



THE RECOVERY COURSE



COURSE WORKBOOK

The Recovery Course

Session 13

Cleaning House

Welcome

We would like to welcome you to the Recovery Course and we are glad that you have chosen to take a step forward on your journey in Recovery by joining this course with us.

We have created this workbook so that it will make the coursework easier to follow.

What is The Recovery Course?

The Recovery Course is a Twelve Step programme albeit one that focuses on all kinds of addiction from alcohol and drug dependency through to gambling, sex addiction, pornography, self - harming and eating disorders. It is designed to bring freedom to people who struggle with addiction or any compulsive behaviour.

The Recovery Course also differs from a typical Anonymous Fellowship is that it is designed to enhance our recovery work by integrating texts from the Bible with the Twelve Steps.

The course works alongside conventional AA and NA programmes and guests are positively encouraged to join these other Anonymous Fellowships in conjunction with The Recovery Course should they so wish.

Who is it for?

The Recovery Course is open to anyone struggling with any sort of addiction or any compulsive behaviour that is spoiling one's life, such as using drugs, alcohol, pornography, sex, gambling and self-harming to name just a few. The course is a good starter for those completely new to recovery as well as those whom have been in recovery for years, but would like to take a fresh look at the steps from a Christian perspective

Format of the course

The course runs once a week for 16 weeks. A typical evening starts at 7pm for food, which is then followed by a 15/20-minute talk and then discussion in single-sex small groups for around an hour. The evening ends at 9.30pm. Each week there is some simple 'Coursework' that helps each participant to explore each of the 12 steps in a deeper way. Nobody has to do the 'Coursework', but it's fair to say that the guests who throw themselves into this are the ones who profit the most. The Coursework is entirely for the guest's benefit and no one else gets to see it; it is completely private.

*We look forward to welcoming you and walking with you on this journey
to freedom from addiction.*

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Session 13 - Cleaning House

There are no right or wrong answers to the following questions, just honest answers. Honesty is the key because as Jesus says in John 8:32: "Then you will know the truth, and the truth will set you free."

Step 10: We continued to take personal inventory and when we were wrong promptly admitted it

"So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offence. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it."

Colossians 3:12-14 (The Message)

"Don't be so naive and self-confident... You could fall flat on your face as easily as anyone else. Forget about self-confidence; it's useless. Cultivate God-confidence."

1 Corinthians 10:12 (The Message)

"Don't lazily slip back into those old grooves of evil, doing just what you feel like doing. You didn't know any better then; you do now. As obedient children, let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness. God said, "I am holy; you be holy." 1 Peter 1:14-16 (The Message)

Topic for thought

Today we start the last three steps, which are sometimes known as 'the maintenance steps'. This phrase infers that having completed the first nine steps we are now in a much healthier place and now, in order to maintain our recovery we simply need to apply Steps 10, 11 and 12. In some rehabs they call Step 10 'Relapse Prevention'.

The Issue

The purpose of Step 10 is that in continuing to write a personal inventory and, when we are wrong, promptly admitting it and apologising to the person concerned we learn to detect and prevent relapse. By facing in truth the secrets and lies that confront us on a daily basis we will keep ourselves on the level path of recovery.

The Goals

On completion of Step 10 we should be able to...

- Realise that although relapse is always a possibility, I don't have to!
- Realise that when I am doing well it is then I am more likely to get it all wrong
- Realise daily personal inventory will help prevent relapse
- Realise that having the humility to immediately accept responsibility for, and apologise promptly for my mistakes will help prevent relapse
- Realise I can see relapse coming before I actually give into the specific temptation
- Realise it is possible to say **NO** to the temptation
- Realise that certain places, situations and people may now need to be 'off limits' for good

The Lie:

The lies we believe feed off the secrets we hold. As long as we keep secrets we can never have confidence in our recovery. There will always be that persuasive, lying voice in our heads tempting us to make a bad choice. The golden rule is: Confess the secret, expose the lie, and then get up and go on again. Let me give you a quick example of the relationship between secrets, lies and truth:

- **Secret:** "I gave into temptation and no one knows"
- **Lie:** "If I keep it to myself then I can do it again"
- **Truth:** "God says, 'Confess your sins to each other and pray for each other so that you can live together whole and healed.'" James 5:16

It's not how many times we fall down that matters, it's how many times we get back up and go on! Our motto is, *"We fall down, and we get up again!"*

"We often suffer, but we are never crushed. Even when we don't know what to do, we never give up. In times of trouble, God is with us, and when we are knocked down, we get up again." 2 Corinthians 4:8-9

So the kinds of lies we need to listen out for are things like:

- "Once more won't hurt"
- "I'll never understand why I keep on relapsing"
- "I've fallen too often to get up again"
- "It's no use, God can only forgive me so many times"
- "Even God can't forgive me for what I've just done"

Remember the Motto: "WE FALL DOWN AND WE GET UP AGAIN!"

If we have diligently worked our way through the first nine Steps we now have a structurally sound life with solid foundations. Daily cleaning is all that is required from now on. This week we start the last three Steps, which are sometimes called 'the maintenance Steps'.

What this infers, quite rightly, is the underlying idea that having completed the previous nine Steps we are now in a much healthier place and in order to 'maintain' our recovery we simply need to apply Steps 10, 11 and 12 in order to keep our lives healthily ticking over.

Before you begin each day read the verses at the top of this section and also pray the Prayer for Serenity. Also pray that God Himself will not only show you the negative things you have said and done today, but also remind you of the good things you have said and done. When we see we have been wrong we need to ask him for his grace to apologise as soon as we possibly can – without excuses!

Day 1-7

1. Most people find that fifteen minutes at the end of the day is a good time to do their Step 10 work.

First pray to God that he will help bring into your mind all the events in the day, the people you have met, the things you have said and done, the things you have not said and done, any conflicts that may have arisen.

Then answer the following five questions:

1) *What good did I do today?*

2) *What did I do or say that hurt someone today?*

3) *To whom do I need to apologise?*

4) *What did I learn from both the good and bad things I did and said today?*

5) *When I acted badly was it due to Fear? Resentment? Self-pity? Greed? Selfishness? Unwarranted Pride? The need to be in control and have power over someone else? Promoting myself at another's expense?*

Remember in all this Paul's words in Romans 8:1 (NIV), "Therefore, there is now no condemnation for those who are in Christ Jesus." The object of this exercise is not to make ourselves feel bad, but to be free!

2. If you have hurt someone today with your words or actions, or by not saying or doing something that you should have, write down to whom you need apologise and admit you were wrong. If you can do it straight away, in person or on the phone, do it now.

If for some reason this is not possible then write down when you can do it tomorrow. Don't make any excuses. Don't try and tell yourself tomorrow that it doesn't matter anymore because, "They probably won't remember". Just do it.

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3. If you are in any doubt about what action you should take then talk it over with your Sponsor (at a civilised hour if it's late in the evening!)

4. If something comes to mind from your past that you didn't include in your Step 4 inventory or your Step 8 amends list also jot that down now and discuss it with your Sponsor at the earliest opportunity.

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Repeat this every evening from now on. We are not doing this because we wish to be declared a saint. We are doing this because we don't want to return to our addicted life. We want life and we want it to the full, and the alternative road is one that leads to death.

Congratulations! You have completed Step 10

The Top 8 Relapse Busters

In recovery there are times when we all get frustrated that we are not making the progress we feel we should be and there may also be times when we seem to grind to a complete halt and maybe even relapse. We all lose our way at times, but hopefully the following eight guidelines will get us back on track.

1. We are still in denial

We may have been successfully in recovery for decades, but 'denial' is always lurking around the corner seeking to trip us up. As soon as we even start vaguely thinking about the possibility of 'using' again and how we might 'get away with it', alarm bells should be ringing very loudly. Remember, relapse is a process so we need to nip it in the bud straight away before it gets the chance of taking on a life of it's own. Go back to your Session 2 and 3 (Step 1) 'Pause For Thought' and review just how insane your life had become. Do you really want to go back to that? And always remember, giving up the second time is so much harder than giving up the first time although of course, Denial will tell you something different because it only knows how to lie! The antidote to denial is truth, which brings us to relapse buster number 2....

2. We have not fully turned our will and life over to the care of God

Go back to your Session 4 and 5 (Step 3) Coursework. It's natural for all of us to want to be in control of our own destiny, but the sad truth is, that doesn't work. No matter how much we may long for this programme to work without the involvement of God, the sad truth is it doesn't. We need God in everything. It is not enough to just turn the big things in our life over to Him; He needs all the little things as well. Recovery doesn't work successfully until God gets the lot.

3. We are still hanging on to some of our resentments!

Go back to your Session 6, 7 and 8 (Steps 4 and 5) Coursework. Forgiveness is essential to our spiritual wellbeing. Don't beat yourself up that you are finding forgiving so difficult; it's enormously difficult, but it also needs to be resolved if we are going to be free of our daily struggles. Resentment is one of the food supplies our addiction feeds off and our addictive impulses will only die once we begin to starve them of food. Forgiveness is not something we can do merely by human effort; it is a spiritual act and therefore we need to ask the Holy Spirit to empower us to let go of the pain and harm of the past. Until we are able to forgive we will continue to be held hostage. We will not fully know what it is to be free.

4. We haven't forgiven ourselves

We are comfortable with the idea that God forgives others, but we think our faults are just too big. "I know God loves and forgives them, but me? I'm not so sure. He knows what I'm really like". While we are in a place where we can't forgive ourselves we will get stuck. It is a form of spiritual pride and self-pity that says, "God's love and mercy is not big enough to deal with my sin". Review Steps 4 and 5 and, if you haven't begun doing it already, start listening to God (as suggested in Step 11). How do I know what God thinks of me? Pick up a bible and read it. One of the best places to start is the Psalms, which were written by King David, and he really wears his heart on his sleeve. On the one hand he felt just like you and me, condemned and often a worthless failure, but he also began over time to see how much God loved him despite of himself. Don't get side-tracked by self-pity and all those "Woe is me" thoughts and start looking God in the face and accepting the truth – you are loved despite who you are and what you have done.

5. We are trying to be better people by our own efforts and in our own strength

Review Sessions 9 and 10 (Steps 6 and 7). One of the biggest frustrations on this journey is when we feel we are not really becoming a better person. We try so hard to be 'good', but it just doesn't seem to work. There are fleeting moments when we subconsciously think, "well done" and then we revert to the old ways of doing things and the smell of defeat rises in our nostrils again. Becoming a better person is not primarily our responsibility, but God's and he is remarkably good at it. Give him permission to change you into the person that He, and deep down you, long to be. Hold nothing back. Identify your specific shortcomings and character faults and give Him permission to start changing you from the inside out.

6. We are too proud to take responsibility for our past actions

Review Sessions 11 and 12 (Steps 8 and 9). We need to take responsibility for past damaged relationships. We must not rationalise or justify our actions. Yes, there may have been good reasons why you behaved as you did and the other person may have also been at fault, but that does not matter. We need to own and take responsibility for our part. We need to clean our side of the street and not get side-tracked by what they did. Until we make amends we will always feel a little guilty and what feeds off guilt? Yes, you got it in one.

7. We don't go to our Anonymous Fellowship or Church support group as often as we used to

When someone relapses I always ask them, "Have you been going to your local Anonymous Fellowship? Are you still going to church?" More often than not, the answer is 'No' or 'Sometimes'. Recovery does not work in isolation. We are all tempted to use, but before 'picking up' our addiction of choice again we need to pick up a telephone and call our Sponsor or friends who are also in recovery. Keeping clean and sober also entails keeping busy. When I am working hard with others I don't have time to get tempted. When I'm on my own at home not doing anything in particular then that's a different story. Do you keep in contact with the others in your small group? Do you have their phone numbers or e-mail addresses? Have you volunteered to help out in some way on the next Recovery Course or with your local Anonymous Fellowship group? Are you getting involved with your local Church and serving there? If the answer to any of these questions is 'No', that may be where your problem lies. If you think that's the case then do all you can to rectify the situation as soon as you possibly can. As they sometimes say at an AA meeting, *"The only thing you do on your own in recovery is slip."*

The writer of Proverbs in the Old Testament hits the nail on the head when he says, "Become wise by walking with the wise; hang out with fools and watch your life fall to pieces."

8. We have skipped the previous step

Do you notice how these eight 'Relapse Busters' look at each Step in turn? The 12-Step programme works by having a gentle accumulative affect on us. We have to start with Step 1 (and when we have a problem that's the first place we return to as the problem usually lies there) and then go on to each Step in turn. We cannot skip one. As addicts we love a quick fix for our problems and deep down we long for a quick fix in our recovery. Unfortunately it doesn't work like that. There is the temptation to move through the Steps too quickly, but God is not in a rush. So maybe slow down and allow Him to work at His speed, because He knows us better than we know ourselves, and He will go at just the right speed for our needs. This programme is a process not a race!

Congratulations! You have completed Step 12

Verses for Session 1

- 1) ***"Anyone who meets a testing challenge head-on and manages to stick it out is mighty fortunate. For such persons loyally in love with God, the reward is life and more life"*** James 1:12 - The Message
- 2) ***"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life!"*** Proverbs 3:5-8 - The Message
- 3) ***"For you created my inmost being; you knit me together in my mother's womb"*** Psalm 139:13 - NIV
- 4) ***"We don't have a priest (Jesus) who is out of touch with our reality. He's been through weakness and testing, experienced it all—all but the sin. So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help."*** Hebrews 4:14-16 – The Message
- 5) ***"I have come that they may have life, and have it to the full."*** John 10:10 - NIV !
- 6) ***"Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and I am helped."*** Psalm 28:6-7 - NIV !

Verses for Session 2

Step 1: We admitted we were powerless over our addiction - that our lives had become unmanageable

- 1) ***"But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realise that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time."*** Romans 7:17-20 – The Message
- 2) ***"My people are broken – shattered! – and they put on plasters, saying, 'It's not so bad. You'll be just fine.' But things are not 'just fine'!"*** Jeremiah 6:14 - The Message
- 3) ***"There's a way of life that looks harmless enough; look again – it leads straight to hell. Sure, those people appear to be having a good time, but all that laughter will end in heartbreak."*** Proverbs 14:12-13 - The Message
- 4) ***"The serpent was clever, more clever than any wild animal God had made. He spoke to the Woman: 'Do I understand that God told you not to eat from any tree in the garden?' The Woman said to the serpent, 'Not at all. We can eat from the trees in the garden. It's only about the tree in the middle of the garden that God said, 'Don't eat from it; don't even touch it or you'll die.'"***

"The serpent told the Woman, 'You won't die. God knows that the moment you eat from that tree, you'll see what's really going on. You'll be just like God, knowing everything, ranging all the way from good to evil.'"

"When the Woman saw that the tree looked like good eating and realised what she would get out of it—she'd know everything!—she took and ate the fruit and then gave some to her husband, and he ate. Immediately the two of them did 'see what's really going on — saw themselves naked! They sewed fig leaves together as makeshift clothes for themselves."

"When they heard the sound of God strolling in the garden in the evening breeze, the Man and his Wife hid in the trees of the garden, hid from God. God called to the Man: 'Where are you?"

"He said, 'I heard you in the garden and I was afraid because I was naked. And I hid.'"

"God said, 'Who told you you were naked? Did you eat from that tree I told you not to eat from?'" Genesis 3:1-12 – The Message !

- 5) ***"No more lies no more pretence. Tell your neighbour the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself."*** Ephesians 4:25 - The Message
- 6) ***"They promise them freedom, while they themselves are slaves of depravity – for a person is a slave to whatever has mastered them."*** 2 Peter 2:19 - The Message
- 7) ***"Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you."*** Galatians 5:1 - The Message
- 8) ***"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."*** John 8:31-32 - NIV !

Verses for Session 3

Step 1: We admitted we were powerless over our addictions - that our lives had become unmanageable

- 1) ***"I do not understand what I do. For what I want to do I do not do, but what I hate I do...for I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing...what a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord!"*** Romans 7:17-20 – NIV
- 2) ***"Be merciful to me, Lord, for I am faint; O lord, heal me, for my bones are in agony. My soul is in anguish. How long, O Lord, how long? Turn, O Lord, and deliver me; save me because of your unfailing love."*** Psalm 6:2-4 - NIV
- 3) ***"You can't worship two gods at once. Loving one god, you'll end up hating the other. Adoration of one feeds contempt for the other".*** Matthew 6:24 - The Message
- 4) ***"With man this is impossible, but with God all things are possible".*** Matthew 19:26 - NIV
- 5) ***"When troubles ganged up on me, a mob of sins past counting, I was so swamped with guilt I couldn't see my way clear. More guilt in my heart than hair on my head, so heavy the guilt that my heart gave out".*** Psalm 40:12 - The Message
- 6) ***"A person's pride brings them low, but a person of lowly spirit gains honour".*** Proverbs 29:23 - NIV
- 7) ***"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes".*** Matthew 6:34 - The Message
- 8) ***"You do well to be angry – but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life".*** Ephesians 4:26-27 - The Message
- 9) ***"I came so they can have real and eternal life, more and better life than they ever dreamed of."*** John 10:10 - The Message
- 10) ***"If you grasp and cling to life on your terms, you'll lose it, but if you let that life go, you'll get life on God's terms."*** Luke 17:33 - The Message
- 11) ***"Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*** Romans 8:35-39 - NIV

Verses for Session 4

Step 2: We came to believe that a power greater than ourselves could restore us to sanity

- 1) ***"Jesus...spoke up, 'Who needs a doctor: the healthy or the sick? I'm here inviting outsiders, not insiders - an invitation to a changed life, changed inside and out'"*** Luke 5:31-32 – The Message
- 2) ***"...anyone who wants to approach God must believe both that he exists and that he cares enough to respond to those who seek him"***. Hebrews 11:6 - The Message
- 3) ***"Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honour depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge"***. Psalm 62:5-8 - The Message
- 4) ***"God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us"***. Ephesians 3:20-21 - The Message
- 5) ***"Since, then, we do not have the excuse of ignorance, everything - and I do mean everything - connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life - a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you"***. Ephesians 4:23 - The Message
- 6) ***"I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength"***. Philippians 4:13 - NIV
- 7) ***"Lead me; teach me; for you are the God who gives me salvation. I have no hope except in you"***. Psalm 25:5 - The Living Bible
- 8) ***"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear"***. Psalm 46:1 – NIV
- 9) ***"My mind and my body may grow weak, but God is my strength; he is all I ever need."*** Psalm 73:26 - GNB
- 10) ***"It was so bad we didn't think we were going to make it. We felt like we'd been sent to death row, that it was all over for us. As it turned out, it was the best thing that could have happened. Instead of trusting in our own strength or wits to get out of it, we were forced to trust God totally— not a bad idea since he's the God who raises the dead! And he did it, rescued us from certain doom"***. 2 Corinthians 1:8-9 - The Message
- 11) ***"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"*** 2 Corinthians 5:17 - NIV
- 12) ***"No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it"***. 1 Corinthians 10:13 - The Message
- 13) ***"God is good, a hiding place in tough times. He recognises and welcomes anyone looking for help, no matter how desperate the trouble"***. Nahum 1:7 - The Message
- 14) ***"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes"*** Matthew 6:34 - The Message

Verses for Session 5

Step 3: We made a decision to turn our will and our lives over to the care of God

- 1) ***"Is anyone crying for help? God is listening, ready to rescue you."*** Psalm 34:17 – The Message
- 2) ***"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track"*** Proverbs 3:5-6 - The Message
- 3) ***"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future"*** Jeremiah 29:11 - NIV
- 4) ***"Though my father and mother forsake me, the Lord will receive me"*** Psalm 27:10 - NIV
- 5) ***"This resurrection life you received from God is not a timid, gravetending life. It's adventurously expectant, greeting God with a childlike 'What's next, Papa?' God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children"*** Romans 8:15-17 - The Message
- 6) ***"You can tell for sure that you are now fully adopted as his own children because God sent the Spirit of his Son into our lives crying out, 'Papa! Father!' Doesn't that privilege of intimate conversation with God make it plain that you are not a slave, but a child? And if you are a child, you're also an heir, with complete access to the inheritance."*** Galatians 4:4-6 - The Message
- 7) ***"We don't yet see things clearly. We're squinting in a fog, peering through a mist. But it won't be long before the weather clears and the sun shines bright! We'll see it all then, see it all as clearly as God sees us, knowing him directly just as he knows us! But for right now, until that completeness, we have three things to do to lead us toward that consummation: Trust steadily in God, hope unswervingly, love extravagantly. And the best of the three is love".*** 1 Corinthians 13:12-13 - The Message
- 8) ***"But if from there you seek the Lord your God, you will find him if you look for him with all your heart and all your soul...For the Lord your God is a merciful God; he will not abandon or destroy you..."*** Deuteronomy 4:29-31
- 9) ***"So turn around! Turn your backs on your rebellious living so that sin won't drag you down. Clean house. No more rebellions, please. Get a new heart! Get a new spirit! Why would you choose to die...I take no pleasure in anyone's death...Make a clean break! Live!"*** Ezekiel 18:30-31 - The Message
- 10) ***"Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognise what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops wellformed maturity in you".*** Romans 12:1-2 - The Message
- 11) ***"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"*** 2 Corinthians 5:17 – NIV
- 12) ***"Are you tired? Worn out? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*** Matthew 11:28-30 - The Message
- 13) ***"Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin."***
"For I recognise my rebellion; it haunts me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just."
"Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow."
"Oh, give me back my joy again; you have broken me—now let me rejoice."

“Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. ! “Do not banish me from your presence and don’t take your Holy Spirit from me.

“Restore to me the joy of your salvation and make me willing to obey you.

“You do not desire a sacrifice, or I would offer one. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God”. Psalm 51 - NIV

Verses for Session 6

Step 4: We made a searching and fearless moral inventory of ourselves

- 1) ***“Let’s take a good look at the way we’re living and reorder our lives under God”*** Lamentations 3:40 – The Message
- 2) ***“Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”*** Joshua 1:9 - NIV
- 3) ***“Therefore, there is now no condemnation for those who are in Christ Jesus.”*** Romans 8:1 - NIV
- 4) ***“Therefore, if anyone is in Christ, they are a new creation; the old has gone, the new has come!”*** 2 Corinthians 5:17 - NIV
- 5) ***“Investigate my life, O God, find out everything about me; cross-examine and test me, get a clear picture of what I’m about; see for yourself whether I’ve done anything wrong - then guide me on the road to eternal life.”*** Psalm 139:23-24 - The Message
- 6) ***“Therefore confess your sins to each other and pray for each other so that you may be healed.”*** James 5:16 - NIV
- 7) ***“Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive men when they sin against you, your heavenly Father will also forgive you.”*** Matthew 6:12-14 – NIV
- 8) ***“...jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame.”*** Song of Songs 8:6 – NIV
- 9) ***“If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.”*** James 1:26 - NIV
- 10) ***“But don’t look someone to blame. No finger pointing!”*** Hosea 4:4 - The Message !

Verses for Session 7

Step 4: We made a searching and fearless moral inventory of ourselves

- 1) ***“Let’s take a good look at the way we’re living and reorder our lives under God”*** Lamentations 3:40 – The Message
- 2) ***“Therefore, if anyone is in Christ, they are a new creation; the old has gone, the new has come!”*** 2 Corinthians 5:17 - NIV
- 3) ***“Love God, your God, with your whole heart: love him with all that’s in you, love him with all you’ve got!”*** Deuteronomy 6:5 – The Message

- 4) ***“Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met.”*** Matthew 6:33 - The Message
- 5) ***“You’re addicted to thrills? What an empty life! The pursuit of pleasure is never satisfied.”*** Proverbs 21:17 - The Message
- 6) ***“Do not conform any longer 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.”*** Romans 12:2 - NIV
- 7) ***“An intelligent person is always eager to take in more truth; fools feed on fast-food fads and fancies.”*** Proverbs 15:14 - The Message
- 8) ***“...Didn’t you realise that your body is a sacred place, the place of the Holy Spirit? Don’t you see that you can’t live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.”*** 1 Corinthians 6:19-20 - The Message
- 9) ***“Oh yes, you shaped me first inside, then out; you formed me in my mother’s womb. I thank you, High God—you’re breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation! You know me inside and out, you know every bone in my body; you know exactly how I was made, bit by bit, how I was sculpted from nothing into something. Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, the days of my life all prepared before I’d even lived one day.”*** Psalm 139:13-16 - The Message

Verses for Session 8

Step 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs

- 1) ***“Confess your sins to each other and pray for each other so that you can live together whole and healed.”*** James 5:16– The Message
- 2) ***“You can’t whitewash your sins and get by with it; you find mercy by admitting and leaving them.”*** Proverbs 28:13 - The Message
- 3) ***“Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.”*** James 5:16 - The Message
- 4) ***“Those who enter into Christ’s being-here-for-us no longer have to live under a continuous, low-lying black cloud. A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.”*** Romans 8:1 - The Message
- 5) ***“...If you hold to my teaching...then you will know the truth, and the truth will set you free.”*** John 8: 31-32 - NIV
- 6) ***“There was a time when I wouldn’t admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration...My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, ‘I will confess them to the Lord.’ And you forgave me! All my guilt is gone.”*** Psalm 32:3-5 - The Living Bible
- 7) ***“Don’t pick on people, jump on their failures, criticise their faults - unless, of course, you want the same treatment. That critical spirit has a way of boomeranging. It’s easy to see a smudge on your neighbour’s face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, ‘Let me wash your face for you,’ when your own face is distorted by contempt?...Wipe that ugly sneer off your own face, and you might be fit to offer a washcloth to your neighbour.”*** Matthew 7:1-5 - The Message
- 8) ***“When Israel was a child, I loved him, and out of Egypt I called my son. But the more I called...the further he went from me. It was I who taught him to walk, taking him by the arms; but he did not realise it was I who healed him. I led him with cords of human kindness, with ties of love; I lifted the yoke from his neck and bent down to feed him.”*** Hosea 11:1-4 - NIV

Verses for Session 9

Step 6: We were entirely ready to have God remove all these defects of character

- 1) ***"When my life was ebbing away, I remembered you, Lord, and my prayer rose to you...Those who cling to worthless idols forfeit the grace that could be theirs"*** Jonah 2:7-8 – New International Version
- 2) ***"...if anyone is in Christ, he is a new creation; the old has gone, the new has come!"*** 2 Corinthians 5:17 - NIV
- 3) ***"You turned my wailing into dancing; you removed my sackcloth and clothed me with joy..."*** Psalm 30:11 - NIV
- 4) ***"Open up before God, keep nothing back; he'll do whatever needs to be done."*** Psalm 37:5 - The Message
- 5) ***"I am the vine; you are the branches. If a person remains in me and I in them, they will bear much fruit; apart from me you can do nothing."*** John 15:5 - NIV
- 6) ***"So roll up your sleeves, put your mind in gear, be totally ready to receive the gift that's coming when Jesus arrives. Don't lazily slip back into those old grooves of evil, doing just what you feel like doing. You didn't know any better then; you do now. As obedient children, let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness. God said, 'I am holy; you be holy.'" 1 Peter 1:13-16 - The Message***
- 7) ***"When a defiling evil spirit is expelled from someone, it drifts along through the desert looking for an oasis, some unsuspecting soul it can bedevil. When it doesn't find anyone, it says, 'I'll go back to my old haunt.' On return it finds the person spotlessly clean, but vacant. It then runs out and rounds up seven other spirits more evil than itself and they all move in, whooping it up. That person ends up far worse off than if he'd never gotten cleaned up in the first place."*** Matthew 12:43-44 - The Message
- 8) ***"O loving and kind God, have mercy. Have pity on me and take away the awful stain of my transgressions. Oh, wash me, cleanse me from this guilt. Let me be pure again."*** Psalm 51:1-2 - The Living Bible

Verses for Session 10

Step 7: We humbly asked God to remove our shortcomings

- 1) ***"God can do anything, you know – far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us."*** Ephesians 3:20 - The Message
- 2) ***"...if anyone is in Christ, he is a new creation; the old has gone, the new has come!"*** 2 Corinthians 5:17 - NIV
- 3) ***"Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him...Let God transform you inwardly by a complete change of your mind."*** Romans 12:1-2 - GNB
- 4) ***"We plan the way we want to live, but only God makes us able to live it."*** Proverbs 16:9 - The Message
- 5) ***"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*** Matthew 6:34 - NIV
- 6) ***"There has never been the slightest doubt in my mind that the God who started this great work in you would keep at it and bring it to a flourishing finish on the very day Christ Jesus appears."*** Philippians 1:6 - The Message

- 7) ***"We rely on what Christ Jesus has done for us. We put no confidence in human effort..."*** Philipians 3:3 - New Living Translation
- 8) ***"It's common knowledge that 'God goes against the wilful proud; God gives grace to the willing humble.' So let God work his will in you"*** James 4:6,7 - The Message
- 9) ***"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil!"*** Proverbs 3:5-7 - The Message

Verses for Session 11

Step 8: We made a list of all persons we had harmed, and became willing to make amends to them all

- 1) ***"Here is a simple rule of thumb for behaviour: Ask yourself what you want people to do for you; then grab the initiative and do it for them!...I tell you, love your enemies. Help and give without expecting a return. You'll never—I promise—regret it...Be easy on people; you'll find life a lot easier. Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way"*** Luke 6:31-37 – The Message
- 2) ***"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."*** Luke 6:37 - NIV
- 3) ***"I tell you, love your enemies. Help and give without expecting a return. You'll never—I promise—regret it. Live out this God-created identity the way our Father lives toward us, generously and graciously, even when we're at our worst. Our Father is kind; you be kind."*** Luke 6:35-36 - NIV
- 4) ***"There is a time for everything, and a season for every activity under heaven."*** Ecclesiastes 3:1 - NIV
- 5) ***"Each of you should look not only to your own interests, but also to the interests of others."*** Philipians 2:4 - NIV
- 6) ***"If we are painstaking about this phase of our development we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others.***
"That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves."
 The Big Book of AA (pages 83-84)

Verses for Session 12

Step 9: We made direct amends to such people wherever possible, except when to do so would injure them or others

- 1) ***"If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God"*** Matthew 5:23-24 – The Message

Verses for Session 13

Step 10: We continued to take personal inventory and when we were wrong promptly admitted it

1) ***"Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me...Surely you desire truth in the inner parts; you teach me wisdom in the inmost place...Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me...The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."*** Psalm 51 – NIV

2) ***"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew against that house, and it fell with a great crash."*** Matthew 7:24-27 - NIV

3) ***"So, if you think you are standing firm, be careful that you don't fall!"*** 1 Corinthians 10:12 - NIV

4) ***"Let's take a good look at the way we're living and reorder our lives under God."*** Lamentations 3:40 - The Message

5) ***"If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins – make a clean breast of them – he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing. If we claim that we've never sinned, we out-and-out contradict God – make a liar out of him. A claim like that only shows off our ignorance of God."*** 1 John 1:8-10 - The Message

Verses for Session 14

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 the power to carry it out

1) ***"Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing...Let the Word of Christ...have the run of the house. Give it plenty of room in your lives....Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way"*** Colossians 3:15-17 - The Message

2) ***"For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are— yet was without sin."*** Hebrews 4:15 - NIV

3) ***"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."*** Mark 14:38 – NIV

4) ***"For the third test, the Devil took Jesus to the peak of a huge mountain. He gestured expansively, pointing out all the earth's kingdoms, how glorious they all were. Then he said, 'They're yours—lock, stock, and barrel. Just go down on your knees and worship me, and they're yours.' Jesus' refusal was curt: 'Beat it, Satan!' He backed his rebuke with a third quotation from Deuteronomy: 'Worship the Lord your God, and only him. Serve him with absolute single-heartedness.' The Test was over. The Devil left."*** Matthew 4:1-11 – The Message

5) ***"Be still, and know that I am God."*** Psalm 46:10 – NIV

- 6) ***"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns."*** Philippians 4:6 - The Message
- 7) ***"...God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves...and keeps us present before God."*** Romans 8:26-27 - The Message
- 8) ***"Therefore, I urge you, brothers and sisters, 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. Do not conform any longer 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."*** Romans 12:1-2 – NIV
- 9) ***"Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life."*** Philippians 4:7 –The Message
- 10) ***"Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live."*** 1 Thessalonians 5:16-18 - The Message

Verses for Session 15

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to those still in active addiction, and to practice these principles in all our affairs

- 1) ***"Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived."*** Galatians 6:1-3 - The Message
- 2) ***"Freely you have received, freely give."*** Matthew 10:8 - NIV
- 3) ***"With God on our side...how can we lose? If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us?"*** Romans 8:32 - The Message
- 4) ***"Therefore, I urge you...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 - NIV
- 5) ***"It's better to have a partner than go it alone...And if one falls down, the other helps, but if there's no one to help, tough!...By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped."*** Ecclesiastes 4:9-12 - The Message
- 6) ***"All praise to the God and Father of our Master, Jesus...He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so we can be there for that person just as God was there for us."*** 2 Corinthians 1:3-4 - The Message
- 7) ***"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*** Romans 8:28 - NIV

Verses for Workshop

Ephesians 6:10-18, “Finally, be strong (you be strong) in the Lord and in his mighty power. Put on (you put on) the full armour of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on (you put on) the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

“Stand firm (you stand firm) then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up (you take up) the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take (you take) the helmet of salvation and the sword of the Spirit, which is the word of God. And pray (you pray) in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert (you be alert) and always keep on praying (you keep on praying) for all the saints”.

Luke 11:33-35, “Your eye is the lamp of your body. When your eyes are good, your whole body also is full of light. But when they are bad, your body also is full of darkness. See to it, then, that the light within you is not darkness.”

Luke 22:52-54, “Then Jesus said to the chief priests, the officers of the temple guard, and the elders, who had come for him, Am I leading a rebellion, that you have come with swords and clubs? Every day I was with you in the temple courts, and you did not lay a hand on me. But this is your hour — when darkness reigns.

John 3:19-20, “This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed.” John 8:12, “When Jesus spoke again to the people, he said, I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

John 12:46 “I have come into the world as a light, so that no-one who believes in me should stay in darkness.”

Acts 26:17-19, “I will rescue you from your own people and from the Gentiles. I am sending you to them to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins...”

1 Peter 5:8, “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

Colossians 1:13, “For he (God) has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves”

James 4:6, “God opposes the proud but gives grace to the humble.”

James 4:7, “Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

Ephesians 4:22-24, “Since, then, we do not have the excuse of ignorance, everything—and I do mean everything—connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you.”

2 Corinthians 5:17, “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”

2 Corinthians 10:5, “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ”

Romans 7, “...I would not have known what coveting really was if the law had not said, ‘Do not covet.’ But sin, seizing the opportunity afforded by the commandment, produced in me every kind of covetous desire...when the commandment came, sin sprang to life and I died. For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death....

“...I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer

I myself who do it, but it is sin living in me. 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. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it...

“So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord! “

Verses to beat the devil

When the devil makes you feel as though God has abandoned you and you feel lonely

Say, “God has said, ‘Never will I leave you; never will I forsake you’” – Hebrews 13:5, clear off!

When the devil makes you feel afraid

Say, Jesus says, “Peace I leave with you; my peace I give you...Do not let your hearts be troubled and do not be afraid.” – John 14:27, clear off!

When the devil makes you feel anxious

Say, Jesus says, ‘do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes...For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.’ – Luke 12:22-34, clear off!

When the devil makes you feel that God doesn’t know what you are going through

Say, ‘For we do not have a high priest (Jesus) who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are— yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.’ – Hebrews 4:15-16, clear off!

When the devil makes you feel broken hearted and God doesn’t care

Say, ‘The LORD is close to the broken-hearted and saves those who are crushed in spirit.’ – Psalm 34:18, clear off!

When the devil makes you feel discouraged

Say, ‘God is (You) are my refuge and my shield; I have put my hope in your word.’ – Psalm 119:114, clear off!

When the devil makes you feel guilty

Say, ‘Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.’ – Romans 8:1-2, clear off!

When the devil makes you feel overwhelmed

Say, 'I lift up my eyes to the hills— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your (my) foot slip— he who watches over you (me) will not slumber...' – Psalm 121, clear off!

When the devil makes you feel judged and condemned by God

Say, 'If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all— how will he not also, along with him, graciously give us all things?...Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?...No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.' – Romans 8:31-39, clear off!

When the devil makes you feel unfairly judged by others

Jesus says, 'Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.' – Matthew 5:10-12, clear off!

When the devil makes you feel powerless

Say, 'Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.' – Ephesians 3:20-21, clear off!

Twelve Step Fellowship Groups

Alcohol Alcoholics Anonymous

www.aa-gb.org.uk Helpline: 0845 769 7555

Anorexia and Bulimia Anorexics and Bulimics Anonymous

www.aba12steps.org

Cocaine Cocaine Anonymous

www.cauk.org.uk Helpline: 0800 612 0225

Co-Dependency Co-Dependents Anonymous

www.coda-uk.org Information: 07000 263645

Compulsive eating Overeaters Anonymous

www.oagb.org.uk Helpline: 07000 784985

Debt Debtors Anonymous

www.debtorsanonymous.info Information: 020 7644 5070

Depression Depressives Anonymous

www.depressionanon.co.uk Information line: 0870 774 4320

Drugs Narcotics Anonymous

www.ukna.org Helpline: 0845 3733366

Gambling Gamblers Anonymous

www.gamblersanonymous.org.uk National Helpline: 020 7384 3040

Sex Sexaholics Anonymous

www.sauk.org Helpline: 07000 725463

Sex & Love Addicts Anonymous

www.slaauk.com Information: 07951 815087

Sex Addicts Anonymous

www.sexaa.org

Sexual Compulsives Anonymous

www.sca-recovery.org

Smoking Nicotine Anonymous

www.nicotine-anonymous.co.uk

Information: 020 7976 0076

Serenity Prayer

*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 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.

Amen.

Reinhold Niebuhr

The Lord's Prayer

Our Father in heaven,

hallowed be your name.

Your Kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation,

but deliver us from evil.

For the kingdom,

the power and the glory are yours.

Now and for ever.

Amen.

***"The Lord is close to the broken-hearted;
he rescues those whose spirits are
crushed"***

Psalm 34:18 (NLT)



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COURSE WORKBOOK