

The Twelve Steps (Page 7 in workbook)

- 1.** We admitted we were powerless over our dependencies and that our lives had become unmanageable.
- 2.** We came to believe that Jesus Christ could restore us to sanity.
- 3.** We made a decision to turn our will and our lives over to the care of the Lord.
- 4.** We made a searching and fearless moral inventory of ourselves.
- 5.** We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6.** We were entirely ready to have God remove all these defects of character.
- 7.** We humbly asked Him to remove our shortcomings.
- 8.** We made a list of all people we had harmed and became willing to make amends to them all.
- 9.** We made direct amends wherever possible, except when doing so would injure them or others.
- 10.** We continued to take personal inventory and when we were wrong promptly admitted it.
- 11.** 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.
- 12.** Having had a spiritual awakening... we tried to carry this message to others and practice these principles in all our affairs.



The Twelve Traditions (Page 8 in workbook)

1. The welfare of the group is of primary importance, since personal recovery depends on group unity.
2. For our groups there is but one authority, Jesus Christ, as He lovingly expresses Himself through the Scriptures and as the Holy Spirit leads the group. Our leaders are but caretakers of God's will. They do not govern.
3. The only requirement for membership is the desire to allow the Lord to set us free from our life-controlling problems and seek greater knowledge of His will and purpose in our lives.
4. Groups shall remain autonomous, except in matters affecting the ministry as a whole.
5. The groups have but one primary purpose: to carry the message to those who still suffer and are in need of Jesus' redeeming love, forgiveness, salvation, freedom, and healing.
6. The groups should never endorse, finance, or lend their name to any outside enterprise, lest problems of money, prestige, or prosperity divert us from our primary purpose.
7. Groups should be fully self-supporting, declining outside contributions.
8. Groups should remain forever non-professional, although we may hire special workers.
9. Groups ought never to be organized, though we may create service boards responsible directly to those they serve.
10. Groups have no opinions on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio, and television.
12. Anonymity (unconditional love) is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



Ground Rules for Support Groups (Page 9 in workbook)

1. **THE COVENANT OF CONFIDENTIALITY**— Whatever is said in the group stays in the group.
2. **ONLY TALK ABOUT THOSE PRESENT**— We often think others are our problem, but we can only deal with those who are present when the group meets.
3. **DON'T TAKE UP ANOTHER'S DEFENSE (OR OFFENSE)**— We support and walk with one another through our struggles by God's grace, but we allow each person to speak for themselves.
4. **DON'T DOMINATE**— Time in small groups is precious. Many come with deep hurts and wounds. Be considerate and remember that none of us has all the answers.
5. **DON'T COUNSEL OR GIVE ADVICE**— Share only where you can identify with the same difficulty in your own life. Speak from your own experience, strength, and hope.
6. **NO SPECTATORS**— Everyone present participates in the process of getting healthy. If you come only to help others but cannot see any areas where *you* need help, you should excuse yourself from the support-group setting.
7. **NO PROFANITY**— Coarse talk has no place in a Christ-centered support group.
8. **NO CROSS TALK**— Cross talk excludes people from the conversation and disrupts the safety of the group.
9. **THE HOLY SPIRIT IS THE LEADER**— The group leader does not have all the answers; he or she is simply the facilitator. We rely on the Holy Spirit to guide the meeting.



The Lord's Prayer

Our Father who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For Thine is the kingdom, and the power, and the glory, forever and ever.

The Serenity Prayer

(Short Version)

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

The Serenity Prayer

(Complete Version — Reinhold Niebuhr, 1892–1971)

God, grant me the serenity to accept the things I cannot change, 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 hardship 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.

The Prayer of Saint Francis

Lord, make me a channel of Thy peace— that where there is hatred, I may bring love; where there is wrong, forgiveness; where there is discord, harmony; where there is error, truth; where there is doubt, faith; where there is despair, hope; where there are shadows, light; where there is sadness, joy.

Lord, grant that I may seek not so much to be comforted as to comfort, to be understood as to understand, to be loved as to love.

For it is in self-forgetting that one finds, it is in forgiving that one is forgiven, and it is in dying that one awakens to eternal life.