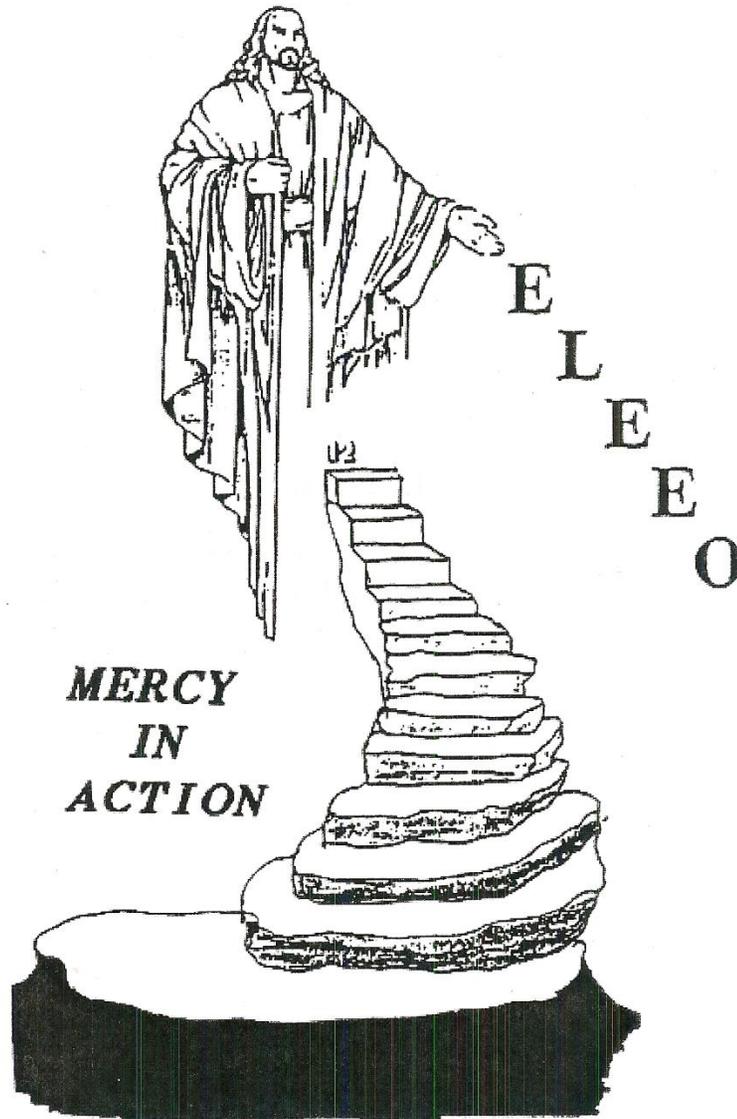


# ELEEO CHAPEL HANDBOOK



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**“The Spirit of the Lord God is upon me, because the Lord has appointed me to bring good news to the afflicted; He has sent me to bind up the broken hearted, to proclaim liberty to captives, and freedom to prisoners.” Isaiah 61:1 NAS**

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**MAKARIOS**

**Blessed are those who...Matthew 5:3-16**

PRAYER FOR  
**Serenity**

God, grant me the serenity to accept the things I cannot change, courage to change the things I can & 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. A M E N

REINHOLD NIEBUHR

# WELCOME!

## TO ELEEO "Mercy In Action" GROUPS

We are a fellowship of men and women of all ages, from all walks of life and from all denominations, who have experienced, or are experiencing, the healing and forgiving power of the "Light and Love" of Jesus Christ. **ELEEO "Mercy In Action"** Groups accept people, with unconditional Christian love, right where they are and as they are, regardless of their circumstances and problems. In **ELEEO** groups we experience genuine love from concerned friends who relate to the problems associated with various addictions and obsessive/compulsive behavior patterns. In our 'support group' style of fellowship, we clearly identify the One responsible for our recovery—He is Jesus Christ, our Savior, our Healer, our Lord!

We invite you to give **ELEEO "Mercy In Action"** Groups the opportunity to help in your walk along the road to recovery. You have everything to gain and nothing to lose!

## ELEEO—THE NAME AND SYMBOL

**ELEEO** is a Greek word used frequently in the Bible. The word signifies, in general, "to feel sympathy with the misery of another, and especially sympathy manifested in an act (mercy). It is the outward manifestation of that sympathy. It assumes need on the part of him/her who receives it. It is used (a) of God; who is rich in mercy, and who has provided salvation for all men, and (b) of men; for since God is merciful to them, He would have them show mercy to one another" (Vine, W.E., Expository Dictionary of New Testament Words, pp. 732-33).

We therefore understand **ELEEO** to mean **MERCY IN ACTION**.



The symbol illustrates God's mercy in action, through the figure of Jesus Christ, with *mercy* extending down to us from His hand. We, as sinners, are in a world of darkness. We refer especially to those who are in bondage to various obsessive/compulsive behavior patterns and addictions.

When we face the reality of our powerlessness over these behaviors, we enter into a program based upon the Beatitudes and begin our journey along the road of recovery. We progress from darkness into ever-increasing light (freedom) as we incorporate new principles of living into our lives. We then find ourselves in the light of the love and power of Jesus Christ, at His feet receiving His complete and total healing.

Eleeo © Ministries 1990

# ELEEO Ministries IS...

**ELEEO (Mercy In Action)** is a supportive ministry of love, healing, help, and discipleship. Our primary concern is that of reconciliation and restoration of the individual and family to a state of physical, emotional, and spiritual wholeness. This is possible because of the **grace of God**, which, in His unlimited love and mercy, is expressed in the gift of His Son, our Savior. It is unconditional! Therefore, we do not carry the burden of past failures. We go on in hope and faith, having experienced His healing power. We have the blessed assurance that because of His Son, Jesus Christ, and what He did for us, all that believe in Him are forgiven. The Bible inspires this hope and faith in us (John 3:16; Romans 3:23-24; 8:1; Ephesians 2:8).

God wants each of us to be a whole, healthy person because we are important to Him. We are made whole and free, despite the destructive past. He offers a new way of living. Through His healing, we are no longer under bondage to the manifestations of addiction and obsessive/compulsive patterns. With a commitment to follow His will and an acceptance of the recovery program based upon the **BEATITUDES**, we begin to experience the spiritual awakening that leads to healing and restoration of the whole person. The Bible makes it clear that "we can do all things through Christ who strengthens us." (2 Corinthians 12:9; Philippians 4:13).

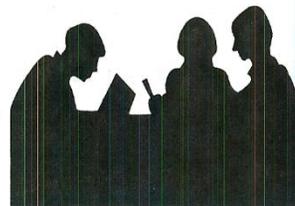
## ELEEO "Mercy In Action" MEETINGS

In the atmosphere of an **ELEEO "Mercy In Action"** meeting, awareness is stressed through the sharing of positive experiences when God's help was recognized in our lives. We become aware of God's will for us through study of the Bible and group discussion of the Beatitude based program of recovery instituted by our Lord Jesus Christ. We then use the insights we learn together and apply them to our everyday lives.

Our **belief** in the power of the Holy Spirit available to us is demonstrated through the discussion of problems and possible solutions, along with known difficulties to be faced in the days ahead.

**Prayer** is a regular part of our fellowship, including individual prayers for specific needs/concerns and prayers of praise and gratitude for victories.

**Commitment** is practiced through our sharing of experiences and concerns and the helping of one another in fellowship before and after meetings. If needed, individual counseling and prayer are available to those who desire to discuss more immediate and/or intimate problems.



# ELEEO “Mercy In Action” PLAN FOR RECOVERY

ELEEO “Mercy In Action” groups welcome the broadest participation of those affected by addictions to alcohol, drugs, food, gambling, sex, smoking, work, co-dependency, child-spouse-elder abuse, and other forms of self-defeating behaviors. In the recovery process we come to realize that joining together in a spirit of unity ensures that the plan for recovery will be preserved and passed on to others. As we see the results of our commitment to, and involvement in the plan for recovery, our common bond is enriched. We realize our progress toward recovery is more important than how we came into the fellowship or whose obsessive/compulsive behavior may have affected us.

We recognize that those living with these behaviors may attend other (12-Step) programs. We believe that, in His sovereignty, God may be active in any recovery group where people are earnestly seeking Him. Regardless of our backgrounds, participants in our fellowship have found that when we feel the acceptance of the group, barriers fall, and the doors of communication open (Galatians 6:2, 9, 10). We believe that the open sharing of all members is vital if we are to reach out with the message of hope that is in our Lord Jesus Christ.

There is a path of spiritual growth, a way of life available to us, if we want it. This path, often called a **program** by those who use it, can relieve our suffering, fill our emptiness and integrate ourselves and all our activities into a meaningful, wholesome, joyous, life with a minimum of pain and struggle. We discover ourselves and God working within us. We are then able to release great quantities of faith, love, and joy that were previously unrealized in our lives.

It is a very gently structured program we follow, at our own pace and interpret in our own way (with the guidance of the Holy Spirit and the help and counsel of others who are following the same program). All that is needed for this plan of recovery to work in our lives is for us to become willing to try the program and be open-minded. In fact, if we *are willing* to try, and do try, our minds will gradually open to the leading/teaching of the Holy Spirit (Romans 12:1,2). Soon, we will notice improvements in ourselves; in our awareness; sensitivity to our own needs and those of others; our ability to love, forgive, be freer, and to make healthier choices. In short, we will be consciously surprised by our emotional and spiritual growth and the daily working of God in our lives.

# ELEEO “Mercy In Action” GROUPS STATEMENT OF ANONYMITY

The principles adhered to in our fellowship signify the power of choice for all. We who live, or have lived with the problems associated with addictions or obsessive/ compulsive behavior patterns are aware of the need for healthy choices to be made in our daily lives, We come together to share our experiences and knowledge, under the Lordship of Christ, to gain victory over our common problem. Anonymity is maintained among those participating so that the principles modeled by our Lord will take precedence in our daily lives. As time goes by, our hope and prayer is that you will be willing to share your new hope with others who need to hear the message. However, anonymity is and shall remain each person’s own choice.

## THE GOAL OF ELEEO “Mercy In Action” GROUPS

Our goal in ELEEO “Mercy In Action” groups is manifested in our everyday lives. The awareness and knowledge of physical needs lead us to a more disciplined approach to the care of our bodies with sound health and nutritional practices. Our belief leads us to seek spiritual nourishment in a consistent, disciplined manner through daily prayer and study of the Bible. This belief also leads us to an ongoing spiritual fellowship and involvement in a local church affiliation consistent with our personal needs, talents, and calling. Our commitment is expressed in our concern for each other, and we gain strength by sharing with each other how we were, what happened, and how we live in harmony with God’s will today—**one day at a time**. Our commitment is also manifested in our outreach to others—we love and care for people, as we love Jesus Christ.

We stand ready to help anyone who is in need of guidance and support in coping with the problems brought on by addictions and obsessive/compulsive behavior problems. ***Join us in recovery through the grace of God. You don’t have to walk alone.***

—Bill Elam, Pastoral Counselor, ELEEO Chapel, Inc.

# JESUS AND SMALL GROUPS

Jesus spent most of his time working in small groups. He limited his disciples to a group of 12. The most intimate gatherings of our Lord consisted of small groups in which he shared deep truths. The early church began using small groups, which met in homes (Acts 2:46). Through the centuries, small groups have been a key to spiritual growth in the ministry and development of the church.

How Jesus led His disciples:

- He modeled His values as the disciples watched
- He shared information in bits and pieces
- He taught them in life situations, not in classrooms
- He sent them out to try their skills
- He allowed them to make mistakes
- He let them learn from their peers
- He was patient when their values were wrong
- He waited for 'teachable' moments to occur
- He used time as a shaping factor
- He used outside circumstances to impart truth





## THE TWELVE TRADITIONS FOR ELEE O "MERCY IN ACTION" GROUPS

The "Twelve Traditions" (first developed by Alcoholics Anonymous), as adapted to ELEE O "Mercy In Action" Groups, are as follows:

1. Our common welfare should come first; personal recovery depends upon unity.  
The 12 Steps (based upon the Beatitudes, Matthew 5:3-16) are the program. There is not an **I**, **me**, or **my** mentioned in any Step or Tradition. The Steps and Traditions are not intended to be done alone by an individual. We can only do them together. The unique goals of an individual, or group, cannot take priority over the common goal of all ELEE O "Mercy In Action" Groups.
2. For our group purpose there is but one ultimate authority--our Lord Jesus Christ--who loves us and expresses Himself through the Holy Spirit in our group conscience. Our leaders are but trusted servants; they do not govern.  
Jesus does not rule through a king in a Christ-centered 12-Step fellowship. Neither does He direct through a divisive majority leaving a sizeable disgruntled minority. He does not speak through those afflicted with the narrow vision of opinionated righteousness. We must pray for "knowledge of His will for us and the power to carry it out." Only then will we be a vehicle for God to "express Himself in our group conscience."
3. The only requirement for membership is a desire to stop our sin-based, self-destructive behavior.  
Whether an individual has succeeded in stopping has no bearing on his/her qualification for membership. To join a Christ-centered 12-Step fellowship, a person only needs to want to stop. Membership is not decided by a group or a fellowship; only God has the ultimate ability to help people change their lives. Our hand is extended to welcome members of any age, race, sex, profession, nationality, or religious affiliation. We welcome all such troubled strangers into our innermost circles of recovery.
4. Each group should be autonomous except in matters affecting other groups or ELEE O Chapel Ministries as a whole.  
Autonomy means each group may conduct itself the way its members wish, as long as it does not harm other groups or the ministry as a whole. Meeting formats are suggested, but may be altered from group to group, but the Christ-centered 12-Steps remain the same. Group facilitators need to have flexibility to meet the needs of those the Lord brings to an individual fellowship.
5. Each group has but one primary purpose--to carry Christ's message of recovery to the individual who still suffers.  
Some in recovery may find it easy to think the main reason for the group is to keep us well. We may be selfish as newcomers, but we do not remain that way. We extend a common courtesy to sick newcomers or lonely visitors as one way of fulfilling our primary purpose. If your main interest in attending a group meeting is to learn how to recover and help others to recover, the group is safe in your hands.

6. An ELEEEO "Mercy In Action" group should never endorse, finance, or lend the fellowship's name to any denomination, related facility or outside spiritual enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The word "endorse" means "to give sanction or support." This does not mean that an ELEEEO "Mercy In Action" group member should not donate money or volunteer time to spread the message to those in other facilities or programs who still suffer. What is suggested is that donations of time and money be made only on an individual basis. A group member should make it clear that such gifts are strictly personal and not from the fellowship. Cooperation with the professional (recovery) community is encouraged for all anonymous fellowships, but cooperation does not constitute endorsement. An ELEEEO group may deliver its message anywhere as long as it does not endorse, finance, or lend the ELEEEO name to any related or unrelated facility.
7. Every group should seek to be self-supporting. Outside contributions are accepted only if they are completely non-designated, non-binding, and given for the express purpose of furthering the work of ELEEEO Chapel Ministries as a whole. (Provisions for designated giving are outlined in the ELEEEO Donation Policy.)

"The spiritual meets the material when the basket is passed." It costs money to have a meeting (e.g. rent, coffee, literature for newcomers, nursery, etc.). Groups must share the costs of the ministry's central office and staffing. A group is fully self-supporting, not because it pays for its own specific expenses, but because it contributes its fair share to the entire ministry. It supports itself and its support system. That is what is meant by being fully self-supporting.
8. ELEEEO "Mercy In Action" groups should remain "nonprofessional" in the sense that a Christ-centered 12-Step recovery fellowship is not a profit-making enterprise.

A professional fellowship would be one whose purpose is to make money. An anonymous program is not owned by individuals or stockholders. It charges no dues or fees for membership. However, people who are professional in special skills may be gainfully employed by the Ministry. The fellowship itself is not their profession. Those who ask our fellowship for help should never be charged for attending an ELEEEO "Mercy In Action" Group. A Christ-centered 12-Step program may set prices for its literature, but not for an ELEEEO "Mercy In Action" Group meeting. Employees may be hired to manage the services, not the fellowship. The one and only "leader" is Jesus Christ, speaking to us through His Holy Spirit.
9. ELEEEO "Mercy In Action" groups, our fellowship as such, ought never be rigidly organized, but we may create service ministries directly responsible to those they serve.

Unlike organizations which exist for profit, our groups and fellowship take care to make no profit other than the members' recovery; grant no prestige other than mutual respect; with no motives greater than self-respect and loving care for other members.
10. Our fellowship has no opinion on outside or "denominational" issues; hence, the name of ELEEEO Chapel Ministries ought never be drawn into public and/or "religious" controversy.

Our fellowship was formed to address a deadly problem. Whether individuals in the fellowship win or lose depends entirely on whether they practice the principles of the program. The fellowship itself never loses--it grows. No matter how many individuals fail to recover, more succeed. Word gets out. Those who stay and practice the fellowship's Christ-centered 12-Steps (based upon the Beatitudes) are winners. They win because the fellowship is a winner. Engaging in public controversy, or "denominational" controversy, can make a loser out of the fellowship. Our fellowship exists for the sole purpose of helping members defeat self-destructive behaviors under the guidance and counsel of the Holy Spirit. By taking "sides" on outside or "non-essential" issues, the fellowship would risk losing sight of the primary purpose for its existence. On our tough road to recovery, we can enjoy within ourselves the "zest of combat" and peaceful resolution.

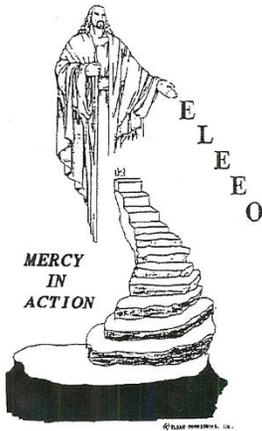
11. Our public relations policy is based on attraction rather than promotion: We should always maintain personal anonymity at the level of press, radio, TV, etc., except where personal disclosure clearly furthers the purpose of ELEEO Chapel Ministries, not the individual.

"Attraction rather than promotion" doesn't mean "don't advertise." The question is, how do we advertise? What techniques do we use? And which ones don't we do? The Christ-centered 12-Step programs do not promise to "treat/cure" anything. They don't compete with any other programs or philosophies. They don't use "hard-sell" techniques. Their advertising doesn't try to convince (promote). Anonymous fellowships offer help to those who suffer with specific problems. We advertise phone numbers and addresses for further information. We provide free literature to professionals, institutions, churches, schools, jails, and individuals. We list ministry information in newspapers and telephone books. Because there may be many different interpretations of the Christ-centered 12-Step program, the anonymity clause keeps members from being identified by the public as "spokespersons" for the fellowship. Without this clause, someone's personal view of his/her program may be mistaken as more valid than someone else's view. However, fellowship officers should use their full names so that members can find them when they need service. We do encourage members to use their full names in the group setting when they become comfortable in doing so.

12. Anonymity is the spiritual foundation of these twelve Traditions, ever reminding us to place the principles taught by our Lord Jesus Christ before personalities.

Anonymity, humility and spirituality go hand in hand. Those who deliver the message of the Steps don't become famous as members of a fellowship for doing so. It is our hope and prayer that, in carrying the message, our Lord Jesus Christ will become known as the only true source of healing for the disorder that brings one into the fellowship. We are humble when we admit that God is the reason for our recovery; remaining anonymous encourages us to submit to Jesus Christ and His Power, through the Holy Spirit, and thank Him for doing what we could not have done alone.

[The Twelve Traditions, as presented here, were modified and adapted from the Twelve Traditions of A.A. and The Twelve Traditions For All Of Us, by Joe Klaas, Hazelden Publications, 1986.]



*"...and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near."*

*Hebrews 10:24-25 NASB*

## STATEMENTS OF AFFIRMATION AND ENCOURAGEMENT

### AFFIRMATION

Nothing you have done or will do can separate you from God, or from my loving concern. I may not agree with your actions, but I will love you, as a person, and do all I can to hold you in God's affirming love.

### PRAYER

I promise to pray for you, believing our caring Father wishes His children to freely approach the throne of grace and pray for one another. I will ask that His perfect will be worked out in your life and that He will bless your life.

### OPENNESS

I promise to try to become a more open person, disclosing my feelings, my struggles, my joys, and my hurts as well as I am able. I will succeed only if I can trust you with my problems and my dreams. I extend my trust to you and affirm your worth to me as a person and a partner in my recovery walk with the Lord.

### CONFIDENTIALITY

I promise to keep whatever is shared within the confines of the group, in order to provide the atmosphere of safety necessary for openness. Furthermore, I will respect your need to remain anonymous, if that is your desire at this time.

### AVAILABILITY

Anything I have...time, energy, insight, etc...is at your disposal, to the limit of my resources. As a part of this availability, I pledge my time on a regular basis, whether in prayer or for an agreed upon meeting.

### HONESTY

I agree to tell the truth, so far as I know it, even if it means risking pain for either of us. I will trust our relationship enough to take that risk, realizing that it is in speaking the truth in love that we will find fulfillment in Christ and all things. I will try to express this honesty in a sensitive and loving manner.

### SENSITIVITY

My desire is to be known and understood by you. I commit to understanding you and your needs to the best of my ability.

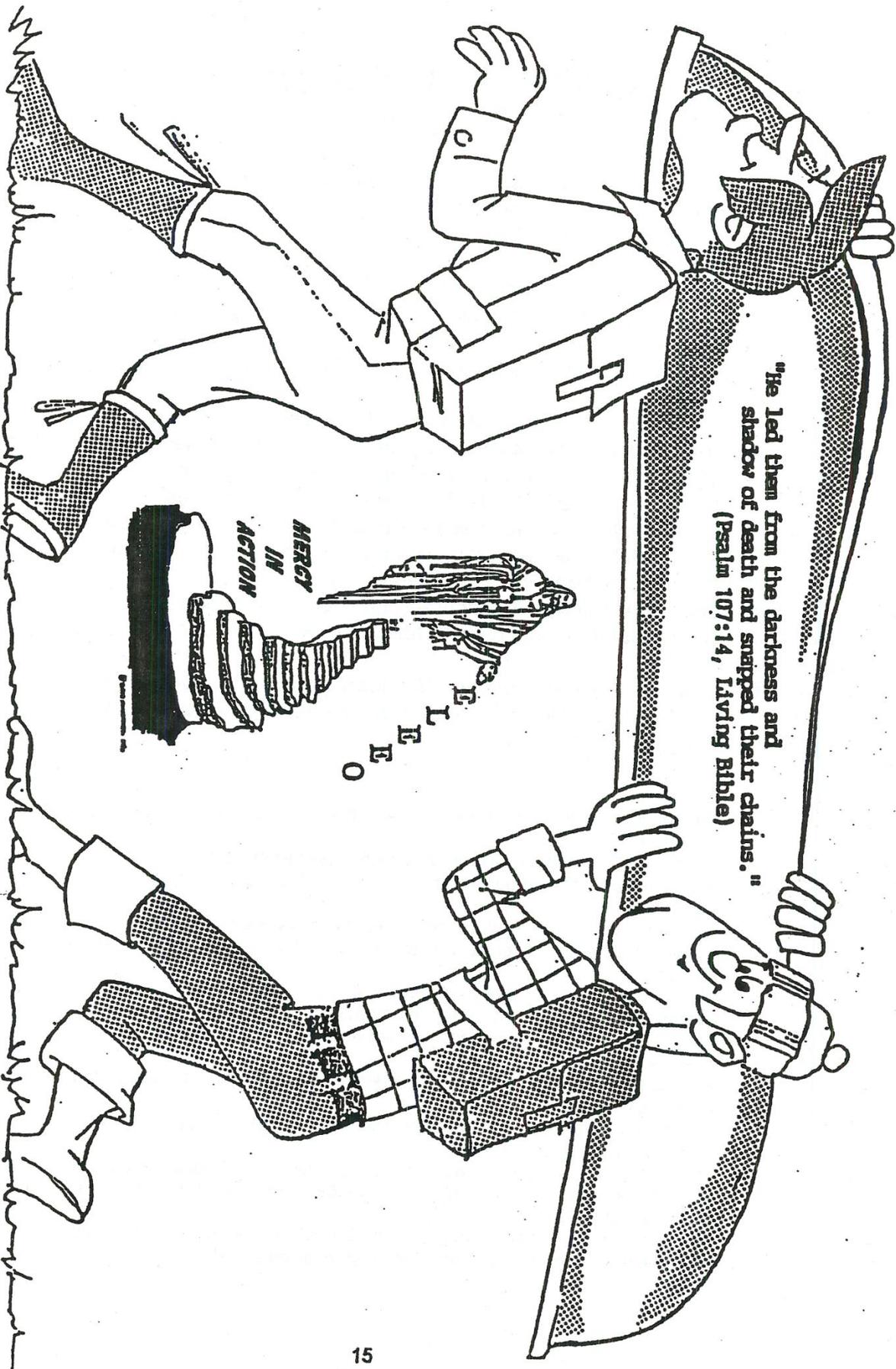
### ACCOUNTABILITY

I will seek Christ's liberating power through His Holy Spirit and the loving sharing of my supportive friends so I might give more of myself to you. I understand that I am accountable only to Christ to become what God has planned for me in His loving creation.

# BEARING OUR OWN BURDENS...

GALATIANS 6:5

"He led them from the darkness and shadow of death and snipped their chains."  
(Psalm 107:14, Living Bible)



GALATIANS 6:2

# ...AND SHARING BURDENS WITH OTHERS

# HOW IT WORKS

Reprinted from the book "Alcoholics Anonymous"  
Copyright 1939, 1955, 1976, A.A. World Services, Inc.

"Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) That God could and would if He were sought."



# FUNDAMENTALS OF NEW TESTAMENT CHRISTIANITY—The ELEEO CONCEPT

<p><b><u>THE BEATITUDES</u></b></p>		<p><b><u>THE 12 STEPS</u></b></p>
<p>1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.</p>	<p><b>SURRENDER</b></p>	<p>1. We admitted we were powerless over our addictions and/or difficulties; that our lives had become unmanageable.</p>
<p>2. Blessed are those who mourn, for they will be comforted.</p>	<p><b>FAITH</b></p>	<p>2. Came to believe that Jesus Christ could restore us to sanity.</p>
<p>3. Blessed are the meek, for they will inherit the earth.</p>	<p><b>COMMITMENT</b> (Give Up Steps)</p>	<p>3. Made a decision to turn our will and our lives over to the care of Christ.</p>
<p>4. Blessed are those who hunger and thirst for righteousness, for they will be filled.</p>	<p><b>EXAMINATION</b></p>	<p>4. Made a searching and fearless moral inventory of ourselves.</p>
<p>5. Blessed are the merciful, for they will be shown mercy.</p>	<p><b>CONFESSION</b></p>	<p>5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.</p>
<p>6. Blessed are the pure in heart, for they will see God.</p>	<p><b>READINESS</b> (Clean Up Steps)</p>	<p>6. Were entirely ready to have God remove all these defects of character.</p>
<p>7. Blessed are the peacemakers, for they will be called Sons of God.</p>	<p><b>HUMILITY</b></p>	<p>7. Humbly asked Him to remove our shortcomings.</p>
<p>8. 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.</p>	<p><b>WILLINGNESS</b></p>	<p>8. Made a list of all persons we had harmed and became willing to make amends to them all.</p>
<p>You are the salt of the earth... You are the light of the world... Let your light shine before men, that they may see your good deeds and praise your Father in heaven.  (Matthew 5:3-12a, 13a, 14a, 16)</p>	<p><b>FORGIVENESS</b> (Make Up Steps)</p>	<p>9. Made direct amends to such people wherever possible, except when to do so would injure them or others.</p>
<p><b>PRAYER/OBEDIENCE</b></p>	<p><b>MAINTENANCE</b></p>	<p>10. Continued to take personal inventory and when we were wrong promptly admitted it.</p>
<p><b>OUTREACH/EXAMPLE</b> (Keep Up Steps)</p>	<p><b>M A K A R I O S</b></p>	<p>11. Sought through prayer and meditation on His Word to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry it out.</p>

## OUR RECOVERY DECLARATION<sup>1</sup>

Because of Christ's redemption,  
I am a new creation of infinite worth.  
I am deeply loved, I am completely forgiven,  
I am fully pleasing, I am totally accepted by God.  
I am absolutely complete in Christ.  
When my performance reflects  
my new identity in Christ,  
that reflection is dynamically unique.  
There has never been another person like me  
in the history of mankind,  
nor will there ever be.  
God has made me an original, one-of-a-kind;  
a special person.

<sup>1</sup>Modified from "Declaration" Right Step Facilitators Training Manual.  
Houston: Rapha Publishing, 1990, p.35.



## THE PROMISES OF THE PROGRAM<sup>2</sup>

*(adapted from the "Big Book" of AA, pp.83-84).*

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 of economic insecurity will leave us.  
We will intuitively know how to handle situations which used to baffle us.  
We will suddenly realize that God is doing for us what we could not  
do for ourselves.

<sup>2</sup>Modified from "The Promises of the Program" Alcoholics Anonymous, New York:  
A.A. World Services, 1978, pp. 83-84



**"GOD'S  
PLAN  
OF  
THE  
AGES"**

***"Stand at the crossroads and look;  
Ask for the ancient paths,  
Ask where the good way is,  
And walk in it."  
Jeremiah 6:16***

# **Appraising The Scene—Part 1**

## *God's View of the Family Structure*

### **The disciples' view of divorce before being with Jesus:**

Keep in mind that the disciples had grown up with rabbis teaching ideas like:

“A bad wife is like leprosy to her husband. What is the remedy?

Let him divorce her and be cured of his leprosy.”

### **Four principles about marriage taught by the Word and Jesus' own words: <sup>1</sup>**

#### **1. SEVERANCE**

This principle calls for the pair who are getting married to sever themselves emotionally, mentally, and physically (if possible) from their parents. (Note that the principle of severance is given first in the text because a person cannot fully find room for his/her mate without first being fully severed from his/her parents).

#### **2. PERMANENCE**

This requires that the married couple glue themselves (cleave) to one another; they are to become intimately attached to each other until death separates them.

#### **3. ACCEPTANCE/UNITY**

This calls for personal development, encouragement, commitment, and unconditional love toward one another. They reinforce their love to one another, demonstrating constant acceptance and affection toward each other. They respect one another's feelings whether they are in agreement or not.

#### **4. INTIMACY**

Marital intimacy was designed in innocence and declared to be “very good.” Marital intimacy was not intended for procreation only, but for personal pleasure as well (see Proverbs 5:15-19; Song of Solomon 5:10a, 11, 13, 14, 16a; Song of Solomon 7:1b, 6-9a). Marital intimacy was planned for the husband-wife relationship only. Marital intimacy is not an expression of selfish desire, but unselfish affection.

### **Three “hard to hear” conclusions about marriage that require a response:**

- 1.** The sanctity of marriage necessitates commitment. Romantic love is wonderful, but romance wears thin.
- 2.** The necessity of commitment is weakened by depravity. Selfishness, abuse, infidelity, arguments, sarcasm...all the sins we let loose in our marriages constantly weaken the bond of commitment.
- 3.** The depravity of humanity is countered only by Jesus Christ. Without Jesus, a solid marriage is virtually impossible. He alone can provide the grace and strength we need to overcome the destructive effects of sin and truly love one another in lasting relationship

<sup>1</sup> Modified and adapted from Swindoll, C. Striking the Original Match—Bible Study Guide. Fullerton, Ca: Insight for Living, 1984.

# **A Biblical Analysis of the Family**

(see diagram)

## **A. The family structure represented as a house**

1. The roof is our covering, our personal relationship to Christ
2. The walls represent the Word of God, through which every influence in our lives is filtered. The truth is accepted; error/lies are rejected.

## **B. The individual's relationship to God (Nurturing Relationship #1)**

1. God first; spouse second; children third; then extended family, church family, work, etc.
2. Who am I in Christ? On that foundation hinges all other relationships.

## **C. The relationship of the parents to each other (marriage bond) (Nurturing Relationship #2)**

## **D. The relationship and responsibilities of parents with/to children (Nurturing is the biblical responsibility of stewardship)**

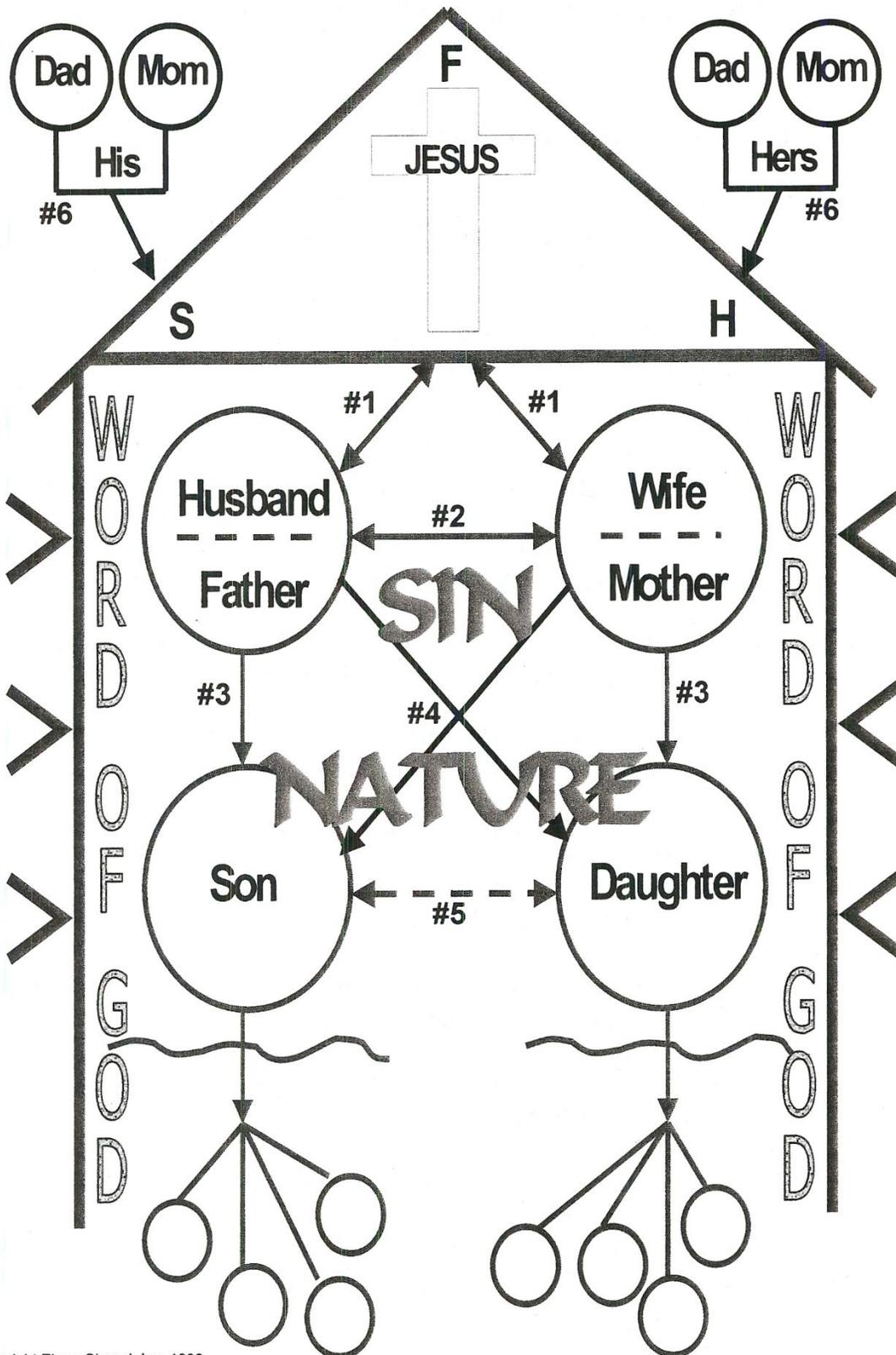
1. Same gender nurturing (#3): father to son(s); mother to daughter(s)
2. Cross gender nurturing (#4): father to daughter(s); mother to son(s)
3. Sibling nurturing (#5): same gender and opposite gender; both influenced by parents
4. It is crucial to note that the type of nurturing being referred to here is carried out prior to the child passing through puberty.

## **E. The relationship & responsibilities of extended families with/to children (Nurturing Relationship #6)**

## **F. Adult lives with adult relationships and expectations—or adult lives with childhood (unfinished) business and unrealistic expectations**

1. Families may be well nourished (nurtured) and relatively free of unrealistic expectations
2. Families may be undernourished (nurtured), malnourished (nurtured) or be in a condition of starvation for nurturing. It is a matter of degree along a continuum.

# Biblical Analysis of the Family Diagram



Copyright Eleeo Chapel, Inc. 1993  
 Elam, Bill. "A Biblical Analysis of the Family". St. Charles, IL.

# BASIC HUMAN NEEDS

<b>PHYSICAL:</b>	stimulation/touch, being held, caressed; medical care; food; warmth; shelter; clothing; water; sexual contact.
<b>MENTAL:</b>	stimulation/excitement/challenge; pleasure; pain; play; security; peace of mind; boundaries.
<b>SOCIAL:</b>	structure; limits; predictability; consistency; attention; being regarded as special; guidance; modeling; identification with significant others; time with significant others; feedback.
<b>EMOTIONAL:</b>	affirmation of needs and feelings; encouragement; praise; warmth; affection; sense of self as separate from yet cared for by others; sense of uniqueness and worth, of being wanted or valued for oneself.
<b>SPIRITUAL:</b>	grace, mercy, forgiveness; redemption, repentance, sanctification; maturity; gifts of the Holy Spirit, ultimate glorification.

## **Mankind's Quest For Identity \***

- A. When does it begin? In the womb, for better or worse.
- B. Deep within each of us is a core belief system that directs our life.
  - 1. These deep inner attitudes and beliefs are made up of our judgments and evaluations of the world, the people around us and ourselves.
  - 2. We register an inner imprint in response to the circumstances around us, whether positive or negative.
  - 3. We must reexamine these imprints to begin healing and to imprint new patterns of wholeness.
    - a. "Codependency" begins in the climate of unresolved marriage problems.
    - b. Kids respond and react to what happens between Mom and Dad.
    - c. The kids are the "thermometers" of family life
    - d. Mom and Dad are the thermostats. The marriage relationship between Mom and Dad controls the climate of the home.
    - e. The kids register the result.
  - 4. To deal with such dysfunction in depth, we must understand our family roots. Family is the single most powerful influence in shaping our relationships.
  - 5. We all have been wounded and brokenhearted at times. We can recall some event or time in our lives when we felt a deep wound of spirit
    - a. Our inner being felt pained and pierced to the depths. The wound was powerful and hurt us deeply.
    - b. Wounds are like that. Like outer physical wounds, inner ones can cause damage. Wounds and bruises can be on the inside just like the outside.
    - c. The inner ones are not always visible, but they are there and affect our lives. Some things are hard to see, but terrifying to feel.
    - d. "Codependency" is a wounded heart's cry for love.
  - 6. Most of us who love, care or give too much for the wrong reasons have secrets—things we are ashamed of. "Codependency" and its patterns of relating have everything to do with our secrets and shame.
    - a. Healing wounds requires a willingness to face the painful event or memories of the past.
    - b. We need to give God and ourselves permission to unlock the doors of memory.
    - c. "Denial" soothes our senses but keeps us in bondage. The truth may hurt at the outset, but it will set you free (John 8:32,36).
  - 7. The feeling of 'intimacy' in the family is powerfully enriching.
    - a. "Codependents" cry out for intimacy but rarely achieve it until God heals.
    - b. One-way relationships—when you love, care, and give too much—are a problem but, paradoxically, also an opportunity.

\* Modified and adapted from McGee, R. The Search For Significance. Houston: Rapha Publishing, 2nd ed., 1990.

# SATAN'S LIES\*

- A. **I must meet your standards to feel good about myself**  
(The Performance Trap)
1. **The consequences:** the fear of failure; perfectionism; driven to succeed; manipulating others to achieve success; withdrawal from risks.
  2. **God's answer:** justification. Justification means that God has not only forgiven me of my sins, but has also granted me the righteousness of Christ. Because of justification, I bear Christ's righteousness and am, therefore, fully pleasing to the Father (Romans 5:1)
- B. **I must be approved by you or others to feel good about myself**  
(The Approval Addict)
1. **The consequences:** the fear of rejection, attempting to please others at any cost; overly sensitive to criticism; withdrawing from others to avoid disapproval.
  2. **God's answer:** reconciliation. Reconciliation means that although I was at one time hostile toward God and alienated from Him, I am now forgiven and have been brought into an intimate relationship with Him. Consequently, I am totally accepted by God (Colossians 1:21-22).
- C. **If I fail, then I'm unworthy of love and deserve to be punished**  
(The Blame Game)
1. **The consequences:** the fear of punishment; punishing others; blaming others for personal failure; withdrawal from God and others; driven to avoid failure.
  2. **God's answer:** propitiation. Propitiation means that Christ satisfied God's wrath by His death on the cross; therefore I am deeply loved by God (1 John 4:9-11).
- D. **I am what I am. I cannot change. I am hopeless**  
(The Shame Trap).
1. **The consequences:** feelings of shame: hopelessness, inferiority; passivity; loss of creativity; isolation, withdrawal from others.
  2. **God's answer:** regeneration. Regeneration means that I am a new creation in Christ (John 3:3-6).

\* Modified and adapted from McGee, R. The Search For Significance, Houston: Rapha Publishing, 2nd ed., 1990.

# The Development of the Addictive/ Dysfunctional Personality\*

## A. Pain/Avoidance response to conflict

1. The pain/avoidance response is based on:
  - a. fear of failure
  - b. fear of rejection
  - c. fear of punishment, self-condemnation
  - d. fear of shame
2. These fears can produce all types of emotional, relational and spiritual problems: rejection, emptiness, enmeshment; fragmentation of self; guilt; abandonment; insecurity; wounded pride; inferiority; depression; hopelessness; self-loathing; loneliness; shame; separation anxiety, etc.



## B. The Mind

1. Satan's lies usually become stronger through time because misperceptions of the individual and his/her circumstances are increasingly distorted.
2. These lies form powerful strongholds which distort the sense of identity and diminish self-esteem.

## C. Rebellion

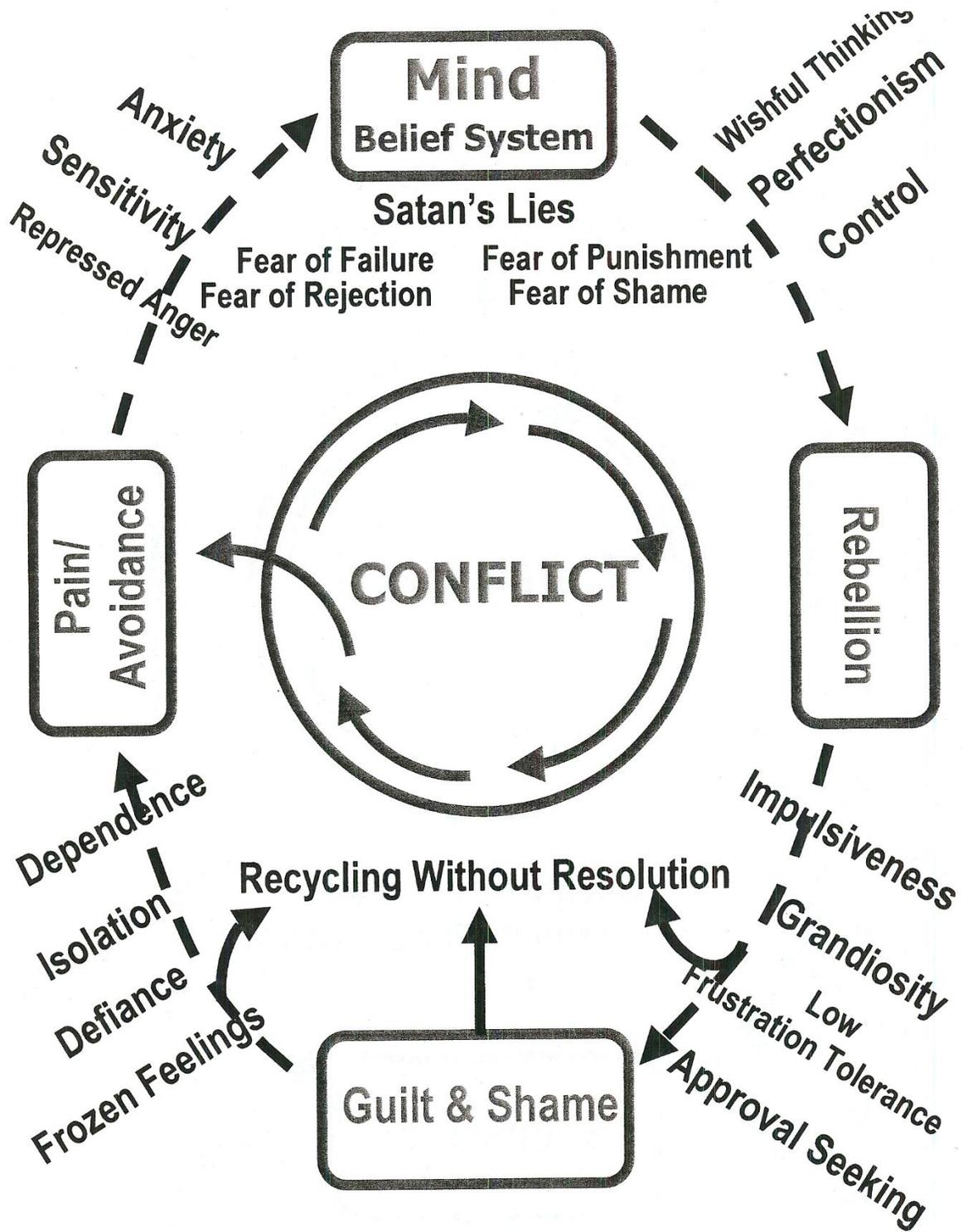
1. Many may handle inner pain by becoming addicted to some process which brings relief (albeit temporary). Some kinds of addictive "pain-killers" are:
  - alcohol or drug abuse, eating disorders (including bulimia and anorexia); power in a job (workaholism); sexual promiscuity; controlling and fixing others' problems, etc.
2. The faster the relief, the more seductive the process becomes

## D. Guilt and Shame

1. At the core of the person's self-esteem is a deep sense of worthlessness or shame. The person feels unworthy of love and acceptance.
2. The person feels guilty for what he/she has done and for what he/she has not done.
3. Some become morbidly introspective, analyzing every thought, word, and action. Many become emotionally numb.
4. People in dysfunctional families are unaware of the devastating effects that guilt and shame produce.

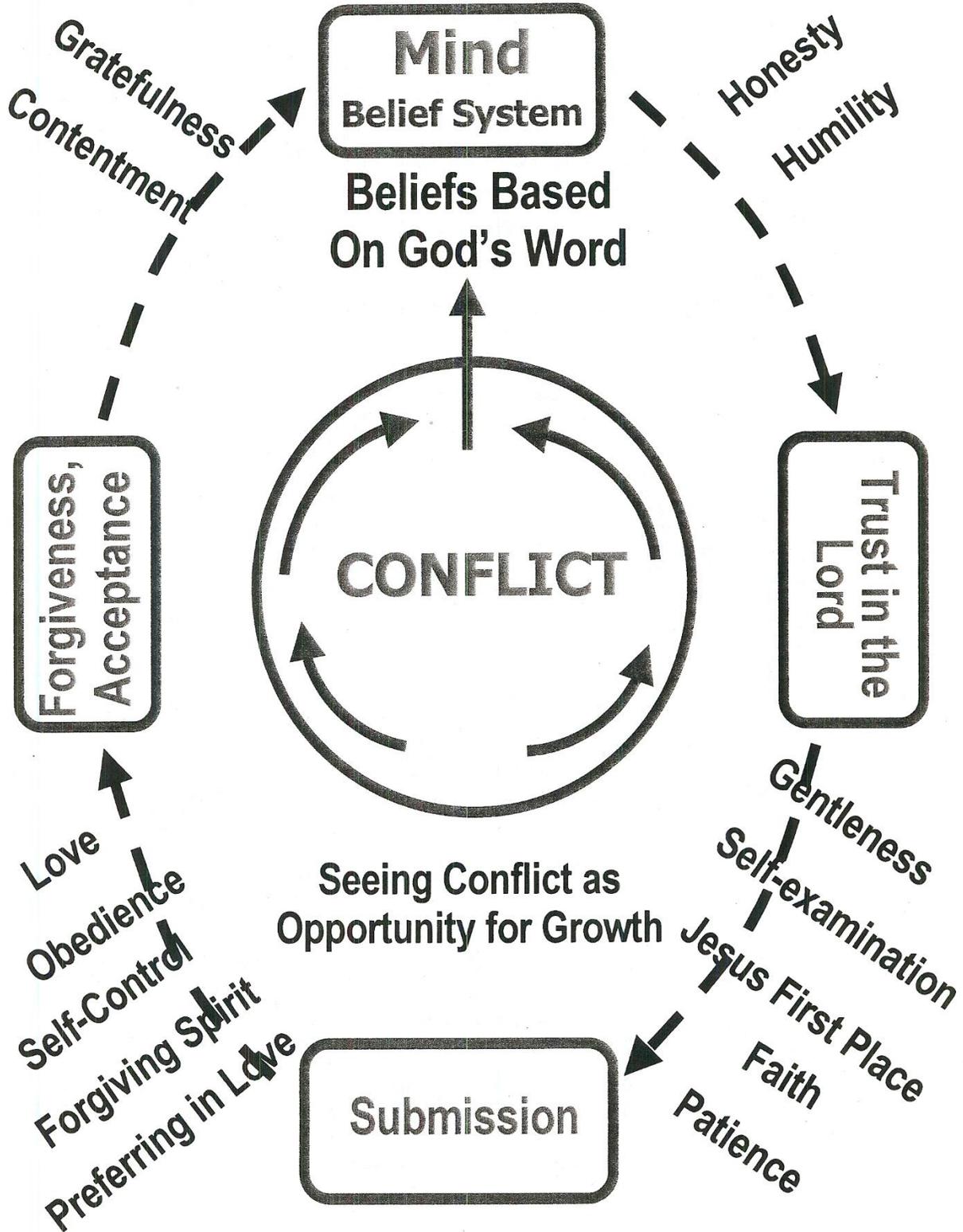
\* Modified and adapted from Facilitator Training Manual, Houston: Rapha Publishing, 1990, pp. 8-9.

# ADDICTIVE / DYSFUNCTIONAL PERSONALITY DEVELOPMENT\*



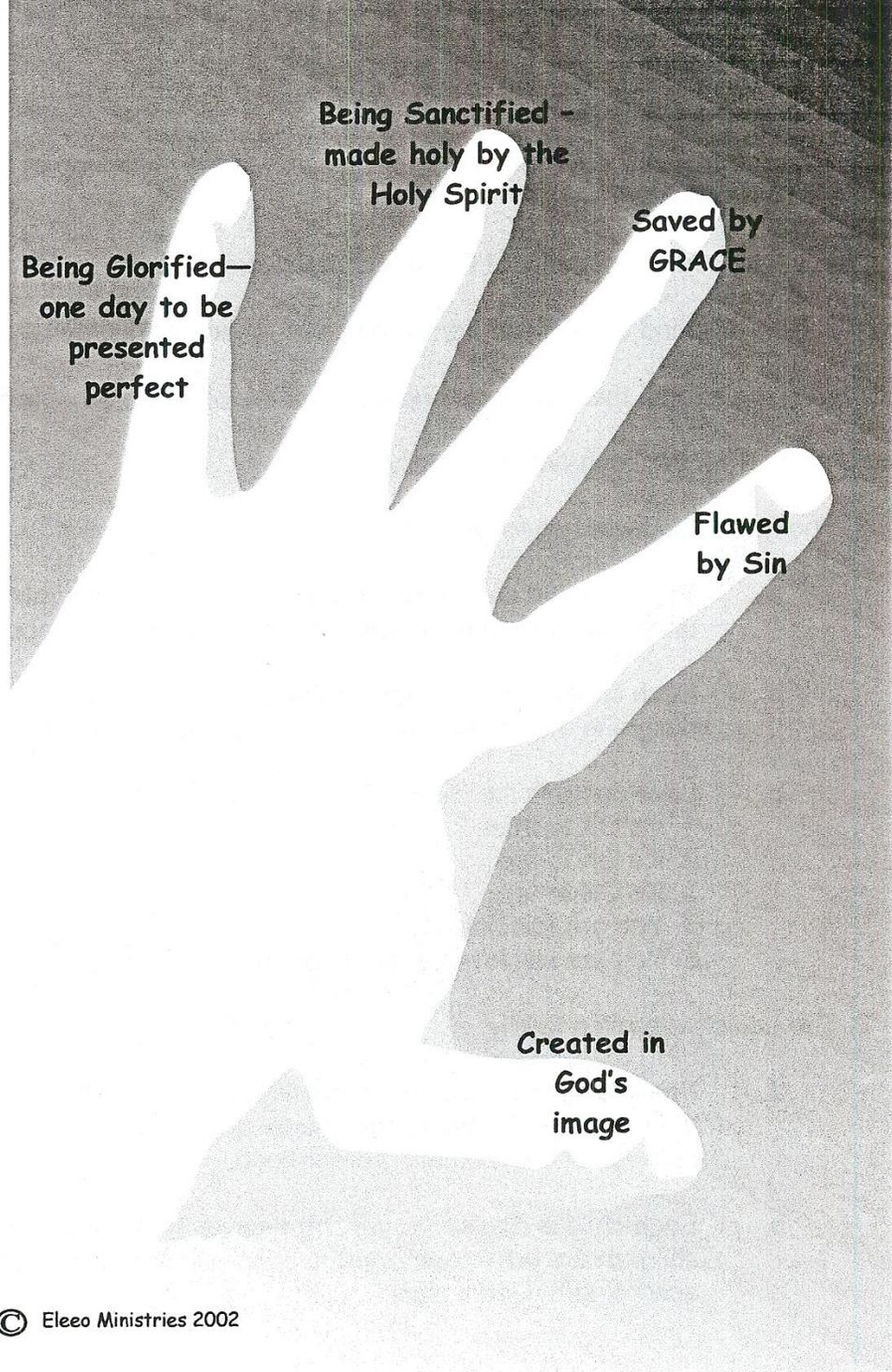
\*Elam, Bill. 'Development of the Addictive Personality.' St. Charles, IL.: Eleeo Chapel Ministries. Rev. 1999.

# BIBLICAL PERSONALITY DEVELOPMENT\*



\* Elam, Bill. "Personality Development: From A Biblical Perspective." St. Charles, IL: Eleeo Chapel Ministries. Rev. 1999.

# God's Five Fabulous Truths



Being Sanctified -  
made holy by the  
Holy Spirit

Being Glorified -  
one day to be  
presented  
perfect

Saved by  
GRACE

Flawed  
by Sin

Created in  
God's  
image

## **Appraising the Scene—Part 2**

### *Danger Signals of a Disintegrating Family*

(1 Samuel 1-4)

- A. The preoccupation of the father with his profession to the exclusion of his family's needs (work addiction/alcoholism);
- B. The refusal to face the severity of the spouse's/children's /parent's lifestyle (denial);
- C. The failure to respond correctly to the warnings of others (denial/defiance);
- D. Condoning the wrong, thereby becoming a part of the problem (enabling);
- E. The functional vs. the dysfunctional family; \*

#### 1. The family God want us to be:

- a. Parents have strong individual identities in Christ; they love each other unconditionally; they respect each other's personhood.
- b. Each child is affirmed for who he/she is; children are encouraged to delight in the development of self according to God's plan.
- c. Love controls the climate of the home, and therefore:
  - 1. It's OK to trust;
  - 2. It's OK to feel;
  - 3. It's OK to talk;
  - 4. You are special;
  - 5. You are still loved even if you make a mistake.

#### 2. The addictive/broken family:

- a. Parents have limited/weak individual identities; they are unable to love unconditionally (love is conditional upon performance); they show little respect for each other's personhood.
- b. Each child is denied (to varying degrees) affirmation for who he/she is: children are not encouraged to delight in the development of self according to God's plan.

\* Modified and adapted from Wegscheider-Cruse, S. The Family Trap, n.d.

## **Appraising the Scene—Part 2 Continued...**

- c. Each child develops a “coping” role that reflects a hurting, underdeveloped self (Hero/Responsible child; Scapegoat; Mascot; Lost child).
- d. Most of Satan’s lies control the climate of the home (in varying degrees), and therefore:
  - 1. Children (and parents) don’t trust;
  - 2. Children (and parents) don’t feel;
  - 3. Children (and parents) don’t talk.
- e. The primary goal of family members is survival; children experience very little development.
- f. Family members assume rigid roles and don’t develop a healthy sense of self-esteem.
- g. As a result, they are doomed (without intervention) to continue playing out the survival roles of their youth in their marriages, families and other relationships.
- h. The roles:
  - Enabler—tries to make everything OK;
  - Hero—thinks that by being perfect he/she can cause the problems to go away;
  - Scapegoat—rebels against family problems and ultimately believes that he/she is the problem;
  - Lost Child—pulls into a shell, withdraws and isolates from meaningful relationships;
  - Mascot—desperately tries to make everyone laugh in the midst of the tragedy of the family situation.

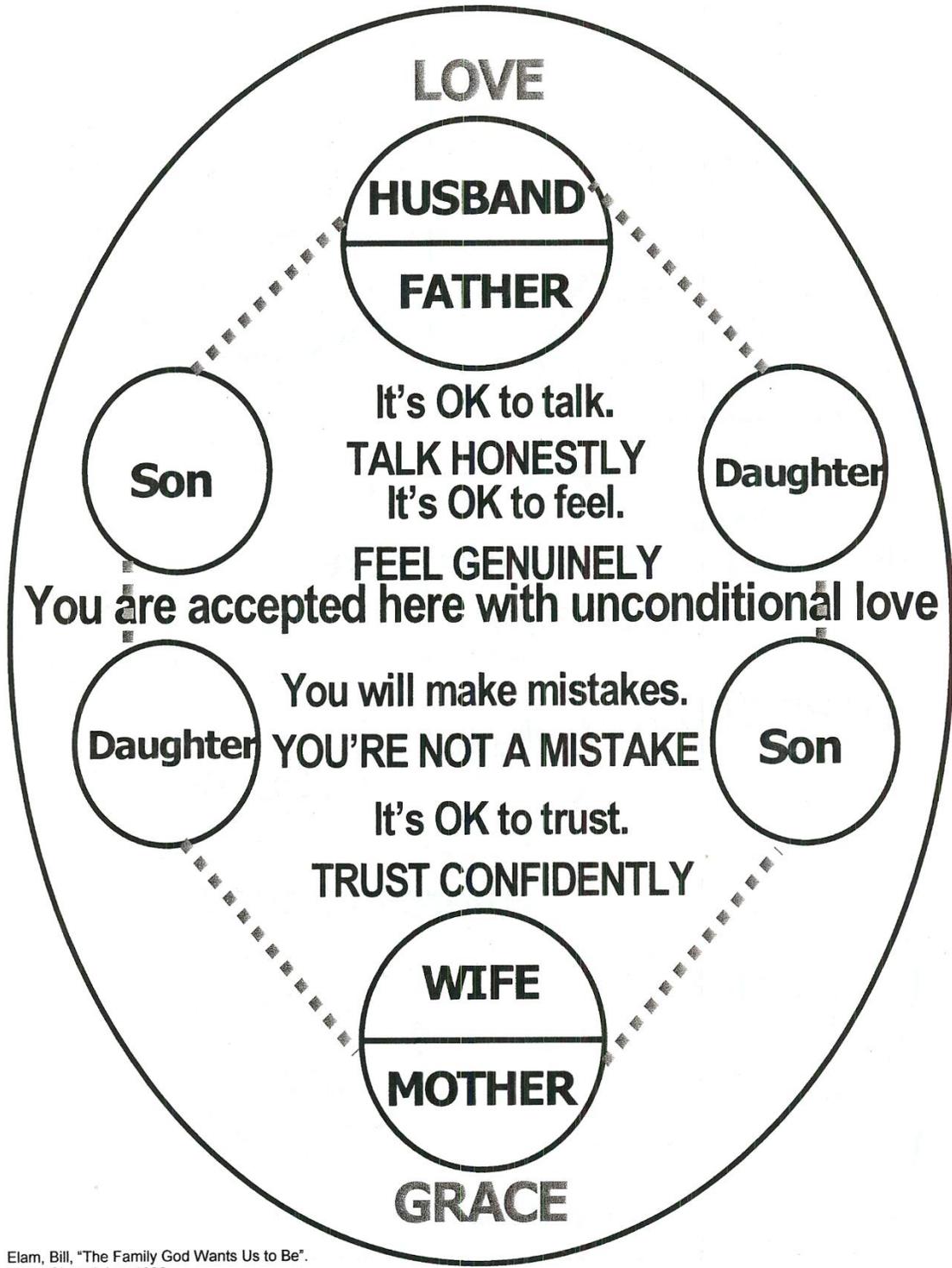
## **Appraising the Scene —Part 3**

### *Is Yours a Genuinely Christian Home?\**

- A. Let's look within at the essentials inside us...
1. Regarding the Lord our God: parents must be permeated by a love for God.
  2. Regarding the truth of His Word: there must be a conscious, consistent transfer of God's truth to the young.
  3. Regarding our response toward affluence: parents must exhibit a tender, humble heart of gratitude for God's provisions.
  4. Regarding the need for survival: there must be frequent, stated reminders of God's faithfulness and GRACE.
- B. Let's consider the traits of a healthy Christian family:  
The healthy Christian family...
1. Communicates and listens;
  2. Affirms and supports one another;
  3. Teaches respect for others;
  4. Develops a sense of trust;
  5. Has a sense of play and humor (not rigid);
  6. Exhibits a sense of shared responsibility;
  7. Teaches a sense of right and wrong based on the Word of God;
  8. Has a strong sense of family in which healthy rituals and traditions abound;
  9. Has a balance of interaction among members;
  10. Has a shared spiritual/religious core that identifies with the larger family of God;
  11. Respects the privacy of one another;
  12. Values service to others (caregiving, not care taking);
  13. Fosters table time and conversation;
  14. Shares leisure time;
  15. Admits to, and seeks help with problems;
- C. A healthy Christian family, then...  
...communicates, affirms and supports; respects others; trusts; shares time; fosters responsibility; teaches morals; enjoys traditions; shares spirituality; respects privacy; values service, and GETS HELP!

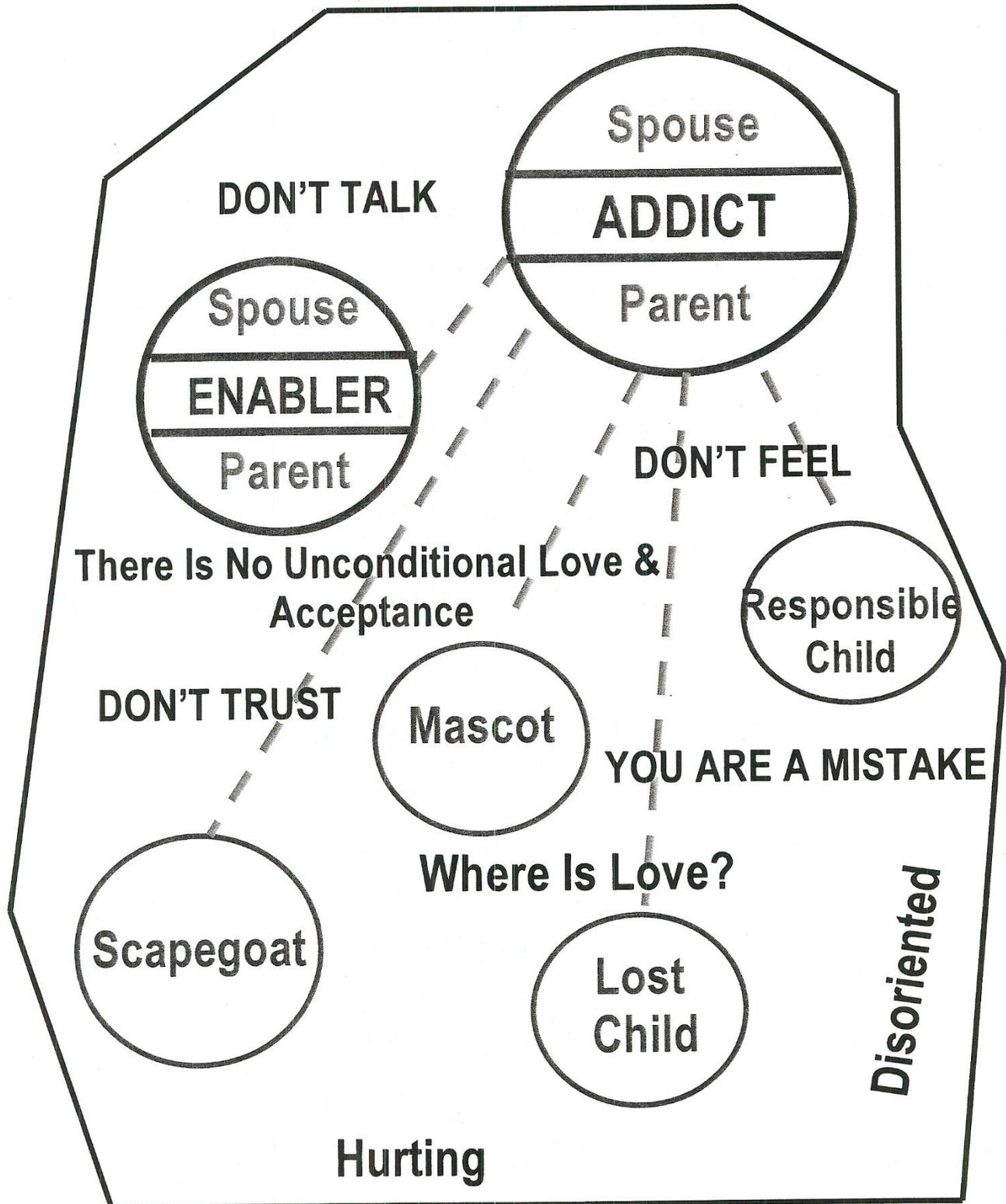
\* Modified and adapted from Curran, D. Traits of a Healthy Family. Minneapolis: Winston Press, 1983.

# THE FAMILY GOD WANTS US TO BE



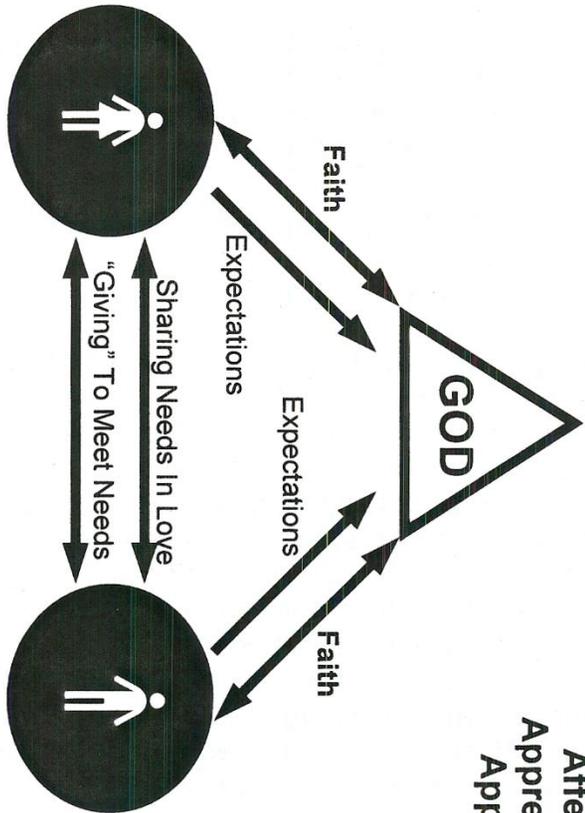
Elam, Bill, "The Family God Wants Us to Be".  
Eleeo Chapel, Inc. 1993

# THE ADDICTIVE/BROKEN FAMILY



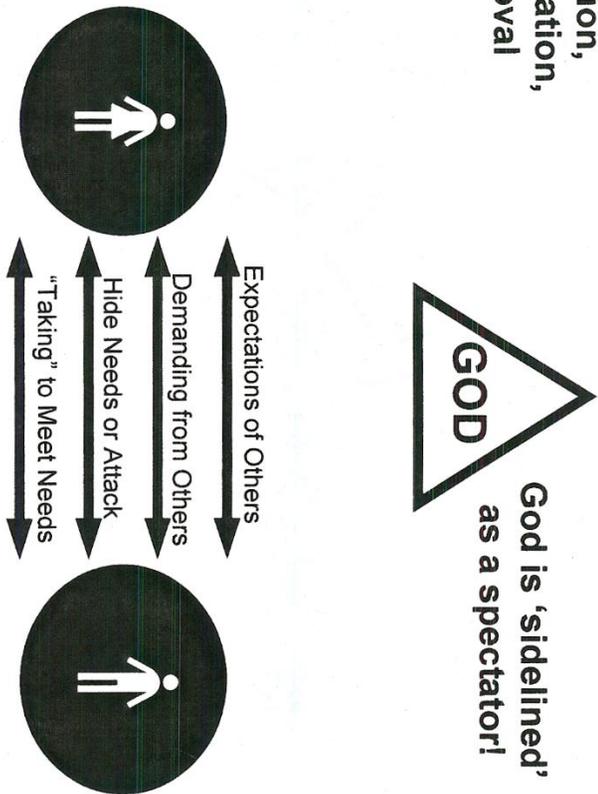
Elam, Bill, "The Addictive/Broken Family".  
Eleeo Chapel, Inc. 1993.

# Healthy Relationships



Emotional—Relational  
Needs for Attention,  
Affection,  
Appreciation,  
Approval

# Unhealthy Relationships



**“He sent His word and healed them, and delivered them from their destructions. Let them give thanks to the Lord for His lovingkindness...”**  
Psalm 107:20-21a, NASB

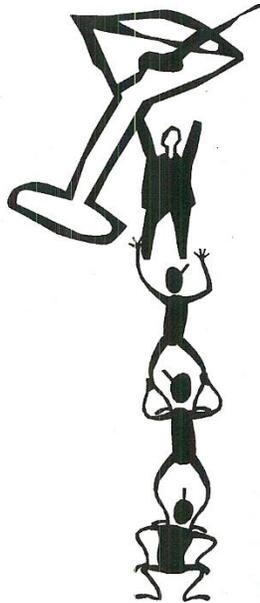
## **ADDICTION IS A FAMILY AFFAIR**

### **GUIDELINES FOR DISCUSSION**

“Cessation of drinking (using) is but the first step away from a highly strained abnormal condition. A doctor said to us, “Years of living with an alcoholic (addict) is almost sure to make any wife or child neurotic. *The entire family is, to some extent, ill.*” (AA, ‘Big Book’, 1939, p.122, emphasis added.)

**Codependency** is a much used word today in the field of (addiction) recovery. It is also an often misunderstood word and sometimes is used inappropriately (too liberally) to describe certain behavior patterns. However, it is not a new concept and was recognized early on by the founders of Alcoholics Anonymous, as noted in the above quote from the AA ‘Big Book,’ first published in 1939. Indeed, the condition of ‘codependency’ may well be the ‘root’ condition out of which many addictions and obsessive/compulsive behavior patterns emerge.

Stated simply, codependency is a ‘conditioned’ way of living in which a person’s sense of well-being (happiness) is inordinately **dependent** upon the words and behavior of significant other persons. It is contrasted with healthy **interdependence** in which individuals interact in positive ways to meet the basic life needs of one another. Codependency is a product of life in a ‘dysfunctional’ family environment (most notably those involved with chemical dependency and other obsessive/compulsive disorders).



## I. The Obvious—Addiction Manifested in Chemical Dependency \*

### A. *The Nature of Addiction*

Addiction is a condition that is rooted in a personality disorder, the most apparent symptom of which is drinking, using, or 'acting out.' Coupled with this is a physical over-sensitivity to a 'particular substance' (alcohol, drugs, food, etc.) not found in non-addictive persons. An **addict**, therefore, may be defined as **a person whose drinking/using/indulging interferes frequently or constantly with his/her important life adjustments and functions.**

The exact cause of various addictions is not well known, and the subject of considerable medical research. We do know, however, that addiction affects every strata of society—it is absolutely no respecter of persons or status. Even knowing a great deal about the particular condition does not automatically confer immunity. It does seem certain, however, that there are components within the personality that 'set the person up' for addiction. This mental peculiarity has, for some years now, been called " **the soil for addiction.**" Probably in the character make-up of the addict, in his/her tenseness and inner unrest, there exists a condition which is relieved (temporarily) by drinking/using/indulging, and which once relieved, establishes the addiction. It would be interesting to try to find out just 'what we look for in the drink, fix, binge, etc.' A prominent psychologist, after questioning many addicts, has been able to summarize this particular desire as follows:

"I want to be myself, free and easy to seek the things I want; harmony within, and to be at peace with the world."

Paradoxically, drinking/using/indulging takes away our freedom—we lose our choice as to whether we drink/use/indulge. We find more mental pain in the state to which we fled than the uncomfortable world we tried to escape. We learn, much to our horror, that we cannot return to that world (reality). We are captured, imprisoned by our \_\_\_\_\_ism (addiction). We forget, in our misery, that the world from which we fled was uncomfortable and distressing in the first place. It is this state of mind that exists before abnormal drinking, using or indulging starts. And this we must try to change, or we may well lose our sobriety and relapse into sick drinking/using/indulging for the same reason we started sick using in the first place.

\*Modified and adapted from Alcoholism and the A.A. Program, A Doctor in AA., n.d.

## B. ***The Personality of the Addict***

Here is a list of commonly accepted “personality traits” found in the addict. These characteristics occur in all people, but in the addict, they are exaggerated and uncontrolled. These are things that render him/her incapable of being at peace, and they compel him/her to seek relief in some form of using.

### 1. **Low Frustration Tolerance**

This seems to be about the most constant trait of the addict. It is defined as the “inability to endure for a length of time any uncomfortable circumstance or feeling.” The addict is *impatient—to the extreme*.

### 2. **Anxiety**

This state, which seems to exist in all people, occurs in an exaggerated way in the addicted person. He/she is subject to “nameless dreads and fears”. This anxiety drives the person to “fight or flight.” Sometimes this is called “*free floating anxiety*.” Usually the addictive person is not even sure about that for which he/she should be anxious.

### 3. **Grandiosity**

This can be described as “the organization of the universe around the perpendicular pronoun ‘I’.” Grandiosity is worn as a ‘protective armor’ to hide feelings of very low self-esteem. In reality, although the addict nourishes an ‘inflated image’ of him/herself, his/her deep conviction is one of self-worthlessness. He/she quivers inside the bold and shiny suit of armor. He/she feels inadequate, but can’t dare show it.

### 4. **Perfectionism**

A person with this trait “sets impossible goals with inevitable failures and resultant guilt.” This addictive person is an “*idealist*”. This idealism, perhaps, is one of the reasons for his/her success after recovery has been initiated in his/her life. He/she can be an exceptionally fine worker once the addiction has been arrested and after the perfectionism has been reduced to reasonable proportions.

### 5. **Wishful Thinking**

Addictive persons are “masters” at this. Wishful thinking is “the science of arranging to do what we want to do, then making it appear reasonable.” This keeps the technique of “*rationalization*” operating smoothly. Half-truths, or even chronic lying, permeate this trait.

### 6. **Isolation**

Isolation and “deep insecurity” deprive the addictive person of the real generosity needed to make close and enduring friendships. Addictive persons are *loners* (alone in the crowded room).

7. **Sensitivity**

This character trait exaggerates all the unpleasant interpersonal relationships the addict experiences. We have all been through the occasional snub, not necessarily meant by another person. The addictive person may dwell upon this event until it becomes a downright resentment. The addict may think of him/herself as highly 'perceptive', when in reality, he/she is *hypersensitive*, and lacking perception. Addictive persons are super-sensitive and easily offended, often without being able to accurately identify why.

8. **Impulsiveness**

*"I want what I want, when I want it"* This character trait is probably related in some way to the low frustration tolerance that all addictive persons seem to have. In some ways, the addict almost takes a certain pride in this impulsiveness, as though it were a valuable asset. The addict can't seem to enjoy a job or a task. He/she is preoccupied only with completing it. Much of what he/she does is done with an *intensity* that leaves him/her emotionally exhausted. Long, tedious tasks are not for the addictive person. His/her specialty is a "burst of effort which lasts until the fun is gone" or his/her interest wanes. Addicts are known as "great three-inning people."

9. **Defiance**

This is a characteristic which is probably the result of unbearable conflict and anxiety. The trait makes itself evident when the addict *rejects society as a whole*, both when drinking/using/indulging, and not doing so. *"I am the only one right – they are all wrong."* This is apparently associated with the deep feeling that he/she does not really fit, exactly, into society.

10. **Dependence**

*"Dependence on other persons exists in some form in all addictive persons."* This is why, in recovery, it is so important for us to acknowledge our "powerlessness" over people, places, and things. This character trait is a major factor in the basic understanding of *codependency*, wherein a person's sense of well-being and self-worth is dependent on the words and deeds of someone else. "Codependency" exists in all addictive situations; indeed, the addiction may well be a manifestation of the underlying codependency, which is contrasted with the healthy "interdependence" of giving/receiving, helping/being helped, which is the desired, balanced way.

These personality traits then, all contribute to the "mental make-up" of the addictive person. These same character traits also contribute to make him/her drink/use/indulge. Since these are the things about the addictive person that make it such that he/she is unable to resist, or refrain from the first drink/fix/binge, it stands to reason that his/her "sobriety" must depend upon doing something about these characteristics. This is the premise upon which the 12-Step Program of recovery is based.

## C. **Recovery From Addiction**

The term “*recovery*” does not apply to addictions as it does to other diseases. Recovery usually means that the disease is eradicated - that the patient is “*cured*”. When we use the term ‘recovery from addiction’, we mean that “the symptoms are *arrested on a day-to-day basis*.” Addiction is ‘incurable’, in the same sense that our ‘sin nature’ is incurable in our mortal existence. But addiction (like sinning) can be permanently arrested and the disturbing personality traits which cause it, greatly altered, alleviated, and sometimes removed. Recovery from addiction has no doubt occurred throughout the centuries. There appear to be four forms that recovery takes:

### 1. **Deliverance**

This is the exceptional and rare case where *spontaneous* and instant change in a personality has occurred, associated with some deep spiritual experience.

### 2. **Self-Abstinence (“White-knuckle” Sobriety)**

There are also those people who finally decide to ‘go on the wagon’ and just stop drinking/using/indulging. This self-imposed abstinence from the ‘drug of choice’ may be supplemented by a drug designed to make the person sick if he/she drinks/uses, etc. Since this particular form of recovery consists of eliminating only one symptom of addiction, the ‘sobriety’ is not only *uncomfortable*, but *negative* and almost always *temporary*.

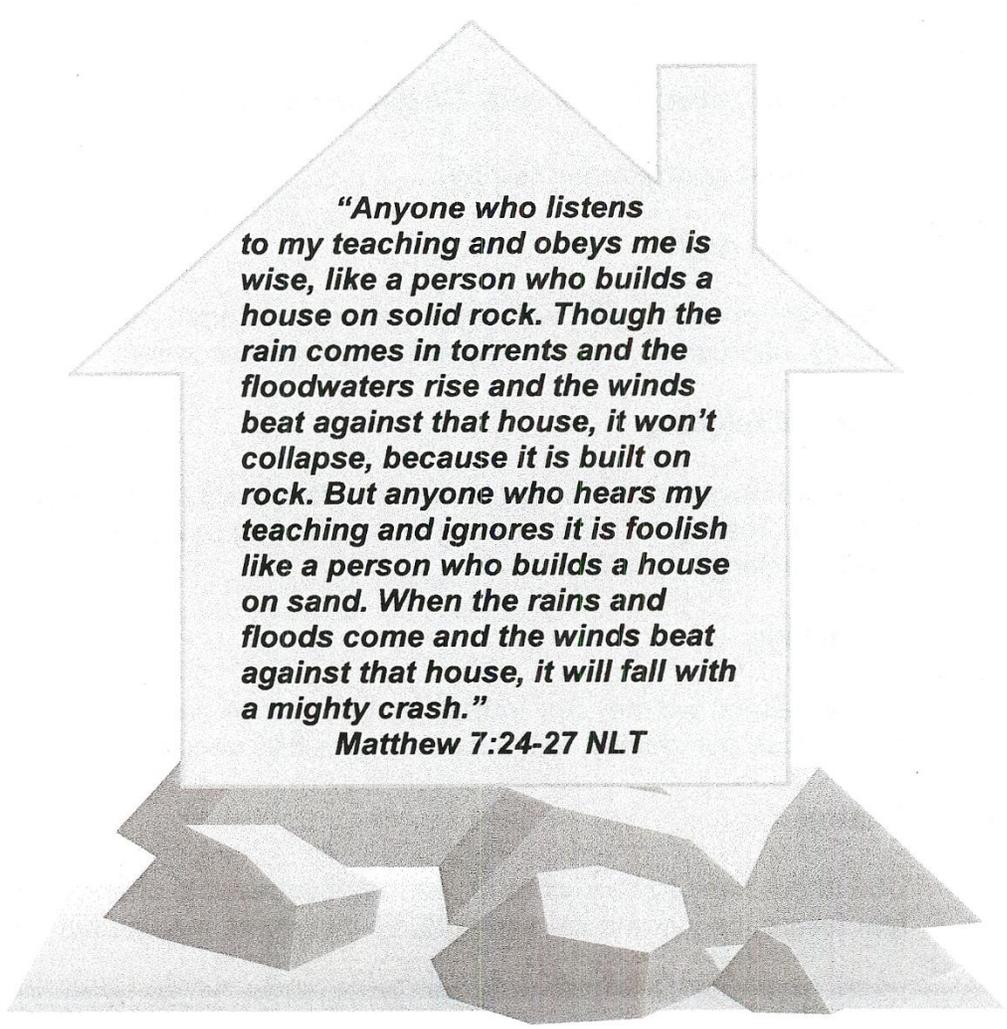
### 3. **Psychiatric/Psychological Treatment (Inpatient and Outpatient)**

There is also that approach to recovery wherein the patient cooperates with psychiatric treatment (either in an extended ‘inpatient’ hospital program, or on an ‘outpatient’ arrangement with a clinic) and in so doing develops insights into his/her affliction and follows suggestions as to his/her recovery. The rate of recovery from this method is necessarily low due to (a) the cost of the treatment; and (b) the inability of the busy therapist to devote enough time to the individual addict. Furthermore, the addict is frequently less than completely honest with his/her physician, psychiatrist, therapist, etc.

### 4. **The 12-Step Support Group Program**

The most successful approach to the treatment of addiction has been the 12-Step Program of recovery based upon Scriptures (the model of Alcoholics Anonymous).

Before any kind of therapy will help the addict, he/she must stop drinking/using/indulging. His/her most valuable asset at the beginning of recovery must be a *strong desire to stop drinking/using/indulging—and to stay stopped*. Recovery through a support group program (as mentioned above) includes a *complete commitment to a program of 12 Steps based upon the Beatitudes and other Scripture*. They are a therapeutic tool, and they operate in an environment where the addict feels a strong sense of acceptance (and accountability). Communication with God is established in the first few steps. The next few steps use a God-directed means to bring about the changes necessary in the personality of the addict (the 'tools' spoken of above). The whole program operates in a social atmosphere of acceptance. This atmosphere of acceptance is, in itself, a beneficial factor in the treatment of the addict, who is basically lonesome.



***“Anyone who listens to my teaching and obeys me is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse, because it is built on rock. But anyone who hears my teaching and ignores it is foolish like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will fall with a mighty crash.”***

***Matthew 7:24-27 NLT***

## II. The Not So Obvious—Addiction Manifested in Codependency \*

### A. *The Symptoms of Codependency*

#### **The Codependent...**

1. Is driven by one or more compulsions;
2. Is bound and tormented by the way things were in his/her family of origin;
3. Has very low self-esteem (often is immature in behavior);
4. Believes his/her happiness depends on others;
5. Feels inordinately responsible for others;
6. Is unbalanced in his/her relationships (swings between independence and dependence)
7. Is a master of denial and repression;
8. Worries about things he/she can't change and often tries to change them;
9. Lives in 'extremes', and
10. Is constantly looking for the missing 'something' in his/her life.

### B. *The Character Traits of a Codependent*

#### **The Codependent is characterized by...**

#### 1. **Repressed Anger**

When we repress anger, we may experience resentment, self-pity; jealousy, anxiety, depression, sadness, stress, physical discomfort.

#### 2. **Approval Seeking**

When we have a need for approval from others, we may be people pleasing, fearing criticism, fearing failure, feeling unworthy, ignoring our own needs, lacking in confidence.

#### 3. **Caretaking**

As caretakers, we may feel indispensable, rescue people, ignore our own needs, lose our identity, feel super-responsible, become codependent.

#### 4. **Control**

Due to our need to be in control, we may overreact to change, lack trust, fear failure, be judgmental and rigid, be intolerant, manipulate others.

\* Portions of this section modified and adapted from Friends in Recovery: The Twelve Steps for Christians. San Diego: Recovery Publications, 1988.

5. **Fear of Abandonment**

When we fear abandonment, we may feel insecure, be caretakers, avoid being alone, worry excessively, feel guilty when standing up for ourselves, become codependent.

6. **Fear of Authority Figures**

Fear of authority figures may cause us to fear rejection, take things personally, be arrogant to cover-up, compare ourselves to others, react rather than act, feel inadequate.

7. **Frozen Feelings**

When we have frozen feelings, we may be unaware of our feelings, have distorted feelings, suppress our feelings, experience depression, develop physical illness.

8. **Isolation**

When we isolate ourselves, we may be fearing rejection, experiencing loneliness, procrastinating, feeling defeated, nonassertive, seeing ourselves as different from others.

9. **Low Self-Esteem**

When we experience low self-esteem, we may be non-assertive, fear failure, appear inadequate, fear rejection, isolate from others, have a negative self-image, need to be perfect.

10. **Overdeveloped Sense of Responsibility**

When we are overly responsible, we may take life too seriously, appear rigid, be perfectionists, assume responsibility for others, be a high achiever, have false pride, manipulate others.

11. **Repressed Sexuality**

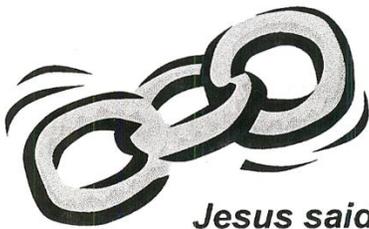
Due to repressed sexuality we may lose our sense of morality, be confused about our sexual identity, be lustful, feel guilt and shame, be frigid or impotent, manipulate others by seductive behavior.

### III. The Overriding Problem of Denial \*(It's his/her problem, not mine!)

- A. **Denial** comes from our childhood environment, which we are unable to control.
1. We reacted to the confusion, instability, and violence of the adults around us.
  2. We rationalized what was happening and invented 'acceptable' reasons for 'unacceptable' behaviors.
  3. We ignored the chaos and denied the insurmountable problems.
  4. As we grew up, our denial continued to protect us from the need to face reality and helped us hide behind our delusion and fantasies.
- B. Denial has many faces and can be easily masked—it appears in different ways and operates in various fashions. Some forms you may recognize are:
1. *Pretending* that something does not exist when it really does;
  2. Being willing to acknowledge a problem, but *unwilling to see its severity*;
  3. *Blaming* someone else for causing the problem; the behavior is not denied, but its cause is someone else's fault;
  4. *Offering excuses, alibis, justifications* and other explanations for behavior;
  5. Dealing with problems on a general level, but *avoiding personal and emotional awareness* of the situation or condition;
  6. *Changing the subject* to avoid threatening topics;
  7. *Becoming angry and irritable* when reference is made to the existing situation or condition; this avoids the issue.
- C. When we realize what denial has done to us, we will experience feelings of self-hatred, which need to be acknowledged and resolved.
1. Attempting to survive the chaos by denying its existence fosters deceit and illusion.

\*Friends in Recovery: The Twelve Steps for Christians. San Diego: Recovery Publications, 1988, pp. 29-30.

2. When we fear the consequences of telling the truth, we are inclined to tell lies.
3. Resentment and anger keep us focused on the person or situation precipitating the negative feelings and prevent our accepting God's promise of healing.
4. Personal examination of our lives will give us insight into the ways in which we have turned away from God and become self-destructive.



***Jesus said to the people who believed in him, 'You are truly my disciples if you keep obeying my teachings. And you will know the truth and the truth will set you free'...Jesus replied, 'I assure you that everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So if the Son sets you free, you will indeed be free.'***  
***John 8:31-32, 34-36 NLT***



## **IV. Recovery—A Process and a Way of Living—The 12 Step Program**

*(In Eleeo, the Beatitudes are emphasized as the foundational Scriptures for the step process of recovery. See the “Fundamentals of New Testament Christianity—the Eleeo Concept” and “12-Step Recovery and Christianity”)*

- A. The 12-Step Program is a *tool* which provides structure for the recovery process \*
  - 1. Since the founding of Alcoholics Anonymous in 1935, the 12-Steps have become a way for millions of people to change the course of their lives.
  - 2. The 12-Steps is not a program sponsored by any particular religious group or entity.
    - a) Though people using this program find it harmonious with their own personal theology and spiritual beliefs, it has no official religious affiliation.
    - b) It is a program that helps us rediscover and deepen the spiritual part of ourselves and recognize its importance in our lives.
  
- B. Through God’s help and our work in the 12-Step Program, we can look forward to achieving the following milestones in recovery:\*\*
  - 1. We feel comfortable with people, including authority figures;
  - 2. We have a strong identity and generally approve of ourselves;
  - 3. We accept and use personal criticism in a positive way;
  - 4. As we face our own life situation, we find we are attracted by strengths and understand the weaknesses in our relationships with other people;
  - 5. We are recovering through loving and focusing on ourselves; we accept responsibility for our own thoughts and actions;
  - 6. We feel comfortable standing up for ourselves when it is appropriate;
  - 7. We are enjoying peace and serenity, trusting that God is guiding our recovery.

\*Ross, R. When I Grow Up...I Want To Be An Adult. San Diego: Recovery Publications, 1990, p. 151.

\*\*Modified and adapted from Friends in Recovery. The 12 Steps—A Spiritual Journey. San Diego: Recovery Publications, 1988, p. 153.

8. We love people who love and take care of themselves.
9. We are free to feel and express our feelings even when they cause us pain.
10. We have a healthy sense of self-esteem.
11. We are developing new skills that allow us to initiate and complete ideas and projects.
12. We take prudent action by first considering alternative behaviors and possible consequences.

C. ***The Promises of the Program\**** (adapted from the "Big Book" of A.A. pp .83-84).

1. *We are going to know a new freedom and a new happiness.*
2. *We will not regret the past nor wish to shut the door on it.*
3. *We will comprehend the word serenity and we will know peace.*
4. *No matter how far down the scale we have gone, we will see how our experience can benefit others.*
5. *That feeling of uselessness and self-pity will disappear.*
6. *We will lose interest in selfish things and gain interest in our fellows.*
7. *Self-seeking will slip away.*
8. *Our whole attitude and outlook upon life will change.*
9. *Fear of people and of economic insecurity will leave us.*
10. *We will intuitively know how to handle situations which used to baffle us.*
11. *We will suddenly realize that God is doing for us what we could not do for ourselves.*

\* Alcoholics Anonymous. New York: A.A. World Services, 1976, pp. 83-84.

## V. Seeking Help\*

The primary purpose of this presentation has been to illustrate how self-defeating behaviors can be transformed into effective, fulfilling behaviors. With God's help, wounded people in recovery groups have been assisting each other to significantly alter destructive behavior patterns. *Receiving support* is an important element of recovery and is an essential element in correcting the behaviors which hurt us and others. *Giving support* to other recovering friends is important because it reminds us of our own ongoing struggle. Others can benefit when we share our experience, strength, and hope with them.

- A. There are various ways to begin the process of recovery:
  1. We can do it with a *support group*, a *sponsor*, a *pastor who understands dysfunctional family systems*, with a *professional counselor*, or with *professional in-patient treatment* and therapy (or any combination of these).
  2. Many of us have tried to cope with our destructive behavior ourselves and found it to be overpowering. Self-will cannot free us from the trap in which we have found ourselves, and help must be sought outside ourselves.
  3. The first step in seeking help is a sincere *willingness to be rigorously honest with ourselves*.
- B. In the process of seeking help, a number of questions need to be addressed by the individual about him/herself (often with the help of a trained counselor/therapist).
  1. What happens that triggers self-defeating behavior?
  2. What do you keep doing in spite of your knowing it hurts you and others?
  3. What sort of behaviors do you engage in that violate your moral values? How does this violation of values affect your relationships at home and at work?
  4. How does your destructive behavior affect your self-esteem and finances? What toll has it taken on your health, emotions, and spiritual life?
  5. How do you keep yourself from going off the deep end when you are not feeling good about yourself?

\* Modified and adapted from Ross, R., *When I Grow Up I Want To Be An Adult*. San Diego; Recovery Publications, 1990, pp. 169-173.

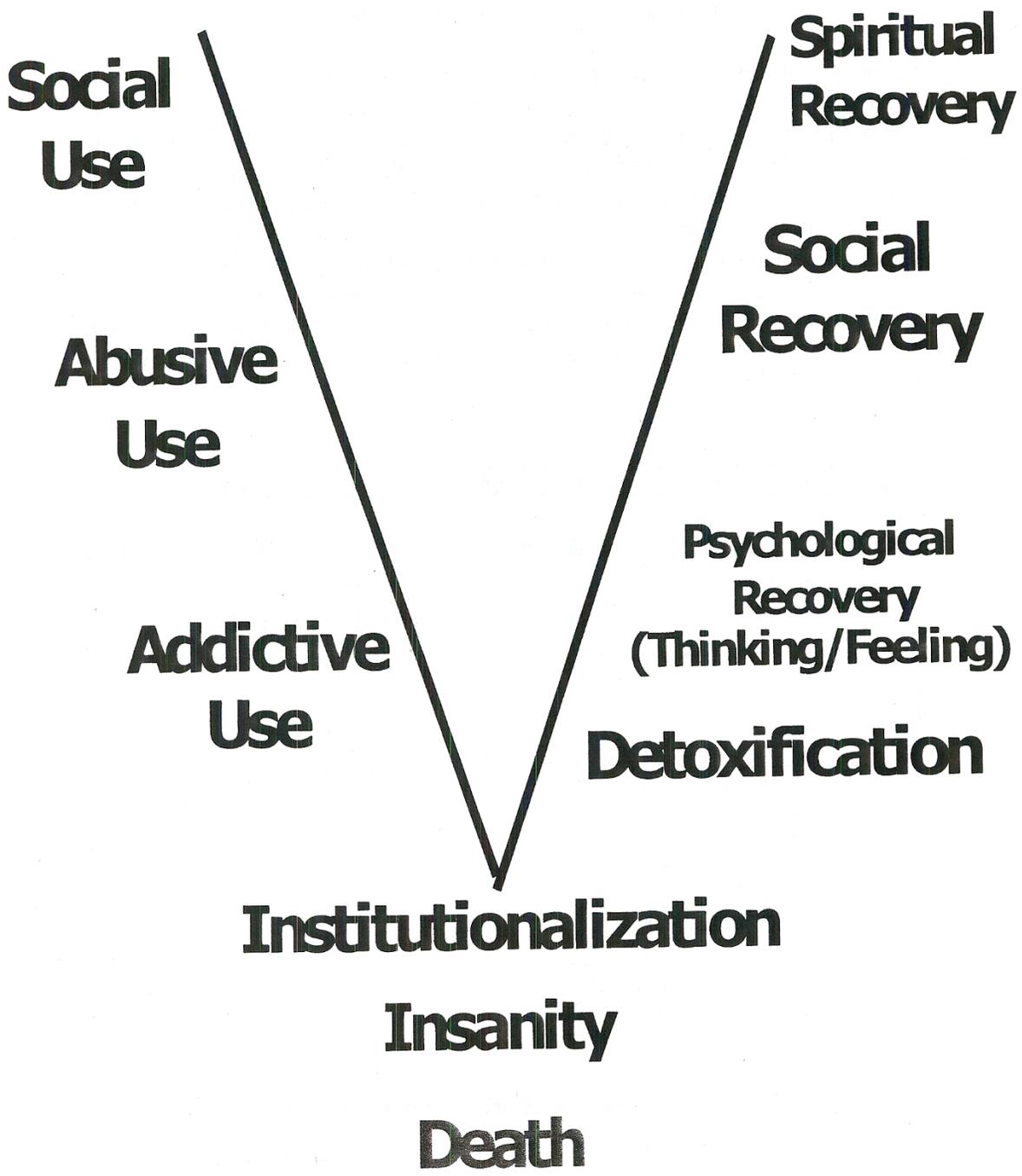
6. How does depression and anxiety affect your sleep, diet, and physical health? Have you thought about hurting yourself?
7. What rationalizations do you use to justify addictive, compulsive, or obsessive behavior? In what way are you denying reality?
8. How do you obsessively focus on the object of your addiction?

Asking for help is not easy for many recovering people. It is not uncommon to feel fearful of becoming overly sad, angry, or ashamed. If there is fear of 'losing control', remember that God works in many wonderful and mysterious ways. Trust begins to develop as we step forward to confront our self-defeating behaviors. It is often through others that we can discover options for handling life's problems and can experience God's presence in our lives. The recovery process involves a number of resources from which benefits can be derived: support groups; Christ-centered 12-Step Program; therapy/counseling; spiritual development; family life, or relationships which include friends at church, work, and school. The process began when we first asked for help. The process will continue for the rest of our lives—*one day at a time.*

## THE COURSE OF RECOVERY OVER TIME

PRERECOVERY	YEAR ONE	YEAR TWO	YEAR THREE	YEAR FOUR	YEAR FIVE
2 4 6 8 10 12 2 4 6 8 10 12	2 4 6 8 10 12	2 4 6 8 10 12	2 4 6 8 10 12	2 4 6 8 10 12	2 4 6 8 10 12
<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;"> <b>DEVELOPING STAGE</b> Up to two years         </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px; margin-left: 100px;"> <b>CRISIS/DECISION STAGE</b> 1 day to three months         </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px; margin-left: 150px;"> <b>SHOCK STAGE</b> About eight months         </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px; margin-left: 200px;"> <b>GRIEF STAGE</b> Four to eight months         </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px; margin-left: 250px;"> <b>REPAIR STAGE</b> Eighteen to thirty-six months         </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 300px;"> <b>GROWTH STAGE</b> Two years and continuing         </div>					

# Progression of Addiction



**ADDICTION**  
**IS NOT A GOAL IN LIFE**

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**IT IS AN OUTCOME**  
**OF**  
**FAULTY BELIEF**  
**SYSTEMS**  
**PLUS**  
**UNHEALTHY CHOICES**

**ADDICTION**  
**IS AN**  
**OBSESSING, CONSUMING**  
**RELATIONSHIP**  
**WITH**  
***SOMETHING — SOMEONE***  
**THAT RESULTS IN BONDAGE**  
**TO THAT**  
***SOMETHING — SOMEONE***

# THE NOOSE OF ADDICTION



THE ADDICTIVE MIND-SET

**Destructive Core Concepts**  
• Worthless  
• Unlovable  
• Alone

THE ADDICTIVE ROOT

1. Family Dysfunction
2. Personal Trauma
3. An Addictive Society

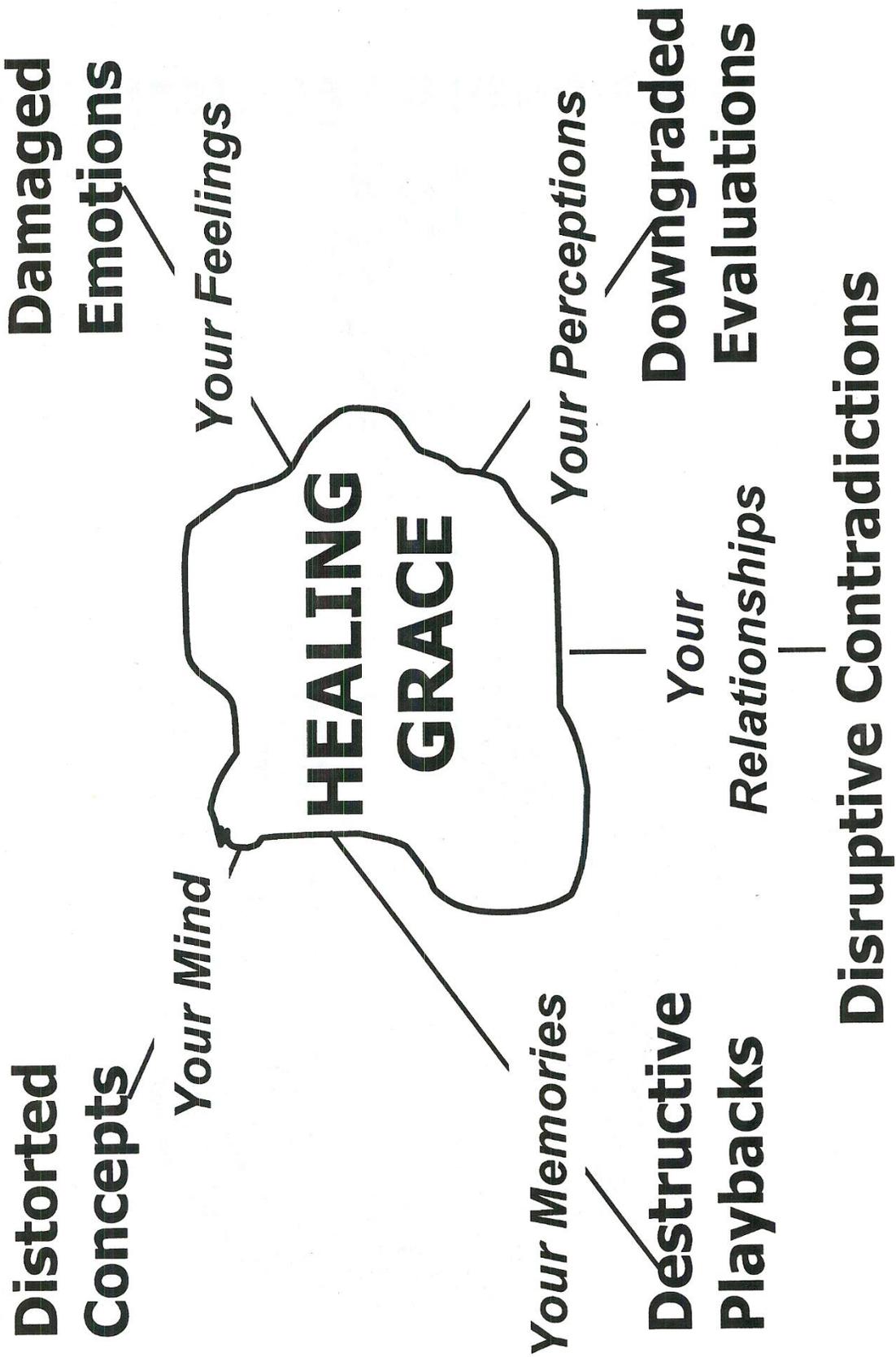
THE ADDICTIVE LIFESTYLE



THE ADDICTIVE CLOAK

- Denial
- Delusion
- Blame

# HEALING PROCESS



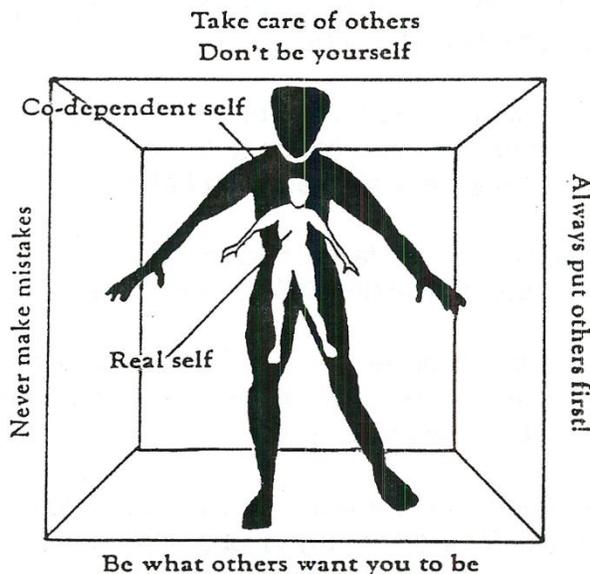
**“Blessed be the God and Father of our Lord Jesus Christ,  
the Father of mercies and God of all comfort;  
who comforts us in all our affliction  
with the comfort with which we  
ourselves are comforted by God.”  
2 Corinthians 1:3-4, NASB**

## CODEPENDENT ISSUES

### *Guidelines for Discussion*

**Codependency** is a much used word today in the field of recovery. It is also an often misunderstood word and sometimes is used inappropriately (too liberally) to describe certain behavior patterns. Stated simply, codependency is a ‘conditioned way of living in which one’s sense of well-being is inordinately **dependent** upon the words and behavior of other significant persons.’ It is contrasted with healthy **interdependence** in which individuals in a healthy way help to meet the basic needs of one another. Codependency is a product of life in a ‘dysfunctional’ family environment. In considering codependent issues, we suggest that discussion center on three areas:

- 1) Common Behavior Characteristics of Codependents
- 2) Double-Bind Messages From Childhood
- 4) Learning to Express/Share Feelings



“The co-dependent is a spirit divided from itself.”

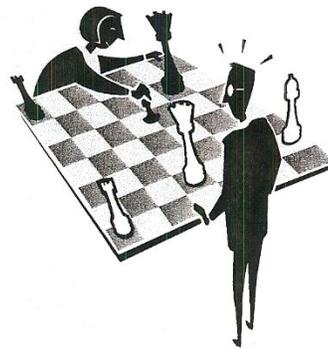
## I. COMMON BEHAVIOR CHARACTERISTICS OF CODEPENDENCY\*

Codependent people seem to have characteristics in common, often as a result of being brought up in a *dysfunctional* family system (alcoholism, drug abuse, workaholism, or other obsessive/compulsive behavior patterns). Consider these characteristics as they apply to your own style of living or coping with the world around you.

- A. We have feelings of *low self esteem* that cause us to judge ourselves and others without mercy. We try to cover up or compensate by being perfectionistic, caretaking, controlling, contemptuous, and gossipy.
- B. We tend to *isolate* ourselves and to feel uneasy around other people, especially authority figures.
- C. We are *approval seekers* and will do anything to make people like us. We are extremely loyal, even when evidence indicates loyalty is undeserved.
- D. We are *intimidated* by angry people and personal criticism. This causes us to feel anxious and overly sensitive.
- E. We *habitually choose* to have relationships with *emotionally unavailable* people with addictive or obsessive/compulsive personalities. We are usually less attracted to healthy, caring people.
- F. We live life as *victims* and are attracted to other victims in our love and friendship relationships. We confuse love with pity and tend to 'love' people we can pity and rescue.
- G. We are either *super-responsible* or *super-irresponsible*. We try to solve others' problems or expect others to be responsible for us. This enables us to avoid looking closely at our own behavior.
- H. We feel *guilty* when we stand up for ourselves or act assertively. We give in to others instead of taking care of ourselves.
- I. We *deny, minimize, or repress our feelings* from our traumatic childhoods. We lose the ability to express our feelings and are unaware of the impact this has on our lives.
- J. We are *dependent personalities* who are *terrified of rejection* or abandonment. We tend to stay in jobs or relationships that are harmful to us. Our fears can either stop us from ending hurtful relationships or prevent us from entering into healthy, rewarding ones.

\*Modified and adapted from Friends in Recovery. The Twelve Steps for Christians, pp. 1-2.

- K. Denial, isolation, control, and misplaced guilt are symptoms of family dysfunction. As a result of these behaviors, we feel *hopeless and helpless*.
- L. We have difficulty with intimate relationships. We feel *insecure* and *lack trust* in others. We don't have clearly defined boundaries and become enmeshed with our partner's (or other significant person's) needs and emotions.
- M. We have difficulty following projects through from beginning to end.
- N. We have a *strong need to be in control*. We over-react to change over which we have no control
- O. We tend to be *impulsive*. We take action before considering alternative behaviors or possible consequences. We 'react' rather than 'respond'.



Here is another list of general characteristics that we seem to share. See if you can find yourself in here anywhere:

1. We guess at what normal is.
2. We lie when it would be just as easy to tell the truth.
3. We have difficulty having fun.
4. We take ourselves very seriously.
5. We are constantly seeking approval (strokes!) and affirmation, and just can't seem to get enough of it.
6. We usually feel that we are 'different' from other people.
7. We tend to live in a state of confusion, self-loathing, and we feel that we have lost control over our environment.
8. We spend an excessive amount of energy 'cleaning up the mess'.

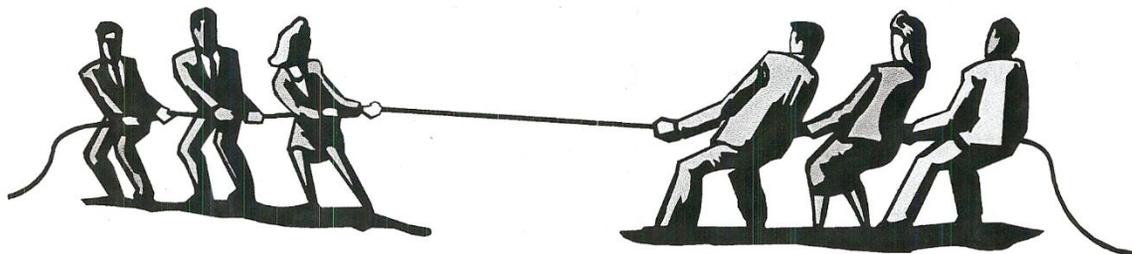
## II. CODEPENDENCY AND IT'S EFFECTS ON THE BODY\*

Often codependency manifests itself in the form of a psychosomatic illness. The word *psychosomatic* can be broken down into two parts: *psycho* because it begins in the mind, and *somatic* because it becomes physical. In other words, the individual may become physically ill as a result of the stress associated with codependency. The three rules of *don't talk, don't feel* and *don't trust* begin to wreak havoc on the body. Emotions are pushed down subconsciously, and the body begins to react to this unnatural phenomenon.

These psychosomatic illnesses become real physical complaints with individuals spending thousands of dollars to find the solution. They turn to medical doctors, psychiatrists, therapists, psychologists, hospitals and a number of other sources to find the answer. We commonly see these psychosomatic symptoms:

- a) Gastrointestinal disorders
- b) Headaches
- c) Immune system dysfunctions resulting in increased illnesses
- d) Depression
- e) Masked depression
- f) Sleep disturbances
- g) Eating disorders

## III. DOUBLE-BIND MESSAGES FROM CHILDHOOD\*\*



One of the problems faced by 'codependents' is that they struggle with mixed messages from their childhood environment. This means that we hear one thing, and it is immediately followed by something that seems to mean the opposite. We react to these 'double-bind' messages, often in very unhealthy ways. Here are a few examples for you to consider:

- A. **Childhood Message:** "I love you/Go away" or "Be near me/Go away".  
**My response:** *I choose friends who are cold and distant one minute, loving the next. I select companions who are unreliable, who do one thing but say another thing.*

\* Wegscheider-Cruse S. *Codependency: An Illness-Describable and Treatable*, n.p., n.d., pp. 12-13.

\*\*Modified and adapted from: Wollitz, J.C. *Adult Children of Alcoholics*. Deerfield Beach, FL. Health Communications, Inc. 1983, pp. 19-22.

- B. **Childhood Message:** "I need you/You can't do anything right."  
**My response:** *I am attracted to people who 'need me' but who are nasty to me too. I am drawn to partners who are both critical and dependent. I keep seeking approval from others who are not apt to give it to me.*
- C. **Childhood Message:** "Yes, so and so does/says those awful things. But you must UNDERSTAND!! He/she was just...(drunk, sick, tired, busy, etc...)."
   
**My response:** *I become the worlds **most** understanding person even in the face of abuse of all kinds. I make all kinds of excuses for others, but rarely give myself the same grace or allowances. I tend to blame myself for all the problems I have in relationships.*
- D. **Childhood Message:** "I promise, I'll be there for you - next time."  
**My response:** *I learn not to need things, so as to not be disappointed. I want others to read my mind as to what I need and want. I complain that I end up 'doing everything in this relationship.' I abdicate my personal responsibility for my own happiness. I tend to believe others' words while ignoring their actions.*
- E. **Childhood Message:** "Don't worry dear. Everything is just fine. It's going to be all right/Oh my gosh, how can I handle this mess?"  
**My response:** *I become a 'super-person'. I act overly responsible, and I 'rescue' others. I become a caretaker for others who are needy, whether they want it or not. I take charge inappropriately.*

#### IV. LEARNING TO EXPRESS/SHARE FEELINGS\*

Codependents have a very hard time expressing their true feelings, especially to other people. They seem to operate under these 'rules' that are based on a dysfunctional background/childhood environment.

- A. Rule #1—It's not okay to talk about problems
- B. Rule #2—It's not okay to talk about or express our feelings openly
- C. Rule #3—Don't address issues or relationships directly
- D. Rule #4—Always be strong, always be good, always be perfect
- E. Rule #5—Don't be selfish
- F. Rule #6—Do as I say...not as I do
- G. Rule #7—It's not okay to play
- H. Rule #8—Don't rock the boat

\*Modified and adapted from Subby, R. Lost in the Shuffle, Pompano Beach, FL: Health Communications, Inc. n 1987, pp. 31-46.

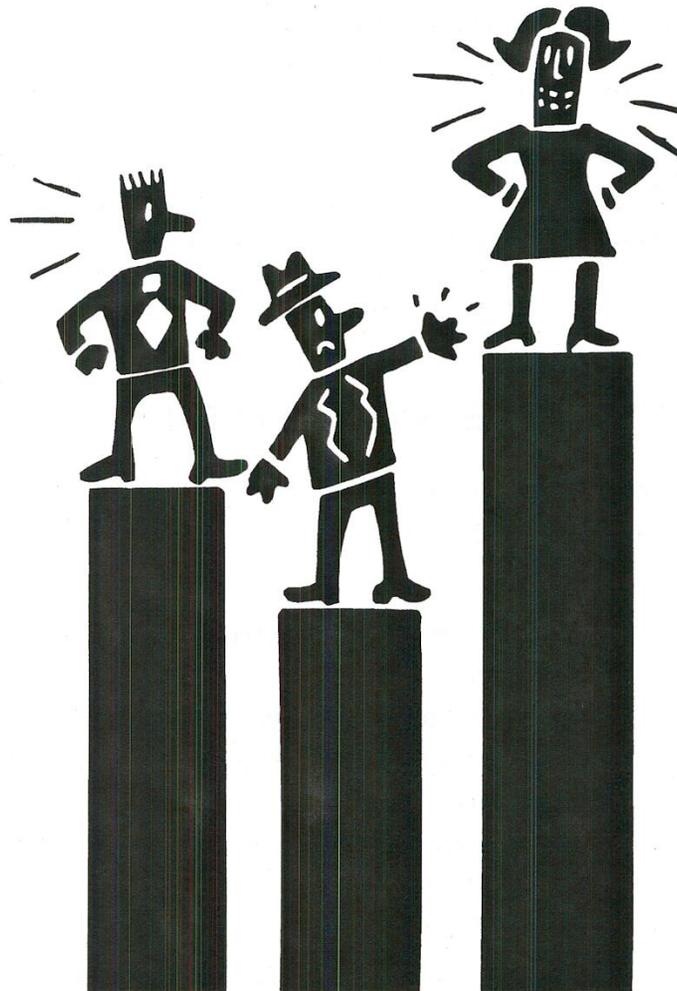
**V. 'EIDOLISM' (An alternative expression for codependency.)**

An abnormal condition in which a fantasy is created resulting in a dependence upon a likeness or image of a false God.

EIDOLISM would refer to one who has become enslaved to the depraved ideas his/her idol (s) represent.

From a Biblical perspective, EIDOLISM means the condition in which a person has an inordinate (unhealthy, abnormal) dependence upon one or more significant persons for his/her sense of well-being. It is the condition ('ism') of being enslaved to another's ideas, words, and deeds.

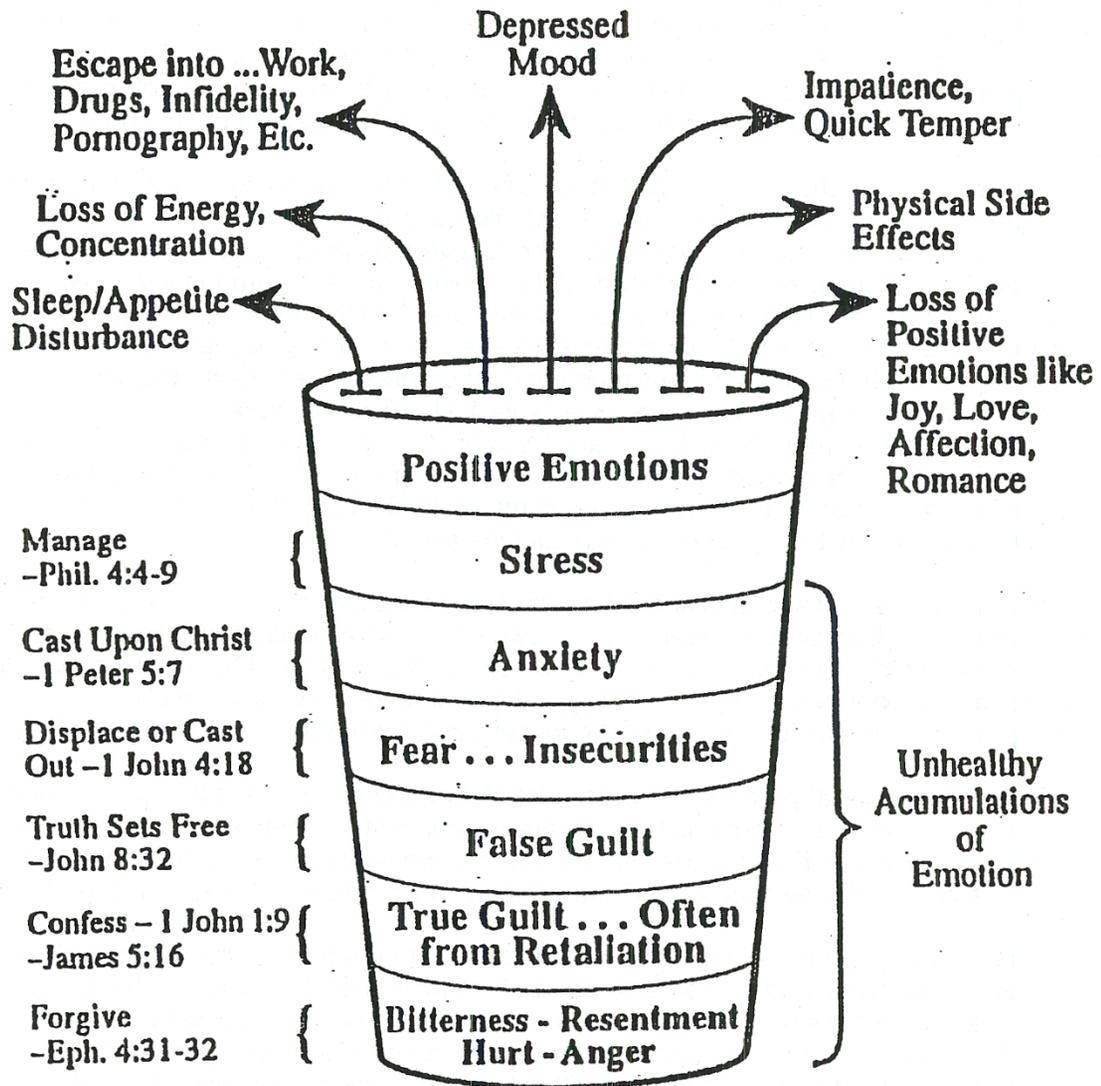
One suffering from the condition of EIDOLISM could be referred to as an EIDOLICT.



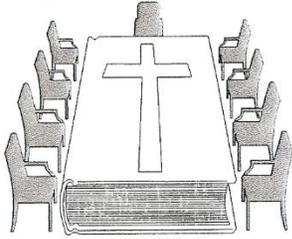
# EMOTIONAL CAPACITY

— Your “Cup” May Runneth Over! —

## Symptoms of a “Full Cup”



You Can Only Hold So Much Emotion



## Recovery & The Bible

**“Therefore, if any man be in Christ he is a new creation; old things are passed away; behold all things are become new.”  
2 Corinthians 5:17**

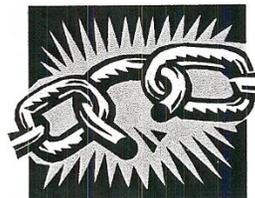
As people in the process of recovery, we can have great hope in the truth of this verse of scripture. When we receive Christ we have received a full pardon from our past sinful lives. But even greater than that, we also now have the power to overcome and change sinful character defects, attitudes, behavior, and negative thinking in the present tense. Believing the power of the gospel of God’s grace is the key to being successful in recovery. It’s not merely knowing why we are dysfunctional that frees us, it’s knowing Christ that gets the job done.

There is no dysfunctional behavior that the blood of Christ cannot forgive and transform. The gospel of God’s grace in Jesus Christ is that His blood can both forgive us, and change us. This is the hope we have as Christians in the recovery process. As believers we have no excuse for not changing. *‘Well, YOU don’t know what I’ve been through in my past’*, many may be saying. And my response to that is, *‘You’re right!’*, but that doesn’t change the power of the truth of God’s Word. One of the problems we see a lot of in the recovery ministry is people blaming their parents and their environment for their present tense sinful habits and behaviors. Although these things do play a significant role in shaping our character, we have no business calling our sin just ‘neurotic behavior’ and tracing it to poor toilet training. Yes, if we have been wounded or hurt, or abused, it is appropriate to be angry about it. But at the same time we need to forgive in order to get totally free in the present life (Matthew 6:12-15). Our problems are not due merely to our parents or our circumstances.

Once we hear the gospel and know the truth (John 8:32) we must realize that our main problem is our own sinful choices and our own sinful characteristics. We must stop accusing others and start ‘accusing’ or examining ourselves. We can allow God’s convictions to bring us to genuine repentance for our sin. Being codependent, being in active addiction of any kind, or living regularly in any form of dysfunctional behavior is sin. We need to deal with it as such.

Over the last several years, we’ve seen a lot of things come and go through our community on the subject of recovery. But one truth we are committed to is that Jesus is able to conquer anything in our lives if we will just humbly take responsibility for our sinful habits and character. The grace of God is awesome. Christ is powerful to set free and to heal anyone.

To be honest, the only people we see stuck and not free are those that want to blame others, excuse themselves, and pardon themselves from their sinful habits and behavior. Once again, those taking responsibility for themselves and their behavior are receiving unlimited mercy and love from God the Father. They can be victorious, recovering saints that can truly testify of the power of the blood and grace of Jesus Christ. We are called to be free. This is the heart of God—to free us, and to help free others. Let’s get on with the Father’s plan! (Matthew 28:18-20).



## The Bible and Dysfunctional Lifestyles

The Hebrew and Greek original languages of the Bible use 17 distinctive terms. They describe or define various kinds of attitudes, behaviors, and conditions common in the lives of men and women who see themselves as being 'in recovery' or being set free from 'dysfunctional backgrounds'.

<b>Old Testament Words</b>	<b>Solution</b>
1. <b>Avah</b> (lit. 'bent'), <i>wrung</i> as in <i>wrung out of shape, twisted</i> . The meaning here is that of disfigured, misshapen, or malfunction, warped. Picture a bent key that will no longer fit into a lock.	Restoration-used in terms of mending broken bones or torn fishing nets.
2. <b>Ra</b> (lit. 'breaking up, ruin'), <i>the act and the effects of destruction-deterioration—everything going to pieces</i> .	Edification, that which is good for the building up
3. <b>Rasha</b> (lit. 'hubbub, confusion, tossing') <i>the picture of someone running here and there, agitation, stirring things up, not knowing which way to turn</i> .	Ordered guidance, structured direction.
4. <b>Ma'al</b> (lit. 'a breach of trust, unfaithfulness, treachery'), <i>violating a covenant or agreement, betrayal; Judas' betrayal of Christ and an adulterous spouse capture the essential idea here</i> .	Reconciliation through confession and the agony and glory of repentance.
5. <b>Aven</b> (lit. 'nothing, vanity, unprofitable behavior'), <i>the idea of effort with no result, spinning your wheels and not getting anywhere</i>	Renewed thinking, destiny, inversion, purposeful living
6. <b>Asham</b> (lit. 'guilty', through negligence or ignorance)	Restitution
7. <b>Chatha</b> (lit. 'to wander from, fall short of, miss the mark'), <i>failing to meet a required standard, missing what one ought to have done, concerning specific acts</i>	( <b>Hamartia</b> — New Testament Greek equivalent)
8. <b>Amal</b> (lit. 'labor', 'sorrow'), <i>the general experience of heartache, burden, trouble, 'the blues', travail, 'life's a bummer', 'a downer', weariness, the futility of the whole problem of evil</i>	"Take my yoke upon you...My burden is light". Righteousness simplifies and lightens living
9. <b>Aval</b> (lit., 'unjust, unfair') <i>inequity, inequality, a departure from what is equal and right. The meaning behind the English word 'iniquity'</i> .	To come out of self-centeredness and into concern for others.
10. <b>Pasha</b> (lit., 'rebellion against rightful authority, revolt'), <i>the classical understanding of sin, self-will, self-rule, autonomy</i>	Humbling myself before the Lord-God wins graciously, sometimes He wins sternly

## New Testament Words

1. **Parabasis** (lit., 'crossing the boundary line'), *a desire to do what is forbidden, trespass*
2. **Anomia** (lit., 'lawlessness', from a-'no', **nomos**— 'law'), *the description of Israel in Judges, 'everybody did what was right in his own eyes.*
3. **Parakoe** (lit., 'disobedience to a call'), *'Bobby' his mother calls, but there is no response*
4. **Paraptoma** (Lit., 'falling when one should stand upright'), *stumbling, false step, 'falling down on the job' catches most of the meaning of this word, initial stage in a relapse*
5. **Agnoema** (lit., 'ignorance' of what one ought to know'), *the concept that 'ignorance is no excuse' pinpoints the precise meaning of this word.*
6. **Hettema** (lit., 'defect, shortcoming'), *the attitude of compartmentalized living, not hitting all areas, 'coming up short'.*

## Solutions

Seeking, establishing Godly boundaries in attitude and behavior

Living righteously according to God's holy pattern

Learning and responding to the call of God

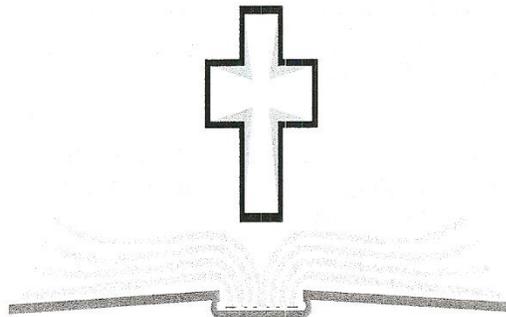
Dependability, faithfulness, perseverance

Receiving the revelation and instruction in God's word and ways

Anticipate God's sovereign activity in any area of my life

All seventeen of these terms are either translated as or fall under the Biblical concept of SIN. That's right! You cannot separate sin from being bent, missing the mark, lawlessness, ignoring a call, falling, ignorance, breaking up, ruin, rebellion confusion, agitation, betrayal, vanity, uselessness, guilt, wandering, heartache or weariness, shortcoming or defect.

**"Recovery" is nothing short of leaving SIN behind—into life in Christ!**



# ACTIVITIES THAT HINDER OUR WALK WITH GOD

## (when they become addictions)

There are some pleasures that can become obsessions—the engulfing passions that can hold us captive. For many of these we're applauded by our peer groups or work places. In fact, it's this support that can actually "enable" us into addiction.

None of the activities listed below are totally bad, negative or toxic *in moderation*. Some of them can even be wonderful virtues and assets. But, if we begin to rely on them excessively or use them in an attempt to fill an emotional vacuum, then we may cross the line into addiction.

### Money Matters

- Investing, saving, accumulating wealth
- Gambling
- Risk-taking (dangers/thrills)
- Collecting/acquiring valuables
- Material Things
- Shopping/Spending

### Wellness and Health

- Exercise/fitness
- Diet and weight management
- Medical Treatment, tests, surgery
- Personal Hygiene
- Self-help literature
- Megavitamins/health foods, over-the counter drugs

### Work/Play

- Organizing and structuring
- Achievement on the job; the pursuit of success
- Involvement
- Pursuit of academic degrees
- Participation in seminars and workshops (self-helps)
- Homemaking, cooking, and cleaning
- Dreaming, planning
- Music, TV, Videos, Movies
- Sports/recreation/competition
- Hobbies/computers/cars

### Service and Volunteering

- Self sacrifice
- Cause groups
- Charity, service projects
- Loaning money to other people
- Religious activity (church work, missions, etc.)

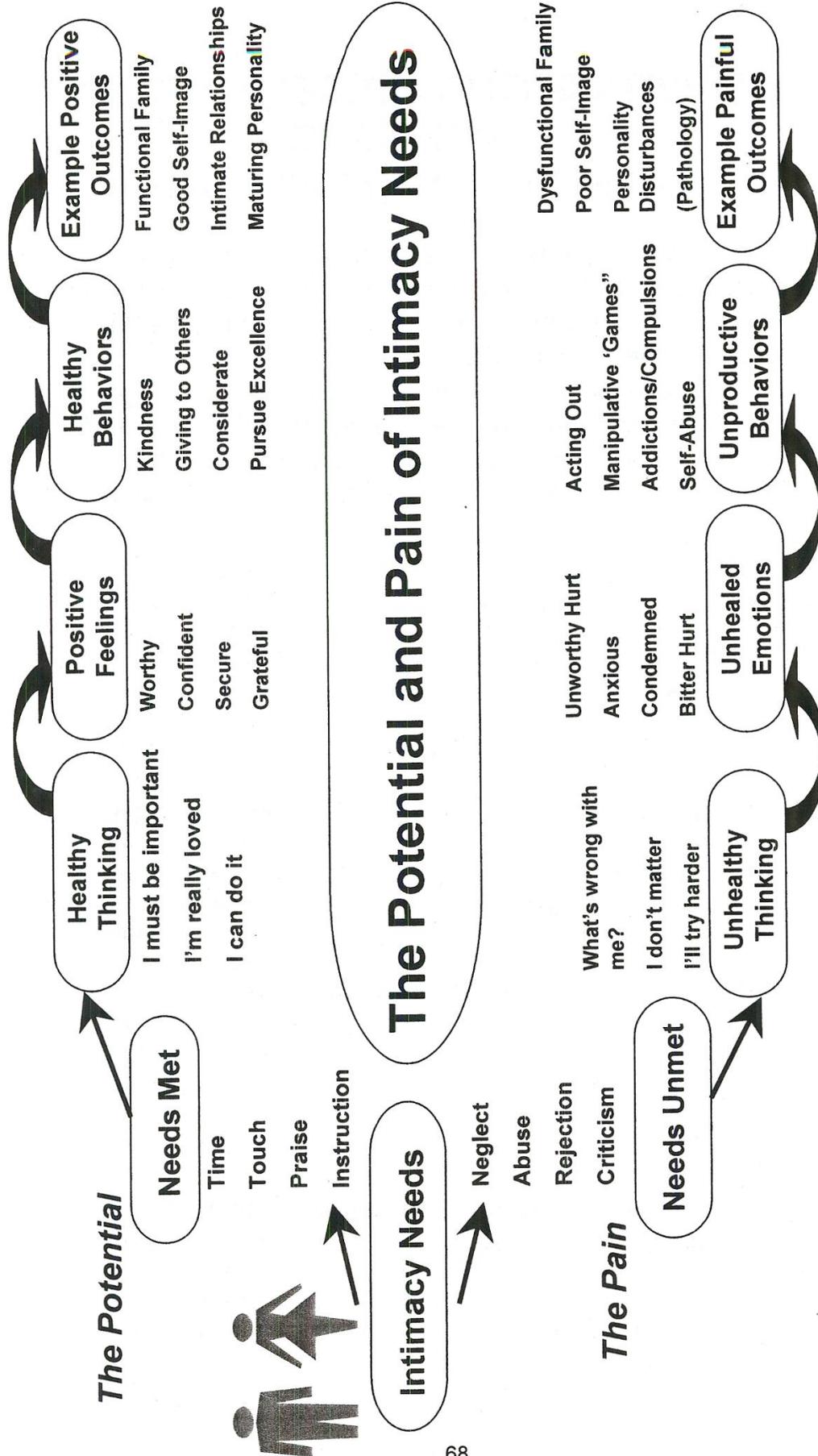
### Relationships

- Hero Admiration
- Concern about others
- Sexual activity (within marriage)
- Super Mom/Dad
- Friendships
- People pleasing
- Marital conflict
- Control relationships (family or business)
- Rescuing

### Lifestyle

- Cosmetic surgery
- Appearance
- Clothes
- Order, organization

# Understanding Intimacy Needs



# RELAPSE PREVENTION

**“Therefore let him who thinks he stands  
take heed lest he fall.”**

**1 Corinthians 10:12 NASB**

**“And He has said to me, ‘My grace is sufficient for you,  
for power is perfected in weakness.’ Most gladly, therefore,  
I will rather boast about my weaknesses,  
that the power of Christ may dwell in me.”**

**2 Corinthians 12:9 NASB**

## GUIDELINES FOR DISCUSSION

Preventing relapse into self-destructive behavior (drinking, using or other obsessive/ compulsive behavior) involves the process of becoming ‘*aware*’ and learning to ‘*discipline*’ ourselves. We become aware of:

- 1) the Indicators of a Well-Established Recovery
- 2) the Symptoms Leading to Relapse

We discipline ourselves by learning and keeping a

- 3) Daily Recovery Plan.

We offer some guidelines for you in each of these three areas. Before you consider these guidelines, think about the meaning of these scriptures:

Mark 9:21-24;

Mark 10:46-52;

John 5: 1-15 (especially verses 6 and 14).

### I. **Indicators of a Well-Established Recovery\***

Here are some indicators that a recovery process is well established. These qualities have been observed in many persons in recovery over a period of several years.

#### A. **Humility**

Humility in a recovering person is the ability to *accept* his/her own limits and to see these as ‘gifts’ not liabilities. This means we don’t have to apologize for weakness (making excuses and offering rationalizations) or explain strength (showing off our accomplishments and abilities).

#### B. **Gratitude**

Gratitude is the expression of *thanks* for the lessons in living we have learned over the course of our years of addictive/obsessive/compulsive behavior.

\*Modified and adapted from Lenters, W. The Freedom We Crave. Grand Rapids: Eerdmans Publishers, 1985, pp. 119-126.

C. **Acceptance**

The recovering person *accepts* his/her place in life with a measure of 'celebration' and renewed creativity. We develop the ability to accept reality at the unconscious level. Relaxation and freedom from strain and conflict comes from this.

D. **Surrender**

When we are 'surrendered' to the acceptance of reality, there is no sense of 'must', and there isn't any sense of 'fatalism'. With true surrender, the acceptance of reality means we can work in it, with it. *True surrender is positive and creative.*

E. **'I' Must Exit Stage Right**

If our addiction or obsessive/compulsive behavior is part of an internally significant dramatic production in which 'I' am the star, we won't be able to give up the habit until we decide to close down this play and 'leave the stage'. When the 'perpendicular pronoun' ('I') is no longer center-stage, the grip of the habit is broken and our behavior can change with relative ease.

F. **Diversity**

Like the versatile 'good wife' of Proverbs 31, the person in recovery does not burn him/herself out on one project or single adventure, but is willing to build a life on several different fronts. The person in true recovery will not be a 'bore' to everyone around him/her.

G. **"Live and Let Live"**

The recovering person minds his/her own business. He/she has come to terms not only with personal limitations, but also with the anxiety of always having to do something about them. We mind our own business and let our neighbors mind theirs.

H. **"Let Go and Let God"**

Belief clings, faith lets go. Misbelief is the insistence that truth is what we wish it to be. Faith is an unreserved opening of our minds to the truth, whatever it might turn out to be. What matters is not our experiences, but the fact that in them we have known the power of *God's grace*. What is radically changed is the climate of our lives. For the person in true recovery, their surrender is sweet, because the God

to whom they turn is one not of their own making, but of their own choosing.

I. **“Easy Does It”**

*Patience* is the key. The person in authentic recovery avoids the pitfalls summed up in this acronym—**H A L T** (Hungry; Angry; Lonely; Tired). He/she stays with the daily program and does the legwork. “Action,” not “Reflection” is the key word.

J. **“One Day At A Time”**

There are two days in every week about which we should not worry; two days which should be kept free from fear and apprehension. They are: *Yesterday* and *Tomorrow*. This leaves only one day—*TODAY*. Anyone can deal with the problems of living just one day, so in recovery we live but one day at a time (see Matthew 6: 25-34). Recovering persons are learning, though they haven't fully learned yet, the secret of living *One Day At A Time*.

K. **Grace-full**

The person in recovery, moving from addictive/obsessive behavior toward freedom, is one sweetened by the awesome reality of God's grace, as the mystery of the Gospel of Jesus Christ unfolds itself. Recovering persons are free on the basis of *GRACE*, not by discovering a secret, but because God has discovered them and made His way into their heart. This doesn't have anything to do with finding a great new technique, a super gimmick, or a better way to pull strings—but because grace was no longer resistible. The gates of his/her inner hell could no longer prevail against the rush of grace. Our perspective from this point is the freedom to see things as they are with the blessed assurance of seeing things as they should and will be.

## II. Symptoms Leading To Relapse\*

Each individual in recovery must assume the responsibility to maintain the 'disciplines' that keep him/her on the path of recovery. Therefore, we need to learn the 'signs' or 'symptoms' that tell us we are on the wrong road, the road that leads back to our drinking, using, or other destructive behavior. Here is a common list of symptoms that indicate we're headed for a return to our old ways of thinking (known in recovery as '*stinkin' thinkin*').

### A. Exhaustion

Allowing yourself to become overly tired or slip into poor health. Some of us in recovery are prone to 'work addictions' - maybe in a hurry to make up for lost time. Good health and enough rest are very important in recovery. If you feel well, you are more apt to think well. Feel poorly, and your thinking is apt to get poorer. Feel bad enough, and you might begin thinking that a drink or a fix couldn't make it any worse.

### B. Dishonesty

This begins with a pattern of unnecessary little lies and deceits with family, friends, and co-workers. Then come important lies to yourself. This is called *rationalizing*—making excuses for not doing what you do not want to do, or for doing what you know you should not do.

### C. Impatience

Things aren't happening fast enough (I want 10 years of sobriety in 10 weeks!!!) Or, others are not doing what they should or what you want them to do.

### D. Argumentativeness

Arguing small and ridiculous points of view indicates a need to always be right. 'Why don't you be reasonable and agree with me?' Looking for an excuse to drink or use? Argumentativeness is a sign of that.

### E. Depression

Unreasonable and unaccountable despair may occur in cycles and should be dealt with, talked about in group, or worked out with counseling help.

\* Modified and adapted from Gorski, T. and Miller, M. The Phase and Warning Signs of Relapse. A part of the Cenaps Model of Relapse Prevention, Independence, MO: Independence Press, 1984.

**F. Frustration**

Being frustrated 'at' people and also because things may not be going your own way. Remember, everything is not going to be just the way you want it.

**G. Self-Pity**

'Why do these things always happen to me?' you ask. Well, why shouldn't they?) 'Why must I be an alcoholic, drug addict, overeater, etc.?' Or, 'nobody appreciates all I am doing for them...?' Watch out for the 'poor me' pit—the 'King/Baby' syndrome.

**H. Cockiness**

The I've got it made...no longer fear alcoholism, drug addiction, etc. or going into drinking/using situations to prove to others you have no problem. (See 1 Corinthians 10:12). Do this often enough, and it will wear down your defenses.

**I. Complacency**

"Drinking/using was the furthest thing from my mind." Not drinking/using was no longer a conscious thought either. It is dangerous to let up on personal disciplines (daily program) because everything is going well. Always to have a little 'fear' is a good thing. More relapses occur when things are going well than otherwise.

**J. Expecting Too Much From Others**

Unreasonable expectations— 'I've changed, why hasn't everyone else?' It's a real plus if they do—but it's still *your* problem if they don't. They may not trust you yet (why should they?), they may still be looking for further proof. You can't expect others to change their lifestyle just because you have.

**K. Letting Up On Discipline**

Prayer, meditation on God's Word (Bible reading), daily inventory, attendance at support group meetings, etc. are disciplines that need to be maintained for healthy recovery. If you're slipping in these, it can come from complacency or boredom. You can't afford to be bored with your program. The cost of relapse is always too great.

**L. Use of Mood-Altering Chemicals**

You may feel the need to ease things with a pill, and sometimes the doctor will even go along with you. You may never have had a problem with chemicals other than alcohol or your drug of choice, but you can easily lose sobriety starting this way—and it's one of the most subtle ways to have a relapse. Remember, you'll be cheating!! The reverse of this is true for drug dependent persons who start to drink, etc.

**M. Wanting too much**

Don't set goals you can't reach with normal effort. Don't expect too much. It's always great when good things you weren't expecting happen. You'll get what you are entitled to as long as you do your best, but maybe not as soon as you think you should. 'Happiness is not having what you want, but wanting what you have'.

**N. Forgetting Gratitude**

You may be looking negatively on your life, concentrating on problems that still are not totally corrected. Nobody wants to be a Pollyanna, but it's good to remember where you started from and how much better life is now.

**O. 'It Can't Happen To Me'**

This is extremely dangerous thinking. Almost anything can happen to you and is more likely to if you get careless. Remember you have a progressive condition, and you'll be in worse shape if you relapse.

**P. Omnipotence**

This is the feeling that results from a combination of many of the above. You now have 'all the answers' for yourself and others. No one can tell you anything. You ignore suggestions or advice from others. Relapse is probably imminent unless drastic change takes place.

### **III. Daily Recovery Plan For Relapse Prevention\***

We must learn to set boundaries for ourselves in recovery, and we do those things which will help to keep us on the path of recovery. We didn't get into the condition we're in overnight, and it will take some time to develop the disciplines necessary to keep us from relapse. The best way to start is to make a 'Daily Plan' for recovery, and try each day, one day at a time, to do the things in the plan. Here is a suggested plan for you to consider.

#### **A. Morning Quiet Time**

1. Ask Jesus Christ, through His Holy Spirit, to order the priorities for your day.
2. Read God's Word, and meditate on it. Using a daily devotional will help you organize this.
3. Pray the 3rd Step prayer, or your own version of it.
4. Commit to the practice of the 12 Steps in your daily life—today

#### **B. Daily Contact With Recovery Program Member(s)**

1. Talk with your sponsor.
2. Use the telephone to talk to another person in your recovery group.
3. Meet with someone in the program for a chat.

#### **C. Regular Meals and Times of Meals**

1. Maintain a good diet. Do some reading, or get some help from others in this area if you need to.
2. Avoid the compulsion to indulge in junk food.
3. Plan your meals, seeking to have a weekly balanced diet.

#### **D. Regular Hours For Sleep**

1. Set a reasonable and regular time to go to bed, and stay with it.
2. Set a reasonable and regular time for getting up, and stay with it.
3. When you can't sleep, don't just toss and turn—call your sponsor, another member; or read recovery/spiritual material.

#### **E. Regular Work Hours**

1. Avoid unnecessary overtime (remember the tendency to workaholism).
2. Get to work on time. Tardiness is a sign of poor recovery and may be a 'control' issue, or a way to bring attention to 'self.'

**F. Regular Attendance at Support/Recovery Group Meetings**

1. Develop a weekly schedule of meetings to attend and stay with it.
2. Organize your life around your recovery program, not the other way.
3. Attend a variety of meetings and a small group Bible study.

**G. Plan For Handling Depression and Mood Swings**

1. Call your sponsor (s).
2. Call another recovery group member.
3. Keep busy—physical activities, reading, Bible study, hobbies, etc.
4. Go to a meeting, with someone if at all possible.
5. Meet a program person for a snack and conversation.

**H. Don't Predict How Your Family Should Treat You**

1. It will take time for them to trust you. Accept this.
2. Don't expect praise for doing what you should have been doing all along. This applies to Mother, Father, Brother (s), Sister (s), Husband/Wife, Children, other relatives, Employer/Employee (s), etc.
3. Don't 'punish' them with silence or other resentful behavior. Call them when you are late keeping your promises, etc. This builds trust in your relationship with them.
4. Take time to *listen* to them, in their time, not yours.

**I. Gain Confidence That Help Is There When Needed**

1. Ask—remember, you *must* ask, if your recovery program is real
2. Make the call—wake them up—prove to yourself that they mean what they say when they tell you to 'call at any hour!'
3. Talk out your problems at the meetings—that's one of the best ways to get help.

**J. Avoid Controversy**

1. Sit back and let others do the arguing. You don't need it.
2. Why argue about things you can't control? Use the Serenity Prayer.
3. Take a look around you and figure out how many things and people you *really* have control over. It might surprise you!
4. Remember, when you engage in a heated argument, whether you 'win' or 'lose' the argument, emotionally *you will be the loser.*

**K. Be Prepared To Help Others**

1. Talk to the guy/gal sitting by him/herself.
2. Be sure to welcome strangers (new people in the program or at the meeting)
3. Help your group (fix refreshments, set up tables/chairs, clean up after meetings—do the little things).
4. Go on 12th Step calls with your sponsor or an older recovery group member.

**L. Close Your Day With GRATITUDE**

1. For your sobriety/straightness.
2. For the sanity that the Lord is giving you by grace.
3. For simply being alive.
4. For your friends in recovery, for your new spiritual 'family'.
5. For the opportunity to grow in recovery.
6. For the ability to help others.
7. For our Lord Jesus Christ, and the blessed assurance of eternal life with Him.



*"He sent his word and healed them, and delivered them from their destruction." Psalm 107:20 KJV*

## **12-STEP RECOVERY & CHRISTIANITY: Is There A Relationship?\***

Recovery for Christian people? Christianity for recovering people? For many years questions like these have seemed to be 'mutually exclusive', even to the point of assuming that either group might be offended by a relationship with the other. However, in what we perceive to be a mighty move of the Holy Spirit, the closing years of the 20th century are seeing these two groups drawn together in a fascinating, exciting and hope-filled way. The significance of this is found in the profound truth that there is so much to be gained in understanding the relationship between the recovering individual and the Church.

Many who have struggled with addictive or obsessive/compulsive behavior have found in their recovery program a powerful relationship between 12-Step Recovery and Christian tradition. There is a deep thrill in 'life-discovery' that comes to those in recovery from addictive/compulsive experiences. In the same fashion, the message of redemption through Jesus Christ speaks loud and clear to those who are open to hear His message of life, love and fulfillment. We, along with many other 'believers in recovery' think the time has come to add a new dimension to the experience of recovery and a new meaning to the experience of Christianity. Yet, in reality, the message is not 'new' in the sense that one usually thinks of new. Bruce Van Blair says:

*"This sense of hope and salvation was precisely the Spirit-filled enthusiasm that the early Church embodied as it carried the Christian message to all corners of the world. Before the Church became embroiled in a struggle over dogma, doctrine, and institutions, there was a sense of purpose and destiny that bears remarkable similarity to the recovering community."*

It is time for the Church to come 'down from the lofty heights of the cathedral tower' and the individual in recovery from an addictive system to come 'out from the 12-Step meeting hall' and share in an incredibly rich union. This can be done by recognizing and following through on these two position statements:

- 1. There is a harmonious union of 12-Step recovery and living a Spirit-filled Christian life.**
- 2. The Church must awaken from 'denial' and embrace the life of recovery and introduce 'recovery' life to the people.**

**Eleeo Ministries** (and other Christian 12-Step Recovery groups across the nation) stand on these two positions which are a major reason for our existence.

\* Modified and adapted from Van Blair, B. *A Year to Remember*. Seattle: Glen Abbey Books, 1988.

The 12-Steps of Alcoholics Anonymous (initiated in the mid-1930's) are a step-by-step process designed to provide a framework for alcoholics who are finding their way from the insanity of alcoholism to the serenity and sanity of a life controlled by God and personal honesty. The 12-Step Program has been adopted by many other groups because it works so well in our dealing with almost any controlling and harmful influence on our lives.

Is there a similarity between what is taught in the 12-Step Program of Recovery and what is taught in the Bible? Is there a similar, systematic approach to the teachings of our Lord Jesus Christ?

We believe the answer to be an unequivocal **YES!** The process Jesus gave us as a way to follow Him is the foundation upon which the 12-Step Program of Recovery was designed. The evidence to support this position is available to anyone who would care to investigate with a 'Berean attitude'. The purpose of this summary overview of the relationship between 12-Step Recovery and Christianity is to encourage you to begin just such a beautiful discovery.



## Jesus Christ's Meeting on the Mountain

In Eleeo Ministries, we place strong emphasis upon the relationship of the 12-Steps of Recovery to the 'Beatitudes', the opening verse of our Lord's 'Sermon on the Mount' (Matthew 5:1-12). The *'progressive'* nature of the Beatitudes is much the same format as the progressive nature of the 12-Step Program. We believe that the writers of the 12-Steps were strongly influenced by this approach to understanding our Lord's teaching on the way to truly live the Christian life.

Therefore, we refer to the Beatitudes as the **foundational** Scriptures upon which the 12-Steps are formulated. Obviously, this does not exclude the reference to other Scriptures that support the 12-Steps (for there are many), but it does establish a strong connection to the philosophy of life which our Lord Jesus presented as His distinctive teaching in the magnificent Sermon on the Mount. We encourage you to study this connection in considerable depth as part of your own personal preparation.

# THE TWELVE STEPS & THE BEATITUDES

## *The Twelve Steps*

The familiar twelve steps follow with a handy way of remembering their purpose. They all move the person "up" in their own special way and are broken down into groups of three as follows:

### **The 'Give Up' Steps**

1. We admitted we were powerless over our addictions and/or difficulties; that our lives had become unmanageable.
2. Came to believe that Jesus Christ could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of Christ.

### **The 'Clean Up' Steps**

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.

### **The 'Make Up' Steps**

7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

### **The 'Keep Up' Steps**

10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation on His Word to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry it out.
12. 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.

## THE TWELVE STEPS & THE BEATITUDES

### ***The Beatitudes\****

A perplexing question sends us to the Beatitudes... ***Why are so few people happy?*** Beneath that observation is an even deeper question... ***Why are so many Christians unhappy?*** The wants and desires of our idea of happiness hit wide of the mark of Jesus' eight-fold revelation of happiness in the Beatitudes. Many of us believe in Christ as Savior and Lord, but His quality of happiness eludes us. A penetrating study of the Beatitudes gives us a whole new set of priorities which alone can prepare us to experience the blessedness of profound happiness.

1. ***Blessed are the poor in spirit, for theirs is the kingdom of heaven.*** (Matthew 5:3)
2. ***Blessed are those who mourn, for they will be comforted.*** (Matthew 5:4)
3. ***Blessed are the meek, for they will inherit the earth.*** (Matthew 5:5)
4. ***Blessed are those who hunger and thirst for righteousness, for they will be filled.*** (Matthew 5:6).
5. ***Blessed are the merciful, for they will be shown mercy.*** (Matthew 5:7)
6. ***Blessed are the pure in heart, for they will see God.*** (Matthew 5:8)
7. ***Blessed are the peacemakers, for they will be called the Sons of God.*** (Matthew 5:9)
8. ***Blessed are those which are persecuted because of righteousness, for theirs is the kingdom of heaven.*** (Matthew 5:10)



This cycle shows us the marvelous truth about God's love for us. Jesus said if we recognize that we are powerless and God is all-powerful, He would grant us all that He has: the kingdom of heaven. This message is different, for, in most of our daily living we are used to earning what we have. Perhaps you're asking, "Why? If we can have the kingdom of heaven just for acknowledging we're helpless, do we need to follow a set of guidelines?"

A close examination of our style of living should provide a ready answer. In any event, what an abundant life on earth we can find if we use the Beatitudes as our 'recovery program' and plan for living.

\* Modified and adapted from Wilson, R. The Journey of the Beatitudes. Center City, MN: Hazeldon Foundation, 1986, pp. 46-48.

# THE BEATITUDES AND PROMISES OF JESUS

*“Like the Twelve Steps of Alcoholics Anonymous, the Beatitudes are our way to the good life. They give us direction, and they guide us to our highest good. We have the promises of Jesus.”*

The First Beatitude	<i>To relate to God through our powerlessness</i>	The First Promise	<i>The kingdom of heaven</i>
The Second Beatitude	<i>To relate to ourselves honestly</i>	The Second Promise	<i>Comfort</i>
The Third Beatitude	<i>To prepare ourselves to accept the will of God</i>	The Third Promise	<i>Responsibility for the earth</i>
The Fourth Beatitude	<i>To accept, trust and give our time to righteous relationships in our lives</i>	The Fourth Promise	<i>The Holy Spirit</i>
The Fifth Beatitude	<i>To accept our spiritual equality with all people and to work toward equality in our personal relationships</i>	The Fifth Promise	<i>Mercy</i>
The Sixth Beatitude	<i>To listen to God for guidance</i>	The Sixth Promise	<i>God’s vision of the world around us</i>
The Seventh Beatitude	<i>To risk making peace where peace is needed</i>	The Seventh Promise	<i>To be like Jesus</i>
The Eighth Beatitude	<i>To accept the consequences of our beliefs</i>	The Eighth Promise	<i>The kingdom of heaven</i>

May you be lifted up on this journey of discovery of the relationship between 12-Step recovery and Christianity. —Bill & Pat Elam, Eleeo Chapel Ministries

# THE BEATITUDES

(Matthew 5:3-10)

## JESUS' VALUE

Blessed are those who...

...are poor in spirit (vs. 3)

...mourn (vs. 4)

...are meek (vs. 5)

...hunger and thirst for  
righteousness (vs. 6)

...are merciful (vs. 7)

...are pure in heart (vs. 8)

...are peacemakers (vs. 9)

...are persecuted because of  
righteousness (vs. 10)

## WORLD'S VALUES

Blessed are those who are...

...self-confident

...competent

...self-reliant

...pleasure seeking

...hedonistic

...'the beautiful people'

...proud

...powerful

...important

...satisfied

...'well adjusted'

...practical

...self-righteous

...'able to take care of themselves'

...'adult'

...sophisticated

...broad-minded

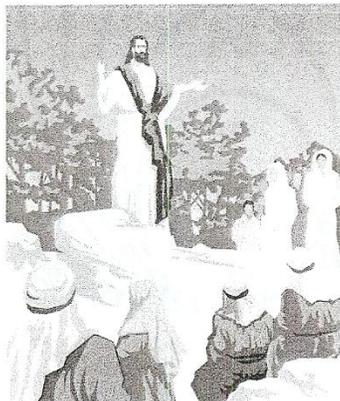
...competitive

...aggressive

...adaptable

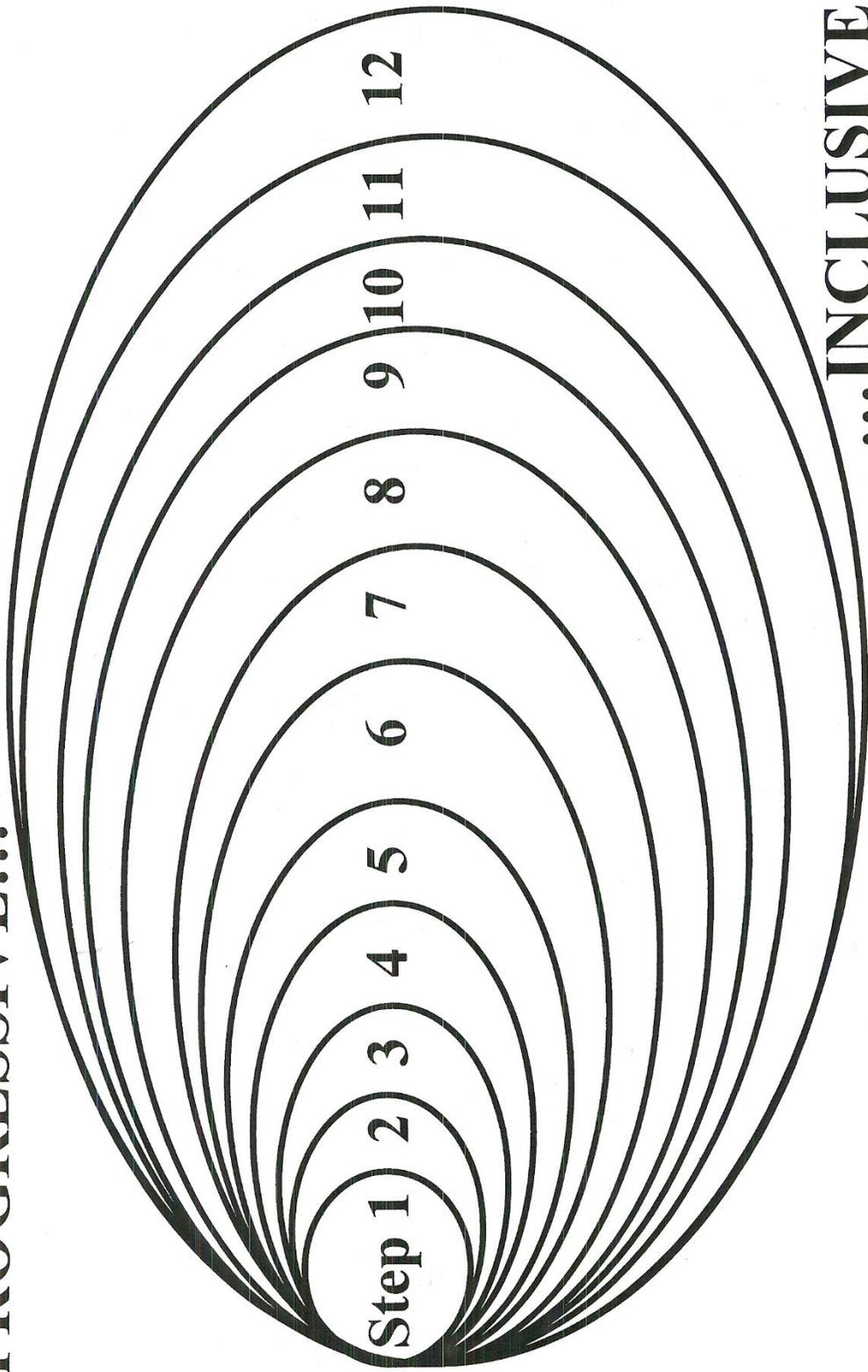
...popular

...'don't rock the boat'



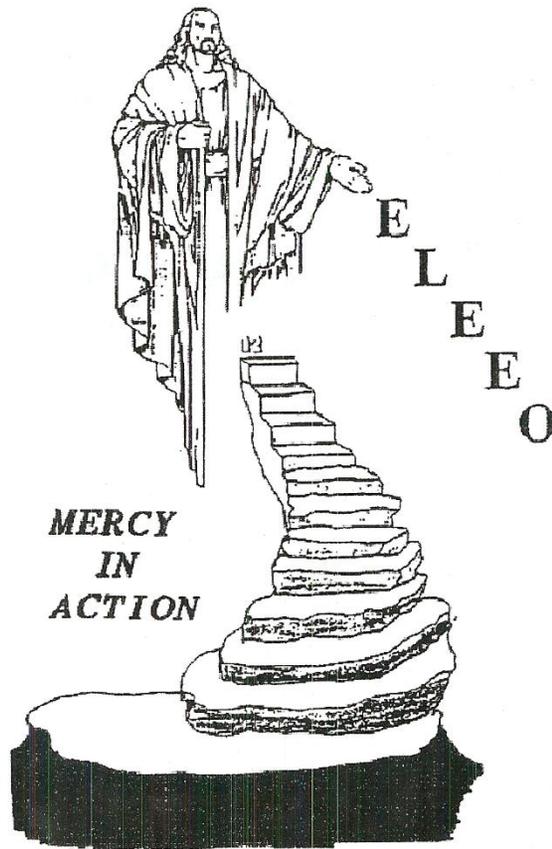
# The Nature of the Beatitudes & 12 Steps

**PROGRESSIVE...**



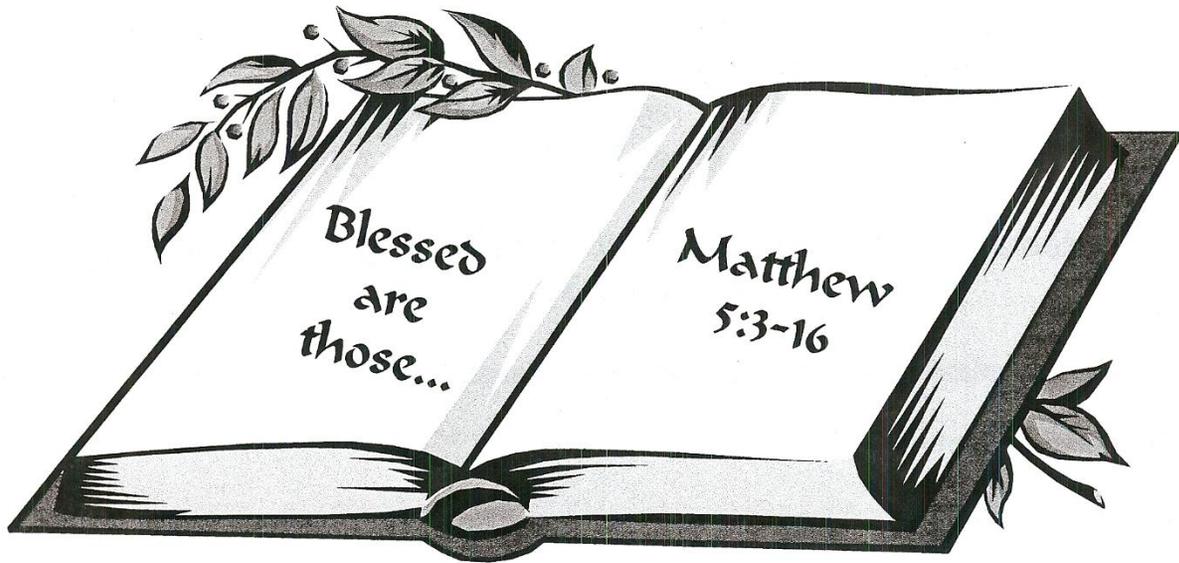
# Personal Recovery Devotional





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***“All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God’s way of preparing us in every way, fully equipped for every good thing God wants us to do.”***  
**2 Timothy 3: 16-17 NLT**



# The 12-Steps In Scripture

## STEP ONE

“Our Weakness”

A “Give Up” Step

*“We admitted we were powerless over our addictions and/or difficulties; that our lives had become unmanageable.”*

### The First Beatitude

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

Our Goal: To relate to God through our powerlessness

Key Supporting Scriptures:

#### **Psalm 38: 4-8 NIV**

My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester and are loathsome because of my sinful folly. *I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body. I am feeble and utterly crushed; I groan in anguish of heart.* (emphasis added)

#### **John 5:6 NIV**

When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, **“Do you WANT to get well?”** (emphasis added)

#### **Romans 7: 18-24 NIV**

*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?* (emphasis added)

#### **2 Corinthians 12:9-10 NIV**

But he said to me, *“My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.* That is why, for Christ’s sake, I delight in weaknesses, in insult, in hardships, in persecutions, in difficulties. *For when I am weak, then I am strong.* (emphasis added)

## Additional Supporting Scriptures for Step One:

Deuteronomy 30:19-20  
 Psalm 6:1-7  
 Psalm 38:6-14  
 Psalm 118:8-9  
 Psalm 127:1-2  
 Matthew 10:38-39  
 Mark 4:35-41  
 Luke 9:23-25  
 Luke 15:11-19

Proverbs 3:4-8  
 Proverbs 28:14-26  
 Ecclesiastes 1:2, 8-11  
 Ecclesiastes 2:1-3, 10-2  
 Ecclesiastes 3:1-8  
 John 5:1-15  
 John 15:1-8  
 Romans 7:14-25  
 Romans 8:5-8

Isaiah 14:12-15  
 Isaiah 38:9-14  
 Isaiah 55:6-7  
 Jeremiah 9:23-24  
 Hosea 11:1-11  
 1 Corinthians 1:18-21  
 1 Corinthians 8: 2-3  
 2 Corinthians 1:8-10  
 2 Corinthians 3:4-5  
 2 Corinthians 12:9-10

**To learn, you must want to be taught.**  
*Proverbs 12:1*

**You learn from successful failures**

**The great truths in life are the simple ones**

**The wise man is glad to be instructed, but a self-sufficient fool falls flat on his face.**  
*Proverbs 10:8*

**Take short steps. A lot of people fail because they try to take too big a step too quickly.**

**A good man is guided by his honesty.**  
*Proverbs 11:3a*

**If you take the train off the tracks it's free but it can't get anywhere**

**As important as the past is, it is not as important as the way you see your future!**

## STEP TWO

“God’s Power”

A “Give Up” Step

*“Came to believe that Jesus Christ could restore us to sanity.”*

### The Second Beatitude

*“Blessed are those who mourn, for they will be comforted.”*

*Matthew 5:4 NIV*

Our Goal: To relate to ourselves honestly

Key Supporting Scriptures:

#### **Isaiah 1: 18a NIV**

Come now, *let us reason together*, says the Lord...(emphasis added)

#### **Psalm 40: 1-2 NIV**

I waited patiently for the Lord; he turned to me and heard my cry. *He lifted me out of the slimy pit*, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. (emphasis added)

#### **Mark 9: 21-24 NIV**

Jesus asked the boy’s father, ‘How long has he been like this?’ ‘From childhood,’ he answered. ‘It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.’ ‘If you can?’ said Jesus. ‘*Everything is possible for him who believes.*’ Immediately the boy’s father exclaimed, ‘I do believe; help me overcome my unbelief!’ (emphasis added)

#### **Luke 17: 6 NIV**

He replied, ‘*If you have faith as small as a mustard seed*, you can say to this mulberry tree, be uprooted and planted in the sea, and it will obey you. (emphasis added)

#### **2 Timothy 1: 7 NIV**

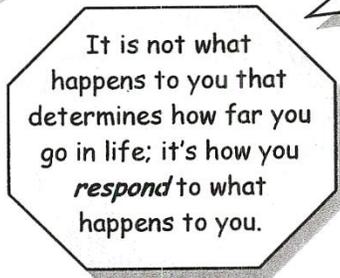
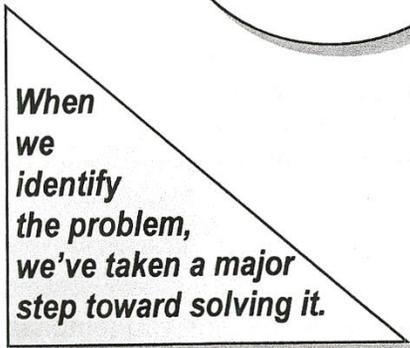
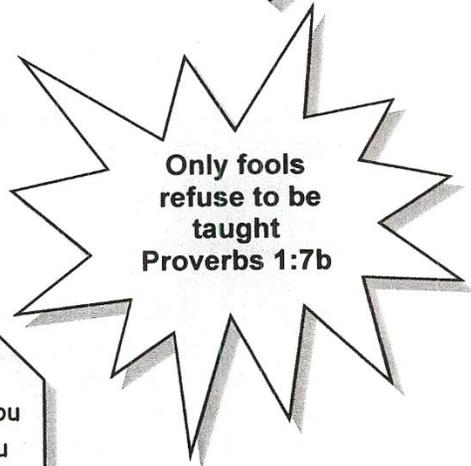
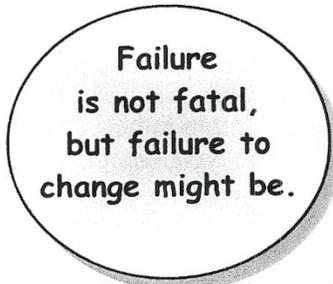
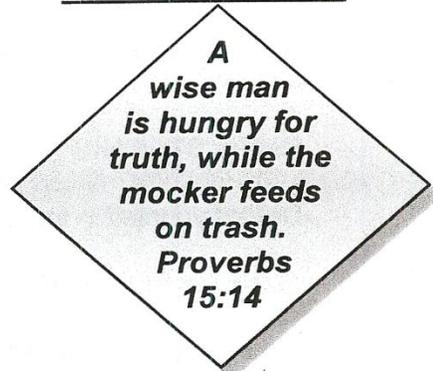
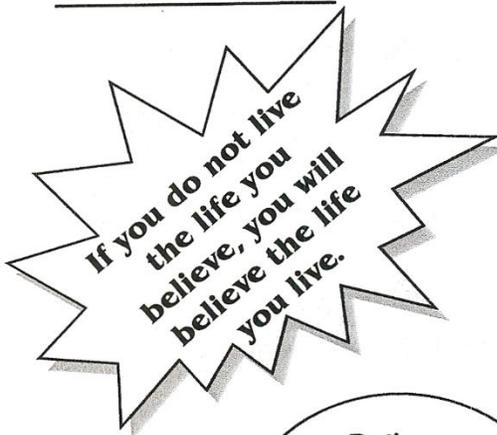
*For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.* (emphasis added)

## Additional Supporting Scriptures for Step Two:

Psalm 16:1-10  
 Psalm 34:17-22  
 Psalm 37:11, 23-25, 27  
 Psalm 40:1-4  
 Psalm 91  
 Proverbs 27:11-12  
 Isaiah 1:18-20  
 Isaiah 40:27-31  
 Isaiah 41:10, 13-14, 21-24  
 Isaiah 55:8-11  
 Jeremiah 17:5-10, 14  
 Matthew 6:31-34

Matthew 8:1-3, 5-10, 13-17  
 Matthew 14:22-36  
 Matthew 26:40-41  
 Mark 5:22-42  
 Mark 9:17-27  
 Mark 10:46-52  
 Luke 4:16-21  
 Luke 17:5-6  
 John 3:16-21  
 John 5:5-9a, 14  
 John 16:33  
 Romans 5:6-10

Romans 8:38-39  
 Romans 13:11, 13-14  
 1 Corinthians 10:12-13  
 2 Corinthians 1:9-10  
 2 Corinthians 3:4-5  
 Galatians 5:16-18, 22-26  
 Ephesians 3:14-21  
 Philippians 2:13  
 2 Timothy 2:21-22  
 Hebrews 2:14-18  
 1 John 1:5-10  
 1 John 3:20-22  
 Revelation 3:20-22



## STEP THREE

“Our Collapse”

A “Give Up” Step

*“Made a decision to turn our will and our lives over to the care of Christ”.*

### The Third Beatitude

*“Blessed are the meek, for they will inherit the earth.” Matthew 5: 5 NIV*

**Our Goal: To prepare ourselves to accept the will of God**

Key Supporting Scriptures:

**Proverbs 3:5 NIV**

Trust in the Lord with all your heart and *lean not on your own understanding.* (emphasis added)

**Jeremiah 17: 7 NIV**

But blessed is the man who *trusts* in the Lord, *whose confidence is in him.* (emphasis added)

**Psalms 37: 4 NIV**

Delight yourself in the Lord and he will give you the desires of your heart.

**Matthew 6: 10 NIV**

Your kingdom come, *your will be done* on earth as it is in heaven. (emphasis added)

**Matthew 11: 28-30 NIV**

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and *learn from me*, for I am gentle and humble in heart, and you will find rest for your souls. For *my yoke is easy and my burden is light.* (emphasis added)

**Romans 12: 1-2 NIV**

Therefore, I urge you, brothers, in view of God’s mercy, to *offer your bodies as living sacrifices*, holy and pleasing to God—this is your spiritual act of worship. 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. (emphasis added)

**James 4: 7 NIV**

*Submit yourselves, then, to God.* Resist the devil, and he will flee from you (emphasis added)

## Additional Supporting Scriptures for Step Three:

2 Chronicles 20:15-19  
 Psalm 34:1-11  
 Psalm 37:3-11  
 Psalm 118:5-14  
 Psalm 119:145-173  
 Psalm 143:4-12  
 Psalm 144:1-2  
 Proverbs 3:1-8  
 Proverbs 3:19-26  
 Proverbs 16:1-7  
 Isaiah 26:2-9a  
 Isaiah 40:31

Jeremiah 17:7-8, 14  
 Jeremiah 29:8-14  
 Malachi 4:1-3  
 Matthew 6:10  
 Matthew 6:24, 31-34  
 Matthew 7:7-12  
 Matthew 11:27-30  
 Matthew 26:30, 39, 42  
 John 1:9-13  
 John 4:34  
 John 5:22-24, 30  
 John 14:12-21

John 15:1-29  
 Romans 6:12-23  
 Romans 12:1-2  
 Galatians 2:19-21  
 Ephesians 2:4-10  
 Philippians 4:6-7, 13  
 Hebrews 6:1-3  
 Hebrews 11:1-3, 6  
 James 4:4b-10  
 James 4:15-17  
 1 Peter 1:13-16, 21, 23  
 1 Peter 5:6-11

Paul was so overwhelmed, so thrilled by the sheer grace that God had shown to him, that he felt motivated by it.

*A man must be given over absolutely to the one great work to which God has called him.*

**In everything you do put God first, and He will direct you and crown you with success.**

Proverbs 3:6

All who listen to instructions and follow them are wise, like a man who builds his house on solid rock.  
 Matthew 7: 24

*We've got to change that donkey to a racehorse and make him want to pull the load*

The old self... is going to have to get off the throne... that...we (might) establish the Kingdom in our hearts.

## **STEP FOUR**

“Our Examination”

“A Clean Up Step”

*“Made a searching and fearless moral inventory of ourselves.”*

### **The Fourth Beatitude**

*“Blessed are those who hunger and thirst for righteousness,  
for they will be filled.” Matthew 5:6 NIV*

**Our Goal: To accept, trust and give our time to righteous relationships in our lives.**

**Key Supporting Scriptures:**

#### **Lamentations 3: 40 NIV**

Let us *examine our ways and test them*, and let us return to the Lord  
(emphasis added)

#### **Jeremiah 17: 9-10a NIV**

The heart is deceitful above all things and beyond cure. Who can understand it? *I the Lord search the heart and examine the mind...*  
(emphasis added)

#### **John 8:31-32 NIV**

To the Jews who had believed him, Jesus said, ‘If you hold to my teaching, you are really my disciples. *Then you will know the truth, and the truth will set you free.*’ (emphasis added)

#### **Hebrews 4: 12-13 NIV**

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; *it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight.* Everything is uncovered and laid bare before the eyes of him to whom we must give account. (emphasis added)

## Additional Supporting Scriptures for Step Four:

1 Chronicles 28: 9  
 Psalm 32:1-6  
 Psalm 42: 1-2  
 Psalm 44: 20-21  
 Psalm 69: 5, 13-14  
 Psalm 73: 20-25  
 Psalm 139: 1-5, 23-24  
 Proverbs 20: 27  
 Proverbs 21: 2  
 Proverbs 22:11  
 Isaiah 1:16,18-20  
 Jeremiah 17: 9-10  
 Jeremiah 29: 11-13  
 Jeremiah 31: 18-20

Lamentations 3: 14-16, 32-33, 39-42, 55-58  
 Matthew 5:5  
 Matthew 5:20-22, 27-28, 31-34a, 37-40, 43-45a  
 Matthew 22:36-40  
 Mark 14: 66-72  
 Luke 6: 20-23  
 John 8: 31-32, 34-36  
 Romans 3: 20-25a  
 Romans 12: 9-21  
 1 Corinthians 13: 1-13;14: 1a  
 2 Corinthians 13:5  
 Galatians 6: 2-5, 7-10

Ephesians 4: 21-32  
 Philippians 2:3-4  
 Philippians 4:4-9  
 Colossians 3:2-10  
 Hebrews 4: 12-16  
 Hebrews 12: 12-15  
 James 1: 5-6, 12-16, 19-26  
 1 John 1:8-10  
 1 John 3: 10-11  
 1 John 4: 18-21  
 Revelation 3: 15-18, 20-22

*If we identify our existing anxieties, we have identified our priorities.*

*You cannot perform in a manner inconsistent with the way you see yourself.*

**Confrontation doesn't always bring a solution to the problem, but until you confront the problem, there will be no solution.**

**A man will always reap just the kind of crop he sows!  
 Gal. 6:7**

**There are three things that remain—faith, hope and love and the greatest of these is love!  
 1 Cor. 13:13**

**F-E-A-R:  
 False evidence appearing real.**

**It's awesome when we start examining what we are worth**

**It's not the qualities you have—it's the qualities you recognize you have and use that will make the difference!**

**Character—not wealth, power, or position—is the supreme word.**

## **STEP FIVE**

“Our Confession”

A “Clean Up “ Step

*“Admitted to God, to ourselves, and to another human being,  
the exact nature of our wrongs.”*

### **The Fifth Beatitude**

*“Blessed are the merciful, for they shall receive mercy.” Matthew 5: 7 NIV*

**Our Goal: To accept our spiritual equality with all people and to work toward equality in our personal relationships.**

Key Supporting Scriptures:

#### **Psalm 32: 5 NIV**

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. (emphasis added)

#### **Psalm 51: 1-6 NIV**

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. *Against you, you only, I have sinned and done what is evil in your sight*, so that you are proved right when you speak and justified when you judge. Surely, I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. (emphasis added)

#### **Proverbs 28: 13 NIV**

He who conceals his sins does not prosper, but *whoever confesses and renounces them finds mercy*. (emphasis added)

#### **James 5:16 NIV**

Therefore *confess your sins to each other* and pray for each other so that *you may be healed*. The prayer of a righteous man is powerful and effective. (emphasis added)

#### **1 John 1: 8-9 NIV**

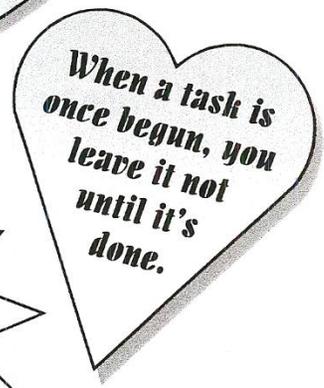
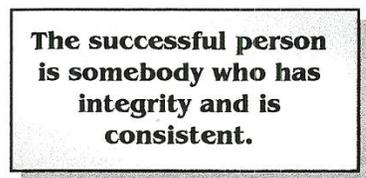
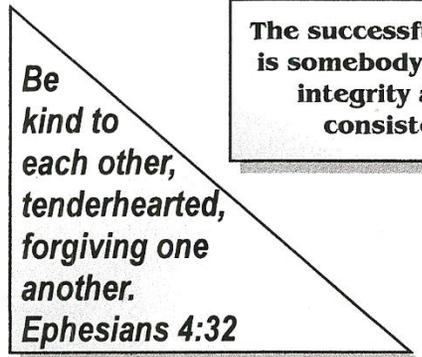
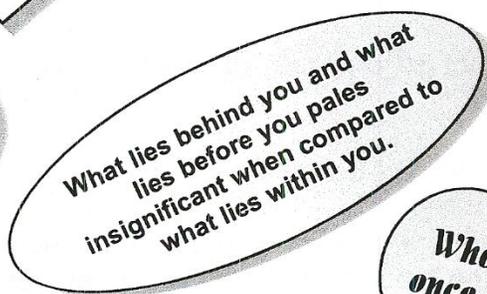
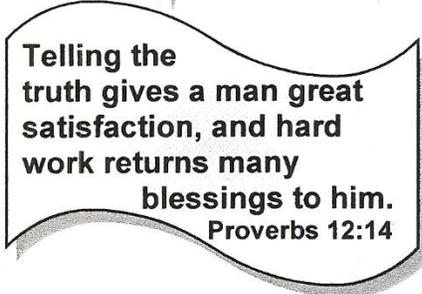
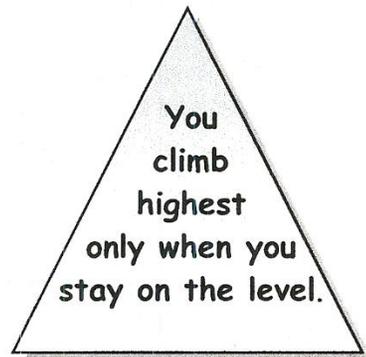
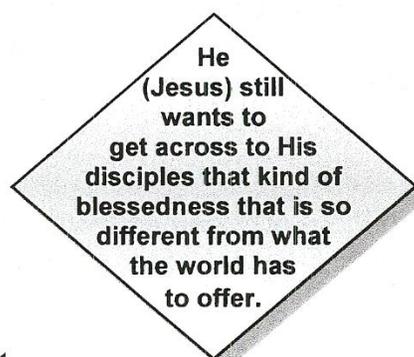
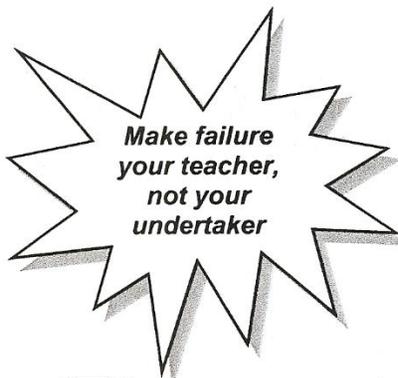
If we claim to be without sin, we deceive ourselves and the truth is not in us. *If we confess our sins*, he is faithful and just and will forgive us our sins and *purify us from all unrighteousness*. (emphasis added)

## Additional Supporting Scriptures for Step Five:

Psalm 32  
 Psalm 51  
 Psalm 55: 16-19a, 22-23  
 Psalm 103  
 Proverbs 16: 5-6, 13, 16-20  
 Proverbs 18: 24  
 Proverbs 27: 9, 17  
 Proverbs 28: 6, 13  
 Proverbs 30: 7-9  
 Isaiah 1:18-20

Isaiah 44: 21-22  
 Jeremiah 14: 20-21  
 Daniel 9: 3b-9  
 Micah 6: 7-8  
 Matthew 26: 26-28  
 Luke 15: 11-32  
 Romans 3: 21-26  
 Romans 8: 26-28  
 Romans 12: 3-11

Romans 14: 10-12  
 1 Corinthians 4: 2-4  
 2 Corinthians 1 : 3-7  
 2 Corinthians 4: 1-2  
 Ephesians 1: 6-8  
 Colossians 1: 11-14  
 James 2: 12-13  
 James 4: 5-10  
 James 5: 16, 19-20



## **STEP SIX**

“Our Readiness”

A “Clean Up” Step

*“Were entirely ready to have God remove all these defects of character.”*

### **The Sixth Beatitude**

*“Blessed are the pure in heart, for they shall see God.” Matthew 5: 8 NIV*

**Our Goal: To listen to God for guidance**

Key Supporting Scriptures:

#### **Psalm 51: 10-12 NIV**

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.

#### **John 5:6 NIV**

When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, ‘Do you want to get well?’

#### **Ephesians 5:18 NIV**

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

#### **1 Peter 1: 13-14 NIV**

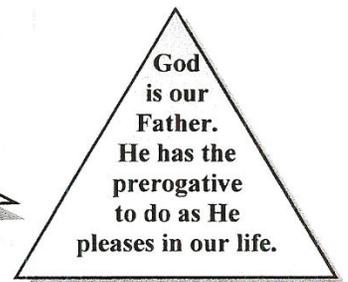
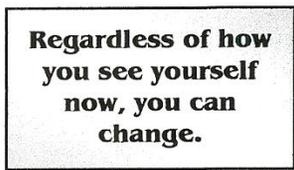
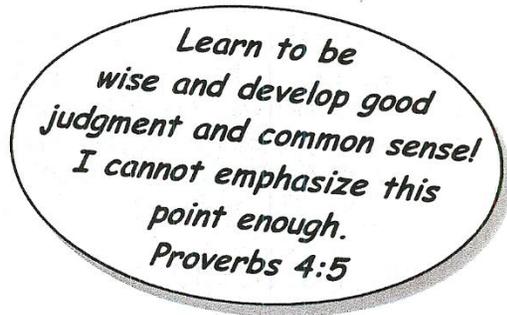
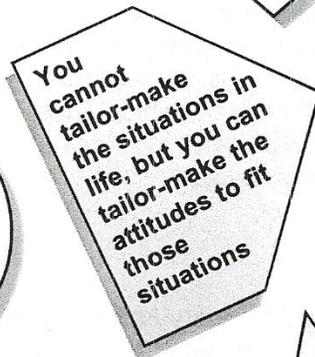
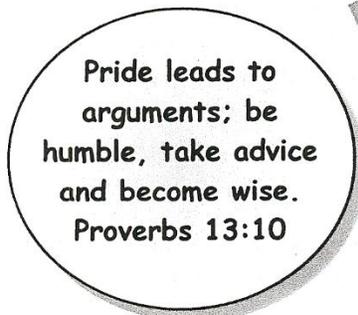
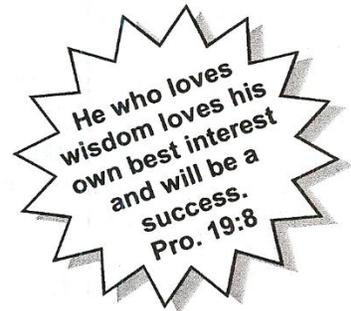
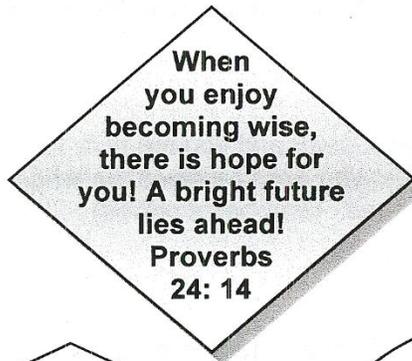
Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance.

## Additional Supporting Scriptures for Step Six:

Deuteronomy 31: 6, 8  
 Deuteronomy 32: 46-47  
 Joshua 1: 7-9  
 Psalm 37: 1-11, 34, 39-40  
 Psalm 51: 1-12  
 Psalm 53: 1-3  
 Psalm 119: 9-20  
 Psalm 145: 1-9  
 Proverbs 3: 21-26  
 Isaiah 41: 9-10  
 Jeremiah 29: 11-14

Jeremiah 31: 31-33  
 Ezekiel 36: 25-26  
 Matthew 9: 16-17  
 Matthew 13: 3b-9  
 John 5: 5-9, 14  
 John 15: 1-8  
 Romans 6: 8-14  
 Romans 12: 1-2  
 Ephesians 2: 8-10  
 Ephesians 5: 15-18  
 Philippians 3: 10-14

Philippians 4: 4-9  
 Colossians 3: 1-17  
 1 Thessalonians 3: 12-13  
 1 Thessalonians 5: 23-24  
 2 Thessalonians 3: 3-5  
 Hebrews 4  
 Hebrews 9: 13-14  
 James 1: 2-8  
 James 4: 7-10  
 1 Peter 1: 13-16  
 1 John 5: 14-15



## **STEP SEVEN**

“Our Request”

A “Make Up” Step

*“Humbly asked him to remove our shortcomings.”*

### **The Sixth Beatitude**

*“Blessed are the pure in heart, for they will see God.” Matthew 5:8 NAS*

**Our Goal: To practice humility and receive the strength necessary to live the program and achieve satisfactory results.**

Key Supporting Scriptures:

#### **Psalm 139: 23-24 NIV**

*Search me, O 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. (emphasis added)*

#### **Matthew 7: 7-8 NIV**

*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. (emphasis added)*

#### **James 4: 6-10 NIV**

*But he gives us more grace. That is why Scripture says: ‘God opposes the proud but gives grace to the humble.’ Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. *Humble yourselves before the Lord, and he will lift you up.* (emphasis added)*

#### **1 Peter 5: 6-7 NIV**

*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. (emphasis added)*

### **Seventh Step Prayer**

*“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding. Amen.”*

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**Additional Supporting Scriptures for Step Seven:**

Psalm 25  
 Psalm 28: 1-3, 6-7  
 Psalm 51  
 Psalm 139  
 Isaiah 57: 12-15  
 Ezekiel 11: 18-20  
 Matthew 5:8  
 Matthew 5:43-48

Matthew 7: 1-8, 12  
 Matthew 23: 11-12  
 Luke 11: 9-13  
 John 14: 25-27  
 Acts 3: 19-20  
 2 Corinthians 3: 16-18  
 Galatians 5: 16-26

Philippians 4: 6-7  
 James 4: 6-10  
 1 Peter 1: 14-16  
 1 Peter 5: 6-7  
 2 Peter 1: 3-8  
 1 John 1: 5-10  
 1 John 5: 5, 14-15

**A  
 jealous  
 critical  
 nature is a  
 manifestation  
 of a poor  
 self-image**

The good influence  
 of godly citizens causes  
 a city to prosper, but  
 the moral decay of the  
 wicked drives it downhill.  
 Proverbs 11:11

**I've got to say  
 no to the good  
 so I can say yes  
 to the  
 best.**

*When you sow an  
 action, you reap a habit. Sow  
 a habit, reap a character,  
 sow a character, reap a  
 destiny.*

**I would have  
 you learn this great fact:  
 that a life of doing right  
 is the wisest life there is.  
 Proverbs 4:11**

**Fix  
 your  
 thoughts on  
 what is true and  
 good and right.  
 Philippians 4:8**

**Before you change your  
 thinking, you have to  
 change what goes into  
 your mind.**

*Worse than  
 being blind would be  
 to be able to see but  
 not have any vision.  
 Helen Keller*

## STEP EIGHT

“Our Damage List”

A “Make Up” Step

*“Made a list of all persons we had harmed and became willing to make amends to them all.”*

### The Seventh Beatitude

*“Blessed are the peacemakers, for they will be called the sons of God.”  
Matthew 5:9 NIV*

**Our Goal: To risk making peace where peace is needed.**

Key Supporting Scriptures:

#### **Numbers 5: 6-7 NIV**

When a man or woman wrongs another in any way and so is unfaithful to the Lord, that person is guilty and must confess the sin he has committed. *He must make full restitution for his wrong, add one fifth to it and give it all to the person he has wronged.* (emphasis added)

#### **Matthew 5: 44 NIV**

But I tell you: *Love your enemies and pray for those who persecute you.* (emphasis added)

#### **Romans 14: 19 NIV**

Let us therefore *make every effort to do what leads to peace* and to mutual edification. (emphasis added)

#### **Colossians 3: 15 NIV**

*Let the peace of Christ rule in your hearts,* since as members of one body you were called to peace. And be thankful. (emphasis added)

#### **1 Peter 3:9 NIV**

*Do not repay evil with evil or insult with insult, but with blessing,* because to this you were called so that you may inherit a blessing. (emphasis added)

**Additional Supporting Scriptures for Step Eight:**

Genesis 50: 14-21  
 Leviticus 6: 1-5  
 Numbers 5: 6-8  
 Psalm 38: 9-21  
 Proverbs 3: 27-35  
 Proverbs 14: 8-9  
 Proverbs 25: 8-10, 18, 21-23  
 Jeremiah 35: 12-15a  
 Matthew 5: 21-26, 43-45a  
 Matthew 6: 9a, 12, 14-15

Matthew 7: 1-6, 12  
 Matthew 18: 21-35  
 Mark 11: 24-25  
 Luke 6: 27-38  
 Luke 17: 3b-4  
 Luke 19: 1-20  
 Luke 23: 34  
 John 20: 21-23  
 Acts 10: 28  
 Romans 2: 1-4

Romans 12: 14-21  
 Romans 14: 16-19, 22  
 Romans 15: 1-7  
 2 Corinthians 2: 5-8, 11  
 Ephesians 4: 17-32  
 Colossians 3:12-15  
 1 Peter 3: 8-17  
 1 Peter 5: 7-11  
 1 John 4: 7-21

**The fool who provokes his family to anger and resentment will finally have nothing worthwhile left.**  
**Proverbs 11:29**

**Don't withhold repayment of your debts.**  
**Proverbs 3:27**

**Success occurs when opportunity meets preparation.**

**You can never get ahead by trying to get even.**

**Love is never haughty or selfish or rude.**  
**1 Corinthians 13:5a**

**Use a negative word on someone else and you'll feel some influence of the poison yourself.**

**If you treat everybody like they're hurting, you'll be treating the vast majority of them in the proper way.**

**There is no great fun, satisfaction, or joy derived from doing something that's easy.**  
**John Wooden**

**Our language is the best reflection of our thinking.**

## STEP NINE

“Our Repair”

A “Make Up” Step

*“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

### The Seventh Beatitude

*“Blessed are the peacemakers, for they will be called sons of God.”*

**Our Goal: To produce right relationships in every sphere of life; to do Christ-like work.**

Key Supporting Scriptures:

**Matthew 6:12 NIV**

*Forgive us our debts, as we also have forgiven our debtors. (emphasis added)*

**Matthew 7: 12 (Luke 6:30) NIV**

*So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. (emphasis added)*

**Luke 15: 21 NIV**

*The son said to him, ‘Father, I have sinned against heaven and against you, I am no longer worthy to be called your son’. (emphasis added)*

**John 13: 15, 17 NIV**

*I have set you an example that you should do as I have done for you...Now that you know these things, you will be blessed if you do them. (emphasis added)*

**John 20: 23 NIV**

*If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven. (emphasis added)*

**Colossians 3: 13 NIV**

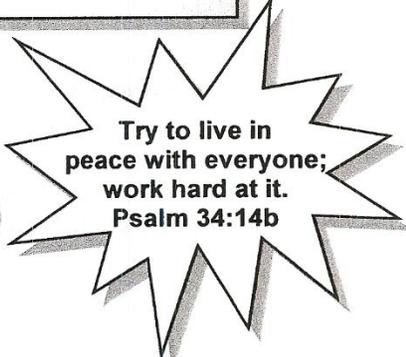
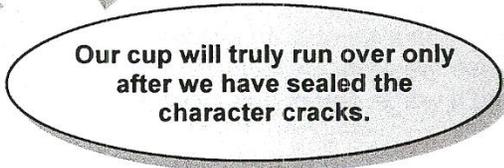
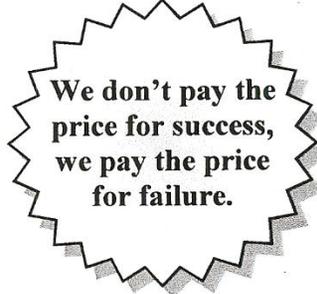
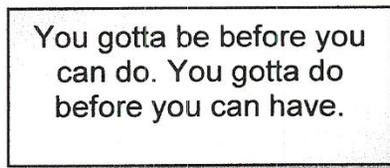
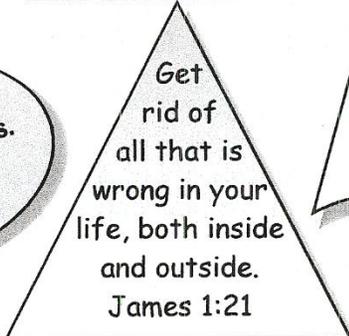
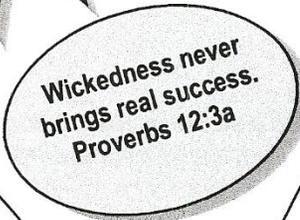
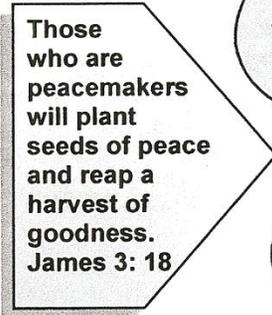
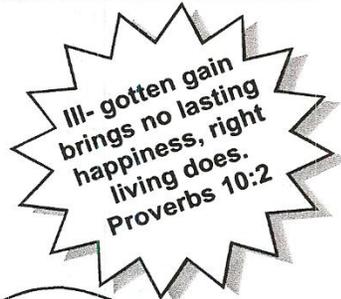
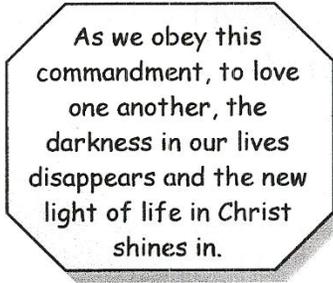
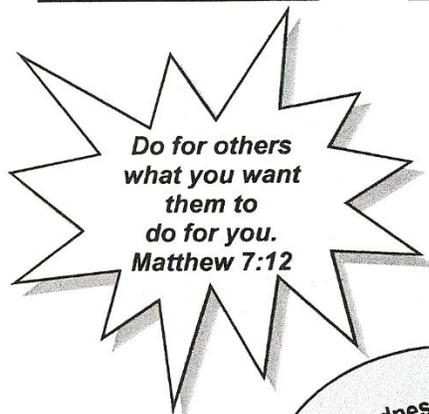
*Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. (emphasis added)*

## Additional Supporting Scriptures for Step Nine:

Numbers 5: 5-8  
Proverbs 6: 27-35  
Ezekiel 33: 10-20  
Matthew 5:21-26  
Matthew 5: 43-48  
Matthew 6:12  
Matthew 7:12  
Matthew 16: 24-27

Matthew 18: 15-18, 21-22  
Luke 6:27-38, 41-42  
Luke 15: 11-32  
Luke 19: 5-10  
John 13: 12-17  
John 20: 23  
Acts 10: 13-20  
Romans 12: 14, 17-21

Romans 13: 8-14  
Romans 14: 10-13  
Philippians 2: 3-16  
Colossians 3: 5-15  
1 Thessalonians 5: 14-24  
1 Peter 4: 7-8  
1 John 4: 16-21



## **STEP TEN**

“Our Vigilance”

A “Keep Up” Step

*“Continued to take personal inventory and when we were wrong promptly admitted it.”*

### **The Seventh Beatitude**

*“Blessed are the peacemakers, for they will be called sons of God.”  
Matthew 5:9 NIV*

**Our Goal: To learn how to sustain what we have accomplished, become more confident and proceed with joy along our spiritual journey.**

Key Supporting Scriptures:

#### **Psalm 19: 12-14 NIV**

*Who can discern his error? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression. May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer. (emphasis added)*

#### **Psalm 139: 23-24 NIV**

*Search me, O 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. (emphasis added)*

#### **1 Corinthians 10: 12 NIV**

*So, if you think you are standing firm, be careful that you don't fall! (emphasis added)*

#### **Ephesians 4: 22-24 NIV**

*You were taught with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 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.*

#### **Ephesians 5: 15-17**

*Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. (emphasis added)*

**Additional Supporting Scriptures for Step Ten:**

Genesis 50: 15-21  
 Psalm 5  
 Psalm 6: 8-10  
 Psalm 19: 7-14  
 Psalm 34  
 Psalm 118: 5-14  
 Psalm 139: 17-24  
 Proverbs (entire book)  
 Galatians 6: 1-20

Proverbs 14: 1-3, 5-9, 14-18, 22-23, 29-31, 35  
 Proverbs 15: 1-4, 13-26, 18-19, 21-22, 28-33  
 Proverbs 21: 2-8  
 Proverbs 29: 5-11, 15, 17-19, 23-25  
 Matthew 5: 21-26  
 Ephesians 5: 1-21  
 James 1: 19-27  
 1 John 1: 5-10  
 Ephesians 4: 17-32

Matthew 18: 15-18  
 Luke 6: 37- 49  
 Romans 12: 1-4, 9-21  
 1 Corinthians 10: 12-14  
 2 Corinthians 3: 2b-5  
 1 John 2: 1-12, 15-17  
 1 John 3: 6-24  
 Galatians 5: 1, 13-26

**A man who refuses to admit his mistakes can never be successful.**

**To respond is positive; to react is negative**

**It is quite true that the way to live a godly life is not an easy matter. But the answer lies in Christ. 1 Timothy 3:16**

**What you send out comes back**

**A wise man controls his temper. He knows that anger causes mistakes. Proverbs 14:29**

**When you quit getting better, you'll soon stop being good.**

**A gentle answer turns away wrath, but harsh words cause quarrels. Proverbs 15:1**

**Every choice has an end result.**

**We can all learn valuable lessons and techniques from unlikely people.**

**Conceit is a weird disease. It makes everyone sick except the one who's got it.**

**Never criticize or condemn—or it will all come back on you. Luke 6: 37a**

## **STEP ELEVEN**

“Our God Search”

A “Keep Up” Step

*“Sought through prayer and meditation on His Word to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry it out.”*

### **The Eighth Beatitude**

*“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.” Matthew 5: 10 NIV*

**Our Goal:** To keep ourselves in tune by devoting time to regular service and maintenance.

**Key Supporting Scriptures:**

**Psalm 25: 9 NIV**

*He guides the humble in what is right and teaches them his way. (emphasis added)*

**Psalm 32: 8 NIV**

*I will instruct you and teach you in the way you should go; I will counsel you and watch over you. (emphasis added)*

**Psalm 119: 105 NIV**

*Your word is a lamp unto my feet and a light for my path. (emphasis added)*

**Proverbs 3: 5-6 NIV**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. (emphasis added)*

**Isaiah 30: 21 NIV**

*Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.” (emphasis added)*

**John 14: 26 NIV**

*But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. (emphasis added)*

**Romans 8: 26-28 NIV**

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will. (emphasis added)*

**Philippians 4: 6-7 NIV**

*Do not be anxious about anything, but in everything, 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. (emphasis added)*

## Additional Supporting Scriptures for Step Eleven:

Psalm 1:1-6  
 Psalm 16  
 Psalm 25  
 Psalm 32: 7-11  
 Psalm 37: 1-19, 23-24  
 Psalm 55: 16-19, 22  
 Psalm 63  
 Psalm 66: 16-20  
 Psalm 119: 89-112  
 Psalm 145: 17-21  
 Proverbs 3: 1-6  
 Proverbs 16: 17-20  
 Isaiah 26: 2-8  
 Isaiah 30: 18-21

Isaiah 40: 25-31  
 Jeremiah 1: 4-10  
 Jeremiah 29: 8-13  
 Hosea 6:3  
 Matthew 5: 10-12  
 Matthew 6: 25-34  
 Matthew 7: 7-11, 24-27  
 Matthew 21: 18-22  
 Mark 11: 22-25  
 Luke 6: 43-45  
 Luke 18: 9-14  
 John 6: 44-51, 63  
 John 14: 1-7, 12-21, 25-27  
 John 15

John 16: 13-15  
 John 17: 20-26  
 Acts 19: 9-11  
 Romans 8: 24-39  
 Philippians 4:4-9  
 Colossians 1: 9-14  
 Colossians 3: 12-17  
 Colossians 4: 2, 5, 6  
 1 Timothy 2:1-6  
 2 Timothy 3: 16-17  
 Hebrews 4: 12-16  
 James 4: 2b-3, 6-8  
 1 Peter 1: 1-12  
 1 John 5: 13-15  
 Revelation 3: 20-22

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**You're  
 what you  
 are and where  
 you are because of  
 what's gone into your  
 mind. You can change  
 by changing what  
 goes into your  
 mind.**

**The people who  
 know their God shall  
 be strong and do  
 great things.**

**One person with a  
 commitment is  
 worth more than  
 a hundred who  
 only have an  
 interest.**

**May the Lord of peace  
 himself give you his  
 peace no matter  
 what happens.  
 2 Thessalonians 3:16**

**He  
 orders  
 his angels  
 to protect you  
 wherever you go.  
 Psalm 91:11**

**Be filled with his  
 mighty, glorious strength  
 so that you can keep going  
 no matter what happens.  
 Colossians 1:11**

## **STEP TWELVE**

**“Our Responsibility”**

**A “Keep Up” Step**

*“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.”*

### **Salt and Light**

*“You are the salt of the earth... You are the light of the world... Let your light shine before men, that they may see your good deeds and praise your Father in heaven.” Matthew 5:13a,14a,16 NIV*

**Our Goal: To accept the consequences of our beliefs.**

Key Supporting Scriptures:

#### **Isaiah 61:1 NIV**

*The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners. (emphasis added)*

#### **2 Corinthians 1:3-4 NIV**

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. (emphasis added)*

#### **Galatians 6: 1-2 NIV**

*Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. (emphasis added)*

#### **Colossians 4: 5-6 NIV**

*Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. (emphasis added)*

#### **1 Peter 3: 15-16 NIV**

*But in your hearts set apart Christ as Lord. 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, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. (emphasis added)*

## Additional Supporting Scriptures for Step Twelve:

Exodus 2:23b-25  
 Exodus 3:16-17a  
 Exodus 4: 10-12  
 Joshua 1: 5-9  
 Psalm 66  
 Psalm 67  
 Psalm 107: 1-32  
 Ecclesiastes 4: 9-12  
 Isaiah 50: 4-7  
 Isaiah 52: 7-12  
 Isaiah 60: 15, 17b-22  
 Isaiah 61: 1-4, 6a, 7-11  
 Jeremiah 1: 4-10

Matthew 5: 10-16  
 Matthew 7: 21-27  
 Matthew 10: 5a, 7-8, 11-20  
 Matthew 15: 31-46  
 Mark 5: 19-20  
 Luke 4: 17-24  
 Luke 8: 16-18  
 Luke 10: 25-37  
 Luke 14: 12-14  
 Romans 5: 1-11  
 2 Corinthians 1: 3-7  
 2 Corinthians 5: 11-21  
 Galatians 5: 13-18, 22-26

Galatians 6: 1-10  
 Ephesians 2: 7-11a, 12-14a  
 Ephesians 5: 1-2, 8-13  
 Philippians 3: 1-3, 7-21  
 Philippians 4: 4-9  
 Colossians 1: 9-14  
 Colossians 4: 5-6  
 2 Timothy 1: 6-8a  
 2 Timothy 3  
 Hebrews 13: 15-17  
 James 1: 2-12  
 1 Peter 4: 7-16  
 1 Peter 5: 8-11

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*It's never too late to effect a positive change in somebody's life.*

*If your faith remains strong after being tried in the test tube of fiery trials, it will bring you much praise and glory and honor on the day of his return.*  
**1 Peter 1:7.**

*If we think that our present service for him is hard, just remember that some day we are going to sit with him and rule with him.*  
**2 Tim. 2:12**

*The people of the world will see the good I do for my people and will tremble with awe!*  
**Jeremiah 33:9**

*Outstanding people have one thing in common: an absolute sense of mission.*

**You may give out, but never give up.**

**I pray that as you share your faith with others it will grip their lives too, as they see the wealth of good things in you that come from Christ Jesus.**  
**Philemon 1: 6**

**I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope.**

# JESUS CHRIST

“ He has done everything well!” (Mark 7: 37)



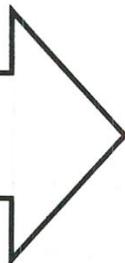
## EXCELLENCE



### Developed in us...

1. By realizing our weaknesses
2. Through others' prayers
3. Through the Word shared
4. Through personal Bible study
5. Through suffering
6. By a hunger for holiness
7. Through a desire for fruitfulness

## INITIATIVE



### Exercised by us...

1. In serving others
2. In taking the first step in reconciliation  
WHEN WE OFFEND  
OTHERS (Matt. 5: 23-24)  
WHEN OTHERS OFFEND  
US (Matt. 18:15)
3. "In either situation, it's your move first!"
4. In seeking knowledge

## CREATIVITY



### Gained by ...

1. Being alert for new ideas
2. Being on the lookout for a better way
3. Maintaining an open and probing mind
4. Courageously trying something new
5. Boldly endeavoring to follow God's will
6. Fellowshiping intimately with Jesus



# *Yesterday... Today... Tomorrow*

*There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.*

*One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control.*

*All the money in the world cannot bring back YESTERDAY. We cannot undo a single act we performed: we cannot erase a single word we said. YESTERDAY is gone.*

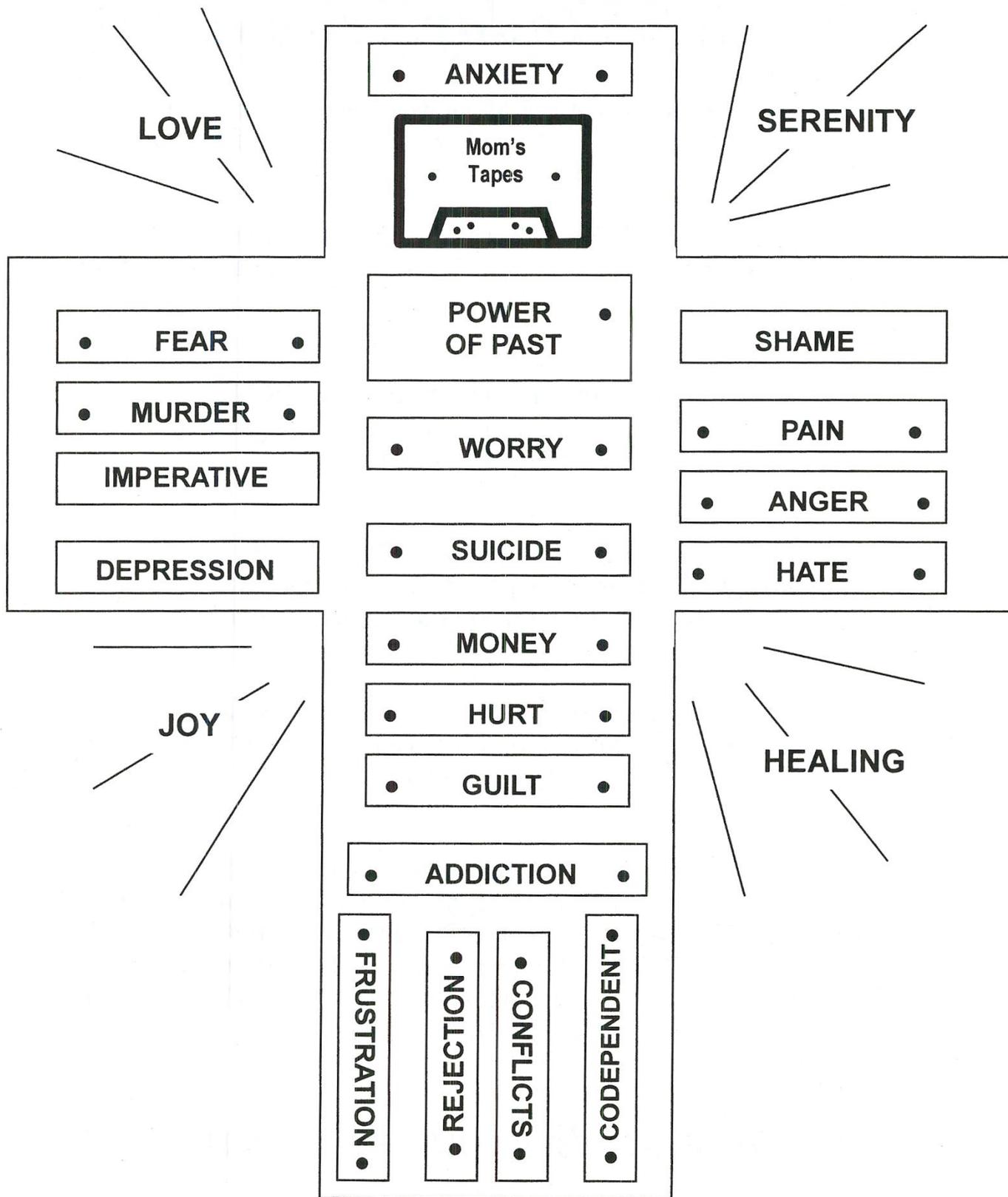
*The other day we should not worry about is TOMORROW with its possible adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control.*

*TOMORROW the sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow for it is as yet unborn.*

*This leaves only one day...TODAY. Any man can fight the battle of just one day. It is only when you and I add the burdens of those two awful eternities...YESTERDAY AND TOMORROW that we break down. It is not the experience of TODAY that drives men mad—it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW will bring.*

***Let us therefore live but one day at a time!***

# PLEASE BE PATIENT!



## GOD ISN'T FINISHED WITH ME YET!!

\* Audrey R. "Please Be Patient!! God Isn't Finished With Me Yet!" Eleeo Chapel, Inc. St. Charles, IL 1991.

# PLEASE BE PATIENT!

LOVE

SERENITY

JOY

HEALING

## GOD ISN'T FINISHED WITH ME YET!!

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## **Third Step Prayer**

***“God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”***

