

## THE TWELVE STEPS AND RELATED SCRIPTURE

### **STEP ONE**

**We admitted we were powerless over our sex and love addiction, that our lives had become unmanageable.**

*"What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise." Romans 7:15 The Message*

### **STEP TWO**

**Came to believe that God could restore us to sanity.**

*"You're not taking God seriously," said Jesus. "The simple truth is that if you had a mere kernel of faith. . .you would tell this mountain, 'Move!' and it would move. There is nothing you wouldn't be able to tackle." Matthew 17:20 The Message*

### **STEP THREE**

**Made a decision to turn our will and our lives over to the care of God.**

*"So here's what I want you to do, God helping you: Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him." Romans 12:1 The Message*

### **STEP FOUR**

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

*"Let us examine our ways and test them, and let us return to the Lord." Lamentations 3:40 NIV*

### **STEP FIVE**

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

*"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed." James 5:16 The Message*

### **STEP SIX**

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

*"So roll up your sleeves, put your mind in gear, be totally ready...Don't lazily slip back into those old groves of evil... Let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness." I Peter 1:13-15 The Message*

### **STEP SEVEN**

**Humbly asked Him to remove all our shortcomings.**

*"So let God work his will in you...Say a quiet yes to God and he'll be there in no time.*

*Quit dabbling in sin. Purify your inner life. Quit playing the field. Hit bottom, and cry your eyes out...Get down on your knees before the Master; it's the only way you'll get on your feet."* James 4:7-10 The Message

### **STEP EIGHT**

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

*"And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive--only then will your heavenly Father be inclined to also wipe your slate clean of sins."* Mark 11:25 The Message

### **STEP NINE**

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

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

### **STEP TEN**

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

*"If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins—make a clean breast of them—he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing."* I John 1:8,9 The Message

### **STEP ELEVEN**

**Sought through prayer and meditation to improve our conscious contact with God; praying only for knowledge of His will for us and the power to carry that out.**

*"Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down."* Philippians 4:6,7 The Message

### **STEP TWELVE**

**Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex and love addicts, and practice these principles in all areas of our lives.**

*"Stoop down and reach out to those who are oppressed. Share their burdens and complete Christ's law."* Galatians 6:2 The Message