherd Christ-centered recovery groups with clarity, structure, and grace. It offers practical tools for leading meetings, supporting participants, and cultivating a safe, Spirit-led environment where healing can take place.

The Guide to Christ-Centered Traditions This devotional resource helps groups stay healthy, unified, and grounded in biblical principles. The Twelve Traditions provide a spiritual framework that protects the heart of recovery, strengthens community, and keeps Christ at the center of group life.

Using the Resources Together You may use these books individually or as a complete set. Many groups read from the Workbook during meetings, use the Leadership Guide for structure and support, and draw from the Traditions Guide to maintain unity and spiritual focus. Individuals may use the Workbook for personal growth while leaders use the other two resources to guide and strengthen their ministry.

However you choose to use them, our prayer is that these tools will help you grow in Christ, deepen your relationships with others, and experience the freedom and restoration that only Jesus can bring.

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A Note To Leaders

It is our sincere prayer that this guide becomes a useful tool as you reach out to a world in deep need of Christ's healing. Recovery is a journey none of us walk alone, and having clear, Christ-centered direction can make all the difference. This Leadership Guide is designed to equip you with a full year of meaningful, Spirit-led weekly meetings—ready to use, yet flexible enough to adapt to the unique needs of your group.

Inside, you will find forty-eight weekly meeting templates built around the Twelve Steps, created to be used alongside the *Reaching Out to a Hurting World* (RIC Workbook) and, most importantly, your Bible. You will also discover additional templates for holidays, times of crisis, celebrations, newcomer support, and leadership encouragement—resources intended to strengthen both leaders and participants as they grow in Christ.

Since there are fifty-two weeks in a year, four months will naturally include a fifth meeting. We encourage you to treat these extra gatherings as special opportunities for fellowship and unity. Consider hosting an “eat & speak,” a testimony night, or another uplifting activity that deepens community and celebrates God’s work among you.

Not all readings from the RIC Workbook were used in this Leadership Guide. You are encouraged to explore them, as well as the other resources we provide, to help you create Christ-centered and recovery-focused discussions. We also offer twenty-four videos (two for each Step) in which fellow Christians in recovery share their experience with that particular Step. Each video is approximately twenty-eight minutes long. The *Guide to Christ-Centered Traditions* is another rich resource to help build up the body of Christ within your group.

With these additional tools, you will not run out of fresh content for your Small Group discussions, counseling support, or individual development.

We invite you to keep returning, as we will continue adding new materials to support your ministry and expand the resources available on our website. Our desire is to walk alongside you as you build strong, healthy, Christ-centered recovery groups—and to support strong, healthy Christians.

May the Lord bless your willingness to serve, and may He use your faithfulness to bring in a great harvest in your community.

Sincerely,

Tommy Tieche

Tommy Tieche

Director, Recovery In Christ Ministries, Inc.

Meeting Formats

It is recommended that group leaders review the information on pages 40–41 of this Leadership Guide before facilitating a meeting. Not everyone feels comfortable maintaining order or ensuring that a group stays Christ-centered and recovery-focused. When possible, have a seasoned leader sit with a new chairperson during their first few meetings. Their presence can provide reassurance, answer questions, and offer gentle guidance when needed.

Once a group has been established and has a core of regular members, it is helpful to encourage service work. Individuals can assist with setup and cleanup, make coffee, or help with other practical needs. Allowing them to chair a meeting (using this format) can further engage them in the group and open new opportunities for the Holy Spirit to minister. It is always a joy to watch the spiritual growth that takes place when someone steps into service.

A consistent meeting format is essential for developing a Christ-centered recovery group. The leader (or chairperson) uses the format to keep the meeting focused, orderly, and on time. Consistency is especially important for those coming out of chaotic or broken situations; a predictable structure helps create a sense of safety for everyone who attends. While the basic structure should remain the same, your introduction and format may need to be customized depending on your setting — whether you are meeting in a church, a prison, a recovery house, an institution, or an AA clubhouse — and based on the time available. Several sample formats are available in the download section of our website, and in the *Reaching Out to a Hurting World* workbook under “Opening Group Remarks” and “Meeting Formats.”

The basics, however, should not change. We strongly recommend that the chairperson follow these simple guidelines when using this Leadership Guide.

The following works well for groups meeting for 1 hour (or more).

SUGGESTED FORMAT

1. Start and End on Time

2. Introduce Yourself

“I am recovering in Christ, and my name is _____.”

3. Open With Prayer

Use a prayer from the Workbook (e.g., the full version of the Serenity Prayer).

4. Read Your ‘Opening Group Remarks’ (a few paragraphs that represent the Group)

5. Have Someone Read (from the Workbook or Handouts):

- Ground Rules for Support Groups
- The 12 Steps
- The 12 Traditions

6. Group Introductions

First name only. Welcome new members warmly.

7. Devotional Reading

Have someone read a short devotional (Life Recovery Bible or similar). Choose one that complements the topic for the night. You may ask if anyone has a comment about what was just read. Trust the Holy Spirit, sometimes this becomes the meeting.

BEGIN MEETING TEMPLATE

8. Introduce the Topic

Use the meeting template in this Leader's Guide for the week, the Step, or the occasion.

The chairperson reads:

- The TAG Line (e.g., Week 15 – “Courage to Look Within”)
- The Scripture
- The Devotional Thought

Then invite the group to turn to the corresponding section and page in the Workbook (*Reaching Out to a Hurting World*).

9. Group Reading

Ask the group to read one paragraph each. Let them know they may say “pass.”

10. Open the Floor for Sharing

- a. After the one-page reading is complete, invite comments on the topic.
- b. If the group is large, consider using a timer so everyone has an opportunity. If you do, explain: “Part of sharing is sharing the time.”
- c. If the group is hesitant, use one or more of the Discussion Prompts in your guide.
- d. The chairperson’s role here is simply to keep the meeting recovery-focused and Christ-centered. You have spoken enough—only share if needed to gently redirect.
- e. Near the end, you may offer a brief summary of what was shared and affirm the good work God is doing in the group.

11. Ten Minutes Before Closing

Say: “The time for sharing has ended. If you didn’t get a chance to share, please grab someone after the meeting. Please join me as I pray our Closing Prayer.”

END MEETING TOPIC (continues next page)

12. Seventh (7th) Tradition

Pass the basket if appropriate. Every group should be self-supporting. Funds may cover rent, coffee, snacks, Bibles, or printing materials.

13. Recognize Recovery Anniversaries & Professions of Faith

This is optional, but celebrating milestones helps cultivate gratitude for what God has done. You can assign someone to do this:

NOTE: AA gives chips, NA gives key tags, CA gives coins, and Al-Anon/Nar-Anon give medallions. **At Recovery In Christ Meetings, we give out colored marbles** (because we lost a few on our way here — lol).

- **White** – Just for Today (surrender)
- **Green** – 30 days (growth)
- **Red** – 60 days (don't stop!)
- **Blue** – 90 days (blue skies ahead)
- **Yellow** – 6 months (let the SON in!)
- **Black** – 9 months (no more living in darkness)
- **Fidget Spinner** – 1 year and multi-year (keep going... never stop!) **

** If someone celebrates a year or more, ask them to briefly share **how and why** they did it.

14. Announcements

Invite any announcements relevant to the group (church events, recovery events, etc.).

15. Prayer Requests

Gather requests.

You can Say: “Let's take a moment of silence to lift up these spoken and unspoken requests to the Lord. Let's also lift up one another throughout the week, and those Christ is calling to join us.”

16. Closing Prayer

Have someone read a closing prayer from the RIC Workbook (e.g., Prayer of St. Francis). Or pray according to your custom.

~ END ~

17. Fellowship

You may wish to pass around a contact list and/or provide newcomers with a list of telephone numbers of people willing and able to reach out. Early recovery is a difficult time, and human contact and a listening ear is often the lifeline someone needs to make it to the next day.

Spiritual Principles

Step 1 – January (Honesty)

"We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable."

1. **The Freedom of Admitting the Truth** — *John 8:32*
2. **Letting Go of Denial** — *Psalm 34:18*
3. **Facing the Mess Without Fear** — *Isaiah 41:10*
4. **God's Strength in Our Weakness** — *2 Corinthians 12:9*

Step 2 – February (Hope)

"We came to believe that Jesus Christ could restore us to sanity."

5. **God's Power to Restore** — *Jeremiah 29:11*
6. **Choosing Faith Over Fear** — *Hebrews 11:1*
7. **Hope That Does Not Disappoint** — *Romans 5:5*
8. **Trusting God's Timing** — *Ecclesiastes 3:1*

Step 3 – March (Surrender)

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

9. **Letting God Lead** — *Proverbs 3:5-6*
10. **The Peace of Surrender** — *Philippians 4:6-7*
11. **Trading Control for Trust** — *Matthew 6:33-34*
12. **Saying "Yes" to God's Plan** — *Luke 22:42*

Step 4 – April (Courage)

"We made a searching and fearless moral inventory of ourselves."

13. **God's Light in Our Inventory** — *Psalm 139:23-24*
14. **Facing the Truth with Grace** — *1 John 1:9*
15. **Courage to Look Within** — *Joshua 1:9*
16. **Healing Through Honesty** — *James 5:16*

Step 5 – May (Integrity)

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

17. **Confession Brings Freedom** — *James 5:16*
18. **God's Mercy in Our Confession** — *Psalm 32:5*
19. **Walking in the Light** — *1 John 1:7*
20. **The Power of Accountability** — *Ecclesiastes 4:9-10*

Step 6 – June (Willingness)

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

21. **God's Refining Work** — *Philippians 1:6*
22. **Letting Go of Old Ways** — *Ephesians 4:22-24*
23. **Willing to Be Changed** — *Isaiah 64:8*
24. **Trusting God's Process** — *Romans 12:2*

Step 7 – July (Humility)

"We humbly asked Him to remove all our shortcomings."

- 25. **The Strength in Humility** — *1 Peter 5:6-7*
- 26. **God Lifts the Humble** — *James 4:10*
- 27. **Depending on God Daily** — *Matthew 5:3*
- 28. **Humility as a Way of Life** — *Micah 6:8*

Step 8 – August (Forgiveness)

"We made a list of all persons we had harmed and became willing to make amends to them all."

- 29. **God's Forgiveness as Our Model** — *Ephesians 4:32*
- 30. **Letting Go of Resentment** — *Colossians 3:13*
- 31. **Preparing the Heart for Amends** — *Matthew 5:23-24*
- 32. **Forgiving Ourselves** — *Psalm 103:12*

Step 9 – September (Love)

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

- 33. **Love in Action** — *1 Corinthians 13:4-7*
- 34. **Making Amends God's Way** — *Romans 12:18*
- 35. **Restoring Relationships** — *Matthew 18:15*
- 36. **Living Peaceably** — *Hebrews 12:14*

Step 10 – October (Perseverance)

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

- 37. **Daily Heart Check** — *Psalm 139:23-24*
- 38. **Staying Spiritually Awake** — *1 Peter 5:8-9*
- 39. **Quick to Confess, Quick to Forgive** — *Ephesians 4:26-27*
- 40. **Walking Steadily with God** — *Galatians 6:9*

Step 11 – November (Spiritual Growth)

"We sought through prayer and meditation to improve our conscious contact with the Lord, praying only for knowledge of His will for us and the power to carry that out."

- 41. **Hearing God's Voice** — *John 10:27*
- 42. **Prayer as a Lifeline** — *Philippians 4:6-7*
- 43. **Meditating on God's Word** — *Psalm 1:2-3*
- 44. **Aligning My Will with God's Will** — *Matthew 6:10*

Step 12 – December (Service)

"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."

- 45. **Sharing the Hope We've Found** — *1 Peter 3:15*
- 46. **Serving with a Grateful Heart** — *Mark 10:45*
- 47. **Being the Light in a Dark World** — *Matthew 5:14-16*
- 48. **Living the Message Daily** — *Colossians 3:17*

Suggested Meeting Format

Step 1 – January (Honesty)

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

Week 1 — The Freedom of Admitting the Truth

Scripture: *John 8:32* — “Then you will know the truth, and the truth will set you free.”

Devotional Thought: Honesty is the doorway to freedom. When we stop pretending and admit the truth about our struggles, we open the door for God’s healing power to work in us. Denial keeps us in chains, but truth invites grace.

Workbook Reading: Section Four - Honesty

Discussion Prompts:

1. What fears have kept you from being completely honest about your struggles?
2. How has telling the truth brought you relief or freedom in the past?
3. What is one area where you need to invite God’s truth today?

Closing Prayer: “Lord, thank You for loving us in truth. Give us the courage to be honest with You, ourselves, and others. Let Your truth set us free from the chains of denial. Amen.”

Week 2 — Letting Go of Denial

Scripture: *Psalm 34:18* — “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Devotional Thought: Denial feels safe, but it keeps us stuck. God meets us in our brokenness, not in our pretending. When we let go of denial, we make room for His comfort and restoration.

Workbook Reading: Section Two - Denial, Enabling & Hitting Bottom

Discussion Prompts:

1. How has denial delayed your healing in the past?
2. What does it mean to you that God is “close to the brokenhearted”?
3. What step can you take this week to face reality with God’s help?

Closing Prayer: “Father, help us to release denial and face the truth with courage. Thank You for being near to us in our brokenness. Amen.”

Suggested Meeting Format

Week 3 — Facing the Mess Without Fear

Scripture: *Isaiah 41:10* — “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Devotional Thought: Recovery means facing the mess we've made — but we don't face it alone. God promises His presence, strength, and help. Fear loses its grip when we remember who walks beside us.

Workbook Reading: Section Four - Forgiving Yourself

Discussion Prompts:

1. What fears come up when you think about facing your past?
2. How has God's presence helped you in difficult moments?
3. What does it mean to you that God “upholds” you?

Closing Prayer: “Lord, thank You for walking with us into the hard places. Replace our fear with faith, and help us trust Your strength. Amen.”

Week 4 — God's Strength in Our Weakness

Scripture: *2 Corinthians 12:9* — “My grace is sufficient for you, for my power is made perfect in weakness.”

Devotional Thought: We often think we need to be strong to recover, but God says His power works best in our weakness. Admitting our powerlessness is not failure — it's the beginning of His victory in us.

Workbook Reading: Section Three - Step One

Discussion Prompts:

1. How have you seen God's strength show up in your weakness?
2. Why is it hard to admit we can't do it on our own?
3. What would it look like to rely on God's strength this week?

Closing Prayer: “Father, we confess our weakness and thank You for Your strength. Teach us to lean on You daily. Amen.”

Suggested Meeting Format

Step 2 – February (Hope)

"We came to believe that Jesus Christ could restore us to sanity."

Week 5 — God's Power to Restore

Scripture: *Jeremiah 29:11* — “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Devotional Thought: Addiction and brokenness can make us believe our story is over. But God's plan is never to leave us in despair — He is the God of restoration. Hope is not wishful thinking; it's trusting His promise to rebuild what's been broken.

Workbook Reading: Section Two - Surrender

Discussion Prompts:

1. What does “restoration” mean to you in your recovery journey?
2. How does knowing God has a plan for you change your outlook?
3. Where do you need to trust God's restoring power right now?

Closing Prayer: “Lord, thank You for being the God who restores. Help us to trust Your plan even when we can't see the outcome. Amen.”

Week 6 — Choosing Faith Over Fear

Scripture: *Hebrews 11:1* — “Now faith is confidence in what we hope for and assurance about what we do not see.”

Devotional Thought: Fear tells us to expect the worst; faith tells us to trust God for the best. Recovery requires stepping into the unknown, but we can do it with confidence because God is already there.

Workbook Reading: Section Four - Fear

Discussion Prompts:

1. What fears have been holding you back in recovery?
2. How can faith help you take your next step forward?
3. Share a time when trusting God brought you peace.

Closing Prayer: “Father, replace our fear with faith. Help us to trust You even when we can't see the full picture. Amen.”

Suggested Meeting Format

Week 7 — Hope That Does Not Disappoint

Scripture: *Romans 5:5* — “And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit.”

Devotional Thought: Human hope can fail, but hope rooted in God’s love is unshakable. His promises are certain, and His love never runs out. This kind of hope gives us strength to keep going, even on the hardest days.

Workbook Reading: Section Four - Hope

Discussion Prompts:

1. How is God’s hope different from the world’s hope?
2. When has God’s love carried you through a difficult time?
3. What promise from God gives you hope today?

Closing Prayer: “Lord, thank You for a hope that never fails. Fill our hearts with Your love and keep us anchored in Your promises. Amen.”

Week 8 — Trusting God’s Timing

Scripture: *Ecclesiastes 3:1* — “There is a time for everything, and a season for every activity under the heavens.”

Devotional Thought: Recovery is a process, not a race. God’s timing is perfect, even when it feels slow. Trusting His timing means believing He knows exactly when and how to bring healing.

Workbook Reading: Section Three - Step Two

Discussion Prompts:

1. Why is it hard to wait for God’s timing?
2. How have you seen God’s timing work out for good in your life?
3. What area of your recovery do you need to surrender to His timing?

Closing Prayer: “Father, help us to trust Your timing and not rush the process. Teach us patience as You work in our lives. Amen.”

Suggested Meeting Format

Step 3 – March (Surrender)

"We made a decision to turn our will and our lives over to the care of the Lord."

Week 9 — Letting God Lead

Scripture: *Proverbs 3:5-6* — “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

Devotional Thought: Surrender begins with trust. When we stop leaning on our own understanding and let God lead, He directs our steps toward healing. Recovery is not about trying harder — it's about trusting deeper.

Workbook Reading: Section Four - Trust

Discussion Prompts:

1. What does “trusting God” look like in your daily life?
2. Where are you still trying to control the outcome?
3. How can you invite God to lead you this week?

Closing Prayer: “Lord, we release our plans and trust Your direction. Lead us in the way we should go, and give us peace in following You. Amen.”

Week 10 — The Peace of Surrender

Scripture: *Philippians 4:6-7* — “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Devotional Thought: When we surrender our worries to God, He replaces anxiety with peace. This peace doesn't come from having everything figured out — it comes from knowing the One who holds it all.

Workbook Reading: Section Four - Peace

Discussion Prompts:

1. What worries are you holding onto right now?
2. How has prayer helped you experience God's peace?
3. What would it look like to fully surrender your anxiety to Him?

Closing Prayer: “Father, we lay our burdens at Your feet. Fill us with Your peace and guard our hearts and minds in Christ Jesus. Amen.”

Suggested Meeting Format

Week 11 — Trading Control for Trust

Scripture: *Matthew 6:33-34* — “But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself.”

Devotional Thought: Control is an illusion that keeps us exhausted. God invites us to seek Him first and trust Him with the rest. When we release control, we make space for His provision and guidance.

Workbook Reading: Section Three - Step Three

Discussion Prompts:

1. Why is it so hard to let go of control?
2. How can seeking God first change your priorities?
3. What's one thing you can release to God today?

Closing Prayer: “Lord, we choose to seek You first. Help us to trust You with tomorrow and rest in Your care today. Amen.”

Week 12 — Saying “Yes” to God’s Plan

Scripture: *Luke 22:42* — “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

Devotional Thought: Jesus modeled ultimate surrender in the Garden of Gethsemane. Saying “yes” to God’s plan may not always be easy, but it always leads to His best for us.

Workbook Reading: Section Two - Surrender Contract (*Handout*)

Discussion Prompts:

1. What does it mean to you to say, “Not my will, but Yours be done”?
2. When have you experienced blessing from following God’s plan instead of your own?
3. What area of your life is God asking you to surrender right now?

Closing Prayer: “Father, give us the courage to say ‘yes’ to Your will. Help us to trust that Your plan is always for our good and Your glory. Amen.”

Suggested Meeting Format

Step 4 – April (Courage)

"We made a searching and fearless moral inventory of ourselves."

Week 13 — God's Light in Our Inventory

Scripture: *Psalm 139:23-24* — “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Devotional Thought: Taking a moral inventory can feel overwhelming, but we don't do it alone. God's light reveals the truth not to shame us, but to guide us toward healing. His search is always motivated by love.

Workbook Reading: Section Four - Damaged Emotions

Discussion Prompts:

1. What fears do you have about taking a moral inventory?
2. How does inviting God into the process change your perspective?
3. What does it mean to you that God's search is motivated by love?

Closing Prayer: “Lord, shine Your light into every part of our hearts. Reveal what needs healing and lead us in Your everlasting way. Amen.”

Week 14 — Facing the Truth with Grace

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

Devotional Thought: Courage in recovery means facing the truth about ourselves — both the good and the bad — with the assurance that God's grace covers it all. Confession is not about condemnation; it's about cleansing.

Workbook Reading: Section Four - Guilt

Discussion Prompts:

1. How has God's grace helped you face difficult truths?
2. Why is confession an important part of recovery?
3. What truth do you need to face with God's grace today?

Closing Prayer: “Father, thank You for Your grace that meets us in our honesty. Help us to confess freely and receive Your cleansing. Amen.”

Suggested Meeting Format

Week 15 — Courage to Look Within

Scripture: *Joshua 1:9* — “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Devotional Thought: Looking within can be one of the hardest parts of recovery. But God commands us to be strong and courageous because He promises to be with us every step of the way.

Workbook Reading: Section Four - Shame

Discussion Prompts:

1. What makes self-examination so challenging?
2. How does God’s presence give you courage to look within?
3. What’s one area of your life you’re ready to examine more closely?

Closing Prayer: “Lord, give us courage to look honestly at our hearts. Thank You for being with us in every step of this journey. Amen.”

Week 16 — Healing Through Honesty

Scripture: *James 5:16* — “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Devotional Thought: Honesty with God and others opens the door to healing. When we confess and pray for one another, we experience the power of community and the grace of God working through His people.

Workbook Reading: Section Three - Step Four

Discussion Prompts:

1. How has sharing honestly with others helped you heal?
2. Why is prayer such a powerful part of recovery?
3. Who can you be honest with this week for encouragement and prayer?

Closing Prayer: “Father, thank You for the gift of community and the healing that comes through honesty and prayer. Help us to walk in truth together. Amen.”

Suggested Meeting Format

Step 5 – May (*Integrity*)

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

Week 17 — Confession Brings Freedom

Scripture: *James 5:16* — “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Devotional Thought: Confession is not about humiliation — it’s about liberation. When we bring our wrongs into the light, shame loses its grip, and healing begins. God uses confession to free us from the weight of secrecy.

Workbook Reading: Section Four - Pride

Discussion Prompts:

1. How has confession brought you freedom in the past?
2. Why is it important to confess to another person, not just to God?
3. What fears do you have about being fully honest with someone?

Closing Prayer: “Lord, thank You for the freedom that comes through confession. Give us courage to be honest and receive Your healing. Amen.”

Week 18 — God’s Mercy in Our Confession

Scripture: *Psalm 32:5* — “Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And you forgave the guilt of my sin.”

Devotional Thought: When we confess, God doesn’t respond with condemnation — He responds with mercy. His forgiveness removes not only our sin but also the guilt that weighs us down.

Workbook Reading: Section Four - Forgiveness

Discussion Prompts:

1. How does God’s mercy change the way you view confession?
2. What’s the difference between guilt and conviction?
3. How can you remind yourself of God’s forgiveness when shame tries to return?

Closing Prayer: “Father, thank You for Your mercy that meets us in our confession. Help us to walk in the freedom of Your forgiveness. Amen.”

Suggested Meeting Format

Week 19 — Walking in the Light

Scripture: *1 John 1:7* — “But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.”

Devotional Thought: Walking in the light means living with nothing to hide. It's a life of integrity where our actions match our words, and our hearts are open before God and others.

Workbook Reading: Section Four - Unconditional Love

Discussion Prompts:

1. What does “walking in the light” look like in your recovery?
2. How does honesty strengthen relationships?
3. What's one step you can take toward greater integrity this week?

Closing Prayer: “Lord, help us to walk in the light with You and with others. Purify our hearts and keep us close to You. Amen.”

Week 20 — The Power of Accountability

Scripture: *Ecclesiastes 4:9-10* — “Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.”

Devotional Thought: Accountability is not about control — it's about support. God designed us to walk together so that when one of us stumbles, the other can help us back up.

Workbook Reading: Section Three - Step Five

Discussion Prompts:

1. How has accountability helped you in your recovery?
2. What qualities make someone a trustworthy accountability partner?
3. Who can you reach out to this week for encouragement and prayer?

Closing Prayer: “Father, thank You for the gift of accountability. Help us to walk together in honesty, grace, and love. Amen.”

Suggested Meeting Format

Step 6 – June (Willingness)

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

Week 21 — God's Refining Work

Scripture: *Philippians 1:6* — “Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Devotional Thought: Willingness means trusting that God is not finished with us yet. His refining work may be uncomfortable, but it is always for our good. He shapes us into the image of Christ, one step at a time.

Workbook Reading: Section Four - Willingness

Discussion Prompts:

1. What does it mean to you that God is still working on you?
2. How can you cooperate with His refining process?
3. What's one area you sense God is working on right now?

Closing Prayer: “Lord, thank You for never giving up on us. Make us willing to let You shape us into who You've called us to be. Amen.”

Week 22 — Letting Go of Old Ways

Scripture: *Ephesians 4:22-24* — “You were taught, with regard to your former way of life, to put off your old self... to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

Devotional Thought: Willingness requires letting go of old habits, mindsets, and coping mechanisms that no longer serve us. God calls us to put on a new self — one that reflects His righteousness and holiness.

Workbook Reading: Section Four - Perfectionism

Discussion Prompts:

1. What “old self” habits are hardest for you to let go of?
2. How does God renew your mind in recovery?
3. What's one “new self” habit you want to grow in this week?

Closing Prayer: “Father, help us to release the old ways that keep us stuck. Renew our minds and clothe us in Your righteousness. Amen.”

Suggested Meeting Format

Week 23 — Willing to Be Changed

Scripture: *Isaiah 64:8* — “Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.”

Devotional Thought: Being willing to change means placing ourselves in God’s hands like clay in the potter’s hands. It’s trusting Him to shape us, even when the process feels uncomfortable or unfamiliar.

Workbook Reading: Section Two - Switching Addictions

Discussion Prompts:

1. What makes it hard to let God reshape your life?
2. How does viewing yourself as clay in God’s hands change your perspective?
3. What’s one area you need to surrender to His shaping today?

Closing Prayer: “Lord, we are the clay and You are the potter. Shape us into vessels that honor You. Amen.”

Week 24 — Trusting God’s Process

Scripture: *Romans 12:2* — “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is — his good, pleasing and perfect will.”

Devotional Thought: Transformation is a process, not an instant event. God renews our minds and changes our hearts over time. Willingness means trusting His process, even when progress feels slow.

Workbook Reading: Section Three - Step Six

Discussion Prompts:

1. Why is it hard to be patient in the process of change?
2. How has God already transformed you since starting recovery?
3. What’s one way you can lean into His process this week?

Closing Prayer: “Father, help us to trust Your timing and Your process. Keep renewing our minds and transforming our hearts. Amen.”

Suggested Meeting Format

Step 7 – July (Humility)

"We humbly asked Him to remove all our shortcomings."

Week 25 — The Strength in Humility

Scripture: *1 Peter 5:6-7* — “Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”

Devotional Thought: Humility is not weakness — it’s strength under God’s control. When we humble ourselves, we acknowledge our need for Him and trust His timing to lift us up.

Workbook Reading: Section Four - Humility

Discussion Prompts:

1. How is humility different from low self-esteem?
2. What does it mean to be “under God’s mighty hand”?
3. How can humility help you in your recovery this week?

Closing Prayer: “Lord, teach us the strength of humility. Help us to trust Your care and Your timing in every area of our lives. Amen.”

Week 26 — God Lifts the Humble

Scripture: *James 4:10* — “Humble yourselves before the Lord, and he will lift you up.”

Devotional Thought: When we stop striving to prove ourselves and instead bow before God, He is the one who lifts us up. True promotion and restoration come from His hand, not our own efforts.

Workbook Reading: Section Four - Anger

Discussion Prompts:

1. Why is it hard to let God be the one to lift you up?
2. How have you seen God honor humility in your life or others’?
3. What’s one area where you need to stop striving and start trusting?

Closing Prayer: “Father, we humble ourselves before You. Lift us up in Your way and in Your time. Amen.”

Suggested Meeting Format

Week 27 — Depending on God Daily

Scripture: *Matthew 5:3* — “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

Devotional Thought: Being “poor in spirit” means recognizing our daily need for God. Humility keeps us dependent on Him, not just in moments of crisis, but in every step of our journey.

Workbook Reading: Section Four - Holiness

Discussion Prompts:

1. What does being “poor in spirit” mean to you personally?
2. How can you practice daily dependence on God?
3. How has humility deepened your relationship with Him?

Closing Prayer: “Lord, we need You every hour. Keep us humble and dependent on Your strength each day. Amen.”

Week 28 — Humility as a Way of Life

Scripture: *Micah 6:8* — “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

Devotional Thought: Humility is not just a moment — it’s a lifestyle. Walking humbly with God means aligning our hearts with His, treating others with mercy, and living in step with His Spirit.

Workbook Reading: Section Three - Step Seven

Discussion Prompts:

1. How can humility shape the way you treat others?
2. What does it mean to “walk humbly” with God in recovery?
3. How can you make humility a daily habit?

Closing Prayer: “Father, help us to walk humbly with You every day. Let our lives reflect Your justice, mercy, and love. Amen.”

Suggested Meeting Format

Step 8 – August (Forgiveness)

"We made a list of all persons we had harmed and became willing to make amends to them all."

Week 29 — The Freedom of Forgiveness

Scripture: *Ephesians 4:31-32* — “Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Devotional Thought: Forgiveness is not saying what happened was okay — it’s choosing to release the debt. When we forgive, we set ourselves free from the prison of bitterness and open the door for God’s peace.

Workbook Reading: Section Two - Care Taking & Rescuing

Discussion Prompts:

1. What’s the difference between forgiveness and approval of wrongdoing?
2. How has unforgiveness affected your recovery?
3. Who do you need to release to God today?

Closing Prayer: “Lord, thank You for forgiving us completely. Help us to extend that same grace to others and walk in freedom. Amen.”

Week 30 — Becoming Willing to Forgive

Scripture: *Colossians 3:13* — “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Devotional Thought: Sometimes forgiveness doesn’t happen instantly — it begins with willingness. God can soften our hearts and give us the strength to forgive, even when it feels impossible.

Workbook Reading: Section Two - Codependency | Questionnaire (Handout)

Discussion Prompts:

1. What makes forgiveness so difficult in certain situations?
2. How can you ask God to help you become willing to forgive?
3. Share a time when God helped you forgive someone you couldn’t on your own.

Closing Prayer: “Father, we admit we can’t always forgive in our own strength. Make us willing, and give us Your heart toward those who have hurt us. Amen.”

Suggested Meeting Format

Week 31 — Making the List

Scripture: *Matthew 5:23-24* — “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there... First go and be reconciled to them.”

Devotional Thought: Step 8 begins with making a list — not to shame ourselves, but to prepare for healing. Writing down the names of those we've harmed is a step toward reconciliation and peace.

Workbook Reading: Section Four - Open-mindedness

Discussion Prompts:

1. How does making a list help you face the past honestly?
2. What fears come up when you think about making amends?
3. How can prayer guide you as you prepare your list?

Closing Prayer: “Lord, give us courage to face the truth and make our list with humility and grace. Prepare our hearts for reconciliation. Amen.”

Week 32 — Forgiving Yourself

Scripture: *Psalm 103:12* — “As far as the east is from the west, so far has he removed our transgressions from us.”

Devotional Thought: Sometimes the hardest person to forgive is ourselves. But if God has removed our sins completely, we have no right to keep holding them against ourselves. Self-forgiveness is part of walking in His grace.

Workbook Reading: Section Three - Step Eight

Discussion Prompts:

1. Why is forgiving yourself often harder than forgiving others?
2. How does God's complete forgiveness change your perspective?
3. What's one way you can show yourself grace this week?

Closing Prayer: “Father, thank You for removing our sins completely. Help us to receive Your forgiveness and extend it to ourselves. Amen.”

Suggested Meeting Format

Step 9 – September (Love)

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

Week 33 — Love in Action

Scripture: *1 John 3:18* — “Dear children, let us not love with words or speech but with actions and in truth.”

Devotional Thought: Making amends is love in action. It’s more than saying “I’m sorry” — it’s taking responsibility and seeking to restore what was broken. This step reflects God’s love, which is active and sacrificial.

Workbook Reading: Section Four - Attitude

Discussion Prompts:

1. How is making amends different from just apologizing?
2. What fears do you have about taking this step?
3. How can you show God’s love in your amends process?

Closing Prayer: “Lord, help us to love in action and truth. Give us courage to make amends where possible and wisdom to know when it may cause harm. Amen.”

Week 34 — Courage to Make Amends

Scripture: *Joshua 1:9* — “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Devotional Thought: Making amends can be intimidating, but God promises to be with us. Courage doesn’t mean we feel no fear — it means we move forward in obedience despite the fear.

Workbook Reading: Section Four - Boundaries

Discussion Prompts:

1. What’s the most challenging part of making amends for you?
2. How does God’s presence give you courage in this step?
3. Share a time when you took a hard step and saw God’s faithfulness.

Closing Prayer: “Father, give us strength and courage to make amends. Remind us that You go before us and prepare the way. Amen.”

Suggested Meeting Format

Week 35 — Restoring Relationships

Scripture: *Romans 12:18* — “If it is possible, as far as it depends on you, live at peace with everyone.”

Devotional Thought: We can't control how others respond to our amends, but we can do our part to seek peace. God calls us to take responsibility for our actions and leave the results in His hands.

Workbook Reading: Section Four - Relationships

Discussion Prompts:

1. How do you handle it when someone doesn't accept your amends?
2. Why is it important to focus on your part, not their response?
3. How can you keep a peaceful heart even if reconciliation doesn't happen?

Closing Prayer: “Lord, help us to do our part in making peace. Give us grace to accept the outcome and keep our hearts free from bitterness. Amen.”

Week 36 — Love That Heals

Scripture: *1 Corinthians 13:4-7* — “Love is patient, love is kind... it keeps no record of wrongs.”

Devotional Thought: The love of Christ is the foundation for true amends. When we approach others with patience, kindness, and humility, we reflect His heart — and that love has the power to heal deep wounds.

Workbook Reading: Section Three - Step Nine

Discussion Prompts:

1. How can you reflect Christ's love in your amends?
2. What does it mean to “keep no record of wrongs” in relationships?
3. How has God's love healed you in your recovery journey?

Closing Prayer: “Father, fill us with Your love so we can extend it to others. Let our amends be rooted in grace and bring healing where possible. Amen.”

Suggested Meeting Format

Step 10 – October (Perseverance)

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

Week 37 — Daily Heart Check

Scripture: *Psalm 139:23-24* — “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Devotional Thought: Step 10 is about staying spiritually healthy through daily self-examination. When we invite God to search our hearts regularly, we catch small issues before they grow into bigger problems.

Workbook Reading: Section Four - Spiritual Warfare

Discussion Prompts:

1. How can daily self-examination strengthen your recovery?
2. What's one practical way you can invite God to search your heart each day?
3. How does prompt admission of wrongs protect your peace?

Closing Prayer: “Lord, search our hearts daily and keep us walking in Your truth. Give us humility to admit when we’re wrong and courage to make it right. Amen.”

Week 38 — Staying Spiritually Fit

Scripture: *1 Corinthians 10:12* — “So, if you think you are standing firm, be careful that you don’t fall!”

Devotional Thought: Perseverance in recovery means staying alert. Complacency can lead to relapse, but humility and vigilance keep us spiritually strong. Step 10 is like daily exercise for the soul.

Workbook Reading: Section Four - Perseverance

Discussion Prompts:

1. What are some warning signs that you might be slipping spiritually?
2. How can humility protect you from falling back into old patterns?
3. What's one “spiritual exercise” you can commit to this week?

Closing Prayer: “Father, keep us humble and alert. Help us to stay spiritually fit and dependent on You every day. Amen.”

Suggested Meeting Format

Week 39 — Promptly Making Things Right

Scripture: *Matthew 5:25* — “Settle matters quickly with your adversary...”

Devotional Thought: When we make things right quickly, we prevent resentment from taking root. Prompt amends keep our hearts light and our relationships healthy.

Workbook Reading: Section Four - Obedience

Discussion Prompts:

1. Why is it important to address wrongs quickly?
2. How can delayed amends damage relationships?
3. What's one relationship you can take a step toward mending today?

Closing Prayer: “Lord, give us the courage to make things right quickly. Keep our hearts free from bitterness and our relationships rooted in peace. Amen.”

Week 40 — Persevering in the Journey

Scripture: *Galatians 6:9* — “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Devotional Thought: Recovery is a lifelong journey. Perseverance means showing up every day, even when it's hard, trusting that God is producing a harvest in our lives.

Workbook Reading: Section Three - Step Ten

Discussion Prompts:

1. What helps you keep going when recovery feels hard?
2. How has God rewarded your perseverance so far?
3. What's one area where you need fresh endurance today?

Closing Prayer: “Father, give us strength to keep going. Remind us that our labor in You is never in vain. Amen.”

Suggested Meeting Format

Step 11 – November (Spiritual Growth)

"We sought through prayer and meditation to improve our conscious contact with the Lord, praying only for knowledge of His will for us and the power to carry that out."

Week 41 — Deepening Our Connection with God

Scripture: *Jeremiah 29:13* — “You will seek me and find me when you seek me with all your heart.”

Devotional Thought: Spiritual growth begins with intentional pursuit. God promises that when we seek Him wholeheartedly, we will find Him. Step 11 is about making that pursuit a daily priority.

Workbook Reading: Section Four - Purpose

Discussion Prompts:

1. What does “seeking God with all your heart” look like for you?
2. How has your relationship with God changed since starting recovery?
3. What’s one way you can deepen your connection with Him this week?

Closing Prayer: “Lord, draw us closer to You. Help us to seek You with all our hearts and grow in our awareness of Your presence. Amen.”

Week 42 — Listening for God’s Voice

Scripture: *John 10:27* — “My sheep listen to my voice; I know them, and they follow me.”

Devotional Thought: Prayer is not just talking to God — it’s also listening. As we grow spiritually, we learn to recognize His voice through Scripture, the Holy Spirit, and godly counsel.

Workbook Reading: Section Four - Christ-Centered

Discussion Prompts:

1. How do you personally recognize God’s voice?
2. What distractions make it hard to hear Him?
3. How can you create more space for listening in your prayer life?

Closing Prayer: “Father, help us to quiet our hearts and listen for Your voice. Teach us to follow You faithfully. Amen.”

Suggested Meeting Format

Week 43 — Praying for God’s Will

Scripture: *Matthew 6:10* — “Your kingdom come, your will be done, on earth as it is in heaven.”

Devotional Thought: Spiritual maturity means shifting our prayers from “God, do what I want” to “God, let Your will be done.” This surrender brings peace, even when His plan looks different from ours.

Workbook Reading: Section Four - Will Of God

Discussion Prompts:

1. Why is it hard to pray for God’s will instead of your own?
2. How has following His will brought unexpected blessings?
3. What’s one area where you need to surrender to His will today?

Closing Prayer: “Lord, align our hearts with Yours. Teach us to desire Your will above our own and trust Your perfect plan. Amen.”

Week 44 — The Power to Carry It Out

Scripture: *Philippians 4:13* — “I can do all this through him who gives me strength.”

Devotional Thought: Knowing God’s will is only the first step — we also need His power to live it out. Step 11 reminds us that our strength comes from Him, not from our own willpower.

Workbook Reading: Section Three - Step Eleven

Discussion Prompts:

1. How has God given you strength to do something you couldn’t do on your own?
2. Why is it important to rely on His power instead of your own?
3. What’s one step of obedience you can take this week with His strength?

Closing Prayer: “Father, thank You for giving us the strength to live out Your will. Help us to rely on You daily for power and guidance. Amen.”

Suggested Meeting Format

Step 12 – December (Service)

"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."

Week 45 — Sharing the Hope We've Found

Scripture: 1 Peter 3:15 — “Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”

Devotional Thought: Recovery is not just about what God has done in us — it's also about sharing that hope with others. Our testimony can be the spark that ignites someone else's journey toward freedom.

Workbook Reading: Section Four - Religion Doesn't Work

Discussion Prompts:

1. How has God changed your life through recovery?
2. What fears do you have about sharing your story?
3. How can you share your hope with gentleness and respect?

Closing Prayer: “Lord, thank You for the hope You've given us. Give us courage to share it with others in love and humility. Amen.”

Week 46 — Serving with a Grateful Heart

Scripture: Mark 10:45 — “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Devotional Thought: Service is an expression of gratitude. When we serve others, we follow the example of Jesus, who came not to be served but to serve.

Workbook Reading: Section One – Visiting AA and Other Meetings

Discussion Prompts:

1. How does serving others strengthen your recovery?
2. What are some ways you can serve in your church, community, or recovery group?
3. How can you keep your service rooted in gratitude rather than obligation?

Closing Prayer: “Father, thank You for the privilege of serving others. Help us to serve with joy and gratitude, following the example of Jesus. Amen.”

Suggested Meeting Format

Week 47 — Living the Principles Daily

Scripture: *Colossians 3:17* — “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

Devotional Thought: Step 12 is not just about meetings — it’s about living these principles in every area of life. Our recovery becomes a lifestyle of integrity, gratitude, and love.

Workbook Reading: Section Two - Reaching Out To Others

Discussion Prompts:

1. What does it mean to “practice these principles in all our affairs”?
2. How can you live out recovery values at work, home, and in relationships?
3. What’s one principle you want to focus on living out this week?

Closing Prayer: “Lord, help us to live out Your truth in every part of our lives. Let our words and actions reflect Your love. Amen.”

Week 48 — Passing the Torch

Scripture: *2 Timothy 2:2* — “And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.”

Devotional Thought: Recovery is multiplied when we invest in others. By mentoring, encouraging, and walking alongside someone else, we pass on the gift we’ve received.

Workbook Reading: Section Three - Step Twelve

Discussion Prompts:

1. Who has invested in your recovery journey?
2. How can you intentionally invest in someone else’s growth?
3. What legacy do you want to leave in your recovery community?

Closing Prayer: “Father, thank You for those who have poured into our lives. Help us to pass on the hope, truth, and love we’ve received to others. Amen.”

Suggested Meeting Format

Holiday & Seasonal Recovery Meetings

New Year — “A Fresh Start in Christ” (January)

Scripture: *Isaiah 43:18-19* — “Forget the former things; do not dwell on the past. See, I am doing a new thing!”

Devotional Thought:

The new year is a reminder that God specializes in fresh starts. In recovery, we don’t have to be defined by our past — we can step into the new life He is creating for us.

Workbook Reading: Section Four - Temptation / Prayer

Discussion Prompts:

1. What “former things” do you need to leave behind this year?
2. How can you partner with God in the “new thing” He’s doing in your life?
3. What’s one spiritual goal you have for this year?

Closing Prayer:

“Lord, thank You for new beginnings. Help us to leave the past behind and walk boldly into the future You have for us. Amen.”

Easter — “Resurrection Power in Recovery” (March/April)

Scripture: *Romans 6:4* — “Just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”

Devotional Thought:

Easter reminds us that the same power that raised Jesus from the dead is at work in us. In recovery, that means no habit, hurt, or hang-up is too strong for His resurrection power.

Workbook Reading: Section Four - Identity in Christ

Discussion Prompts:

1. How has God brought “new life” to you in recovery?
2. What area of your life needs His resurrection power right now?
3. How can you share this hope with others?

Closing Prayer:

Suggested Meeting Format

“Father, thank You for the resurrection of Jesus and the new life we have in Him. Fill us with Your power to overcome and live in freedom. Amen.”

Thanksgiving — “Gratitude as a Recovery Tool” (November)

Scripture: *1 Thessalonians 5:18* — “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

Devotional Thought: Gratitude shifts our focus from what’s wrong to what God is doing right. In recovery, a thankful heart keeps us grounded in hope and less vulnerable to relapse.

Workbook Reading: Section Four – Gratitude

Discussion Prompts:

1. What are three things you’re thankful for in your recovery journey?
2. How does gratitude help you stay spiritually strong?
3. How can you practice gratitude daily?

Closing Prayer: “Lord, thank You for every blessing, big and small. Teach us to live with grateful hearts in every season. Amen.”

Christmas — “The Gift of Emmanuel” (December)

Scripture: *Matthew 1:23* — “‘The virgin will conceive and give birth to a son, and they will call him Immanuel’ (which means ‘God with us’).”

Devotional Thought: Christmas is a reminder that God is with us — in our joy, in our pain, and in our recovery journey. His presence is the greatest gift we could ever receive.

RIC Reading: SEE Christmas Story in Scripture Download ([Website](#))

Discussion Prompts:

1. How has God’s presence been real to you in recovery?
2. What does “God with us” mean in your daily life?
3. How can you share His presence with others this Christmas?

Closing Prayer: “Father, thank You for sending Jesus to be with us. Help us to rest in Your presence and share Your love with others this season. Amen.”

Suggested Meeting Format

Independence Day — “Freedom in Christ” (July)

Scripture: *Galatians 5:1* — “It is for freedom that Christ has set us free.”

Devotional Thought: True freedom isn’t just political or physical — it’s spiritual. In recovery, we celebrate that Christ has set us free from the chains of sin, shame, and addiction.

Workbook Reading: Section Four – Gratitude Extended

Discussion Prompts:

1. What does freedom in Christ mean to you personally?
2. How has recovery helped you walk in that freedom?
3. What’s one area where you still need to claim His freedom?

Closing Prayer: “Lord, thank You for the freedom we have in Christ. Help us to live in it fully and never return to the chains You’ve broken. Amen.”

Suggested Meeting Format

Crisis & Setback Recovery Meetings

For times of relapse, grief, major life stress, or spiritual discouragement

Meeting 1 — God is Near in the Storm

Scripture: *Psalm 34:18* — “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Devotional Thought: In crisis, it’s easy to feel abandoned — but God promises He is closest when we are hurting most. Recovery is not about never falling; it’s about knowing where to turn when we do.

Workbook Reading: Section Four - Grief & Loss

Discussion Prompts:

1. When have you felt God’s nearness in a hard time?
2. How can you remind yourself of His presence in the middle of a storm?
3. What’s one step you can take today to lean on Him instead of isolating?

Closing Prayer: “Lord, thank You for being near to us in our pain. Hold us close and remind us that we are never alone. Amen.”

Meeting 2 — Grace After a Fall

Scripture: *Micah 7:8* — “Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light.”

Devotional Thought: A setback is not the end of the story. God’s grace lifts us up, dusts us off, and sets us back on the path. In Christ, failure is never final.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. How do you usually respond to setbacks — with shame or with grace?
2. What does it mean to “rise” after a fall in recovery?
3. How can the group support each other in getting back up?

Closing Prayer: “Father, thank You that Your grace is greater than our failures. Help us to rise again and walk in Your light. Amen.”

Suggested Meeting Format

Meeting 3 — Casting Your Cares

Scripture: *1 Peter 5:7* — “Cast all your anxiety on him because he cares for you.”

Devotional Thought: In crisis, our burdens can feel too heavy to carry. God invites us to hand them over to Him — not just the big ones, but every single worry.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. What’s one burden you’ve been carrying alone?
2. How can you practically “cast” your cares on God this week?
3. How has God shown you that He cares for you personally?

Closing Prayer: “Lord, we give You our worries, fears, and pain. Thank You for caring for us so deeply. Amen.”

Meeting 4 — Holding On to Hope

Scripture: *Romans 15:13* — “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Devotional Thought: Hope is not wishful thinking — it’s confident trust in God’s promises. Even in crisis, we can hold on to hope because our future is secure in Him.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. What promise of God gives you hope right now?
2. How can you keep hope alive when circumstances look bleak?
3. How can you help someone else hold on to hope this week?

Closing Prayer: “God of hope, fill us with joy and peace as we trust You. Let our hope overflow and encourage others. Amen.”

*This is designed so you can **drop it into any week** when the group is hurting, facing relapse, or walking through a heavy season. It keeps the focus on **God’s presence, grace, care, and hope** — the anchors we need most in a storm.*

Suggested Meeting Format

Victory & Milestone Recovery Meetings

For anniversaries, prayers answered, breakthroughs, or spiritual growth moments

Meeting 1 — Remembering What God Has Done

Scripture: *Psalm 126:3* — “The Lord has done great things for us, and we are filled with joy.”

Devotional Thought: Celebrating victories keeps us grateful and humble. Every milestone is a testimony of God’s faithfulness, not just our effort.

Workbook Reading: Section Four - Fellowship / Community

Discussion Prompts:

1. What’s one victory God has given you in recovery?
2. How can remembering past victories help you face future challenges?
3. How can you share your testimony to encourage others?

Closing Prayer: “Lord, thank You for every victory You’ve given us. May our joy point others to You. Amen.”

Meeting 2 — Giving God the Glory

Scripture: *1 Corinthians 15:10* — “But by the grace of God I am what I am, and his grace to me was not without effect.”

Devotional Thought: Milestones are moments to give God the glory. Our progress is the fruit of His grace working in us day by day.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. How has God’s grace shaped your recovery journey?
2. Why is it important to give Him the credit for our progress?
3. How can you keep humility in seasons of success?

Closing Prayer: “Father, we give You all the glory for the progress we’ve made. Keep us humble and grateful. Amen.”

Suggested Meeting Format

Meeting 3 — Pressing On Toward the Goal

Scripture: *Philippians 3:13-14* — “Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Devotional Thought: Victories are worth celebrating, but they’re also stepping stones toward the greater goal — becoming more like Christ.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. What’s the next step God is calling you to take in recovery?
2. How can you avoid complacency after a big win?
3. How can you encourage others to keep pressing on?

Closing Prayer: “Lord, thank You for bringing us this far. Help us to keep pressing forward in faith. Amen.”

Meeting 4 — Overflowing with Thanksgiving

Scripture: *Colossians 2:6-7* — “So then, just as you received Christ Jesus as Lord, continue to live your lives in him... overflowing with thankfulness.”

Devotional Thought: Gratitude is the heartbeat of lasting recovery. When we overflow with thankfulness, we stay grounded in God’s goodness and less likely to return to old ways.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. What are you most thankful for in your recovery today?
2. How can you make gratitude a daily habit?
3. How does thankfulness protect your heart from relapse?

Closing Prayer: “Lord, let our lives overflow with thankfulness for all You’ve done. Keep our hearts anchored in gratitude. Amen.”

Suggested Meeting Format

Welcome & First-Time Guest Recovery Meetings

Meeting 1 — You Belong Here

Scripture: *Romans 15:7* — “Accept one another, then, just as Christ accepted you, in order to bring praise to God.”

Devotional Thought: In recovery, belonging is the first step toward healing. Jesus accepts us as we are — and so does this group. You don’t have to have it all together to be here.

Workbook Reading: Section Four - Rejection

Discussion Prompts:

1. What fears or hesitations did you have before coming tonight?
2. How does it feel to know you are accepted just as you are?
3. How can we as a group make newcomers feel more welcome?

Closing Prayer: “Lord, thank You for bringing each person here tonight. Help us to love and accept one another as You have loved and accepted us. Amen.”

Meeting 2 — You Are Not Alone

Scripture: *Deuteronomy 31:8* — “The Lord himself goes before you and will be with you; he will never leave you nor forsake you.”

Devotional Thought: Isolation is one of the enemy’s greatest tools. Recovery is a reminder that we are never alone — God is with us, and we have each other.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. How has loneliness affected your life or recovery?
2. What does it mean to you that God will never leave you?
3. How can we walk alongside each other in this journey?

Closing Prayer: “Father, thank You for Your constant presence. Help us to be a reflection of Your love and companionship to one another. Amen.”

Suggested Meeting Format

Meeting 3 — There is Hope for You

Scripture: *Jeremiah 29:11* — “For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.”

Devotional Thought: No matter how broken life feels, God has a plan for your good. Recovery is not about perfection — it’s about progress, and God walks with us every step.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. What does “hope” mean to you right now?
2. How can you trust God’s plan even when you can’t see it?
3. What’s one small step you can take toward healing this week?

Closing Prayer: “Lord, thank You for the hope and future You promise us. Help us to trust You with our recovery journey. Amen.”

Meeting 4 — A Safe Place to Heal

Scripture: *Psalm 46:1* — “God is our refuge and strength, an ever-present help in trouble.”

Devotional Thought: This group is a safe place — no judgment, no condemnation, just grace and truth. God is our refuge, and we can be that for each other.

Workbook Reading: Leader’s Choice

Discussion Prompts:

1. What makes a place feel “safe” for you?
2. How can we as a group protect that safe environment?
3. How can you personally contribute to making others feel safe here?

Closing Prayer: “Lord, thank You for being our refuge. Help us to be a safe place for one another, where healing can happen in Your presence. Amen.”

*Here’s a tip: You can rotate one of these “Welcome” meetings into your schedule **any time you expect new guests** — or even make it your **first meeting of every month** so there’s always an easy entry point.*

Leadership & Servant Team Training

For pastors, facilitators, and core volunteers in Recovery In Christ Ministries.

*Please watch our videos: ‘**Intro to Christ-centered Recovery**’ and ‘**How to Organize and Facilitate a Christ-Centered Support Group**’ available on our website and YouTube.*

Session 1 — The Heart of a Servant Leader

Scripture: *Mark 10:43-45* — “Whoever wants to become great among you must be your servant... For even the Son of Man did not come to be served, but to serve.”

Core Principle: Leadership in recovery ministry is not about control — it’s about service. We lead by example, humility, and love.

Workbook Reading: Sec. 1 - Sharing In Small Groups / Sec. 2 - Progression Chart

Key Practices:

- Pray for your group members daily.
- Be the first to arrive and the last to leave.
- Model vulnerability — share your own struggles and victories.

Discussion for Leaders:

- How can we serve without burning out?
- What does “leading by example” look like in recovery ministry?

Session 2 — Creating a Safe & Grace-Filled Space

Scripture: *Romans 8:1* — “Therefore, there is now no condemnation for those who are in Christ Jesus.”

Core Principle: Safety is the foundation of trust. People will only open up when they know they won’t be judged, shamed, or gossiped about.

Workbook Reading: Sec. 1 - Ground Rules / Sec. 2 - Intervention

Key Practices:

- Enforce confidentiality: *What’s said here stays here.*
- Stop gossip or judgment immediately.
- Keep the focus on Christ, not on comparing struggles.

Discussion for Leaders:

- How do we handle someone who breaks confidentiality?
- How can we make newcomers feel safe from the moment they walk in?

Session 3 — Guiding Without Controlling

Scripture: *Galatians 6:1-2* — “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Core Principle: We are guides, not fixers. Our role is to point people to Jesus, not to solve their problems for them.

Workbook Reading: Sec. 1 - False Beliefs & God's Solution / Meeting Format

Key Practices:

- Ask open-ended questions instead of giving quick advice.
- Encourage Scripture-based solutions.
- Allow silence — sometimes the Holy Spirit is working in the quiet.

Discussion for Leaders:

- How do we balance truth and grace in tough conversations?
- How can we redirect someone who dominates the discussion?

Session 4 — Staying Spiritually Healthy as a Leader

Scripture: *John 15:5* — “Apart from me you can do nothing.”

Core Principle: You can’t pour from an empty cup. Leaders must stay connected to Christ to lead effectively.

Workbook Reading: Sec. 3 - Scripture Meditations / Sec. 1 - Recovery Prayers

Key Practices:

- Maintain your own devotional and prayer life.
- Have an accountability partner outside your leadership role.
- Take breaks and rotate responsibilities to avoid burnout.

Discussion for Leaders:

- What’s one spiritual habit that keeps you strong?
- How can we support each other as a leadership team?

“Freely you have received; freely give” (Matthew 10:8)



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