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where your **new story** begins

## **SPIRITUAL 12-STEPS**

### *The Beginning*

#### **Step 1 – Recognize and accept that I have a problem**

Lack of awareness, denial or unwillingness to address a particular issue pre-empt an individual from being able to address the concern.

#### **Step 2 – Express my problem in words**

Honestly declare the issue as an “I statement” with supporting evidence for the declaration. Example, “I am an addict because I am compulsively attracted to it daily.”

#### **Step # 3 – Admit My Personal Brokenness**

Psalm 51:16-17: “The sacrifices of God are a broken spirit; a broken and contrite heart.” Hopelessness, fear, guilt, discouragement and depression are consuming me: “For I know my transgressions, and my sin is always before me.” (Psalm 51:3) I admit that I cannot do this alone.

#### **Step # 4 – Taking Responsibility For My Behaviour**

Admit that what I am doing now is not helpful and choose to stop doing whatever is unhealthy. Ask for the group to help me through encouragement and example. Also move from self-pity to truly understanding the negative consequences others experience as a result of my behaviour.

### *My Need For A Higher Power*

#### **Step # 1 – I Need Help Now**

Recognize that I have failed in my own strength to solve this problem. My self-sufficiency and willpower have not worked. I am at the end of what I can do and I need help right now. I cannot manage this problem on my own.

#### **Step # 2 – Recognition of God As a Higher Power**

Blaming myself and others has not helped me. My pride has not helped me. My intellect has not helped me. I admit that I need a higher power to

## Articles

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### **Step # 2 – Recognition of God As a Higher Power (cont'd)**

help me heal and be restored. I choose with my free will to humble myself before my Higher Power and I invite God the Father, Jesus and the Holy Spirit to help me get better.

### **Step # 3 – Turning To Jesus and Asking If The Problem Has a Root?**

Pray to Jesus to reveal any life experience, root or contributing pain that might lie underneath the addictive problem (Not to deny personal responsibility but to seek truth and healing of the soul.). Invite Jesus to direct the healing process by identifying: personal trauma, neglect, abandonment, fear, a painful memory, abuse, a habit, a lie, or whatever has been contributing to the ongoing problems.

### **Step # 4 – Accepting The Need To Address a Root**

Recognizing the possibility that past experiences might be negatively influencing my soul. Choosing with my free will to pray and invite Jesus into the specific pain that has been identified. Am I willing to involved Jesus in my healing process?

## ***The Healing Process***

### **Step # 1 – Inviting Jesus Into The Issue**

Pray to invite Jesus God into the specific memory, experience, feeling, picture, pain and ask the Holy Spirit to reveal the words attached, connected and embedded in the soul. Identify the words that hold the negative feelings.

### **Step # 2 – Recognize The “Old Story” That Has Been At Work**

What is the title of the story that I have been living with all these years?  
What are the words that I have accepted that give strength to the “Old Story”?  
What are the lies that I have accepted and let live in my soul?

### **Step # 3 – Renounce The “Old Story”**

Take responsibility for accepting the words. Renounce the words that have been feeding the “Old Story”. Renounce the subsequent behaviours, decisions, actions, choices and turn to Jesus for Truth.



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### **Step # 4 Listening To Jesus' Truth**

Pray to Jesus to reveal the precise truth related to these lies and negative words that make up the "Old Story". His truth may be revealed in to you in pictures, words and/or feelings. Record your interpretation of Jesus' truth for you. Based on these new words, what is the title of the "New Story" that Jesus wants you to start authoring with his help? Now, start adding words of truth to your "New Story" and allow this "New Story" to grow.

### ***From Recovery To Victory***

#### **Step # 1 – Renounce The Old Thinking and Old Behaviour**

Say "No!" to the old thinking, and behaviours  
Say "No!" to the harmful habits, rituals and practices  
Say "No!" to the "Old Story"

#### **Step # 2 - Embrace The "New Story"**

Affirm the title of the "New Story"?  
What does this "New Story" mean to me?  
What will this New Story allow me to do differently?  
Choose behaviours and actions that flow from the "New Story"  
Share with the group these new actions and how you feel about them.

#### **Step # 3 – Live In Freedom and Victory**

Share my "New Story" with my group.  
Write my "New Story" on paper so that I have my own written book.  
Seek out those I have hurt and caringly and honestly apologize.  
Share my "New Story" with others – tell my story to audiences.  
Thank Jesus for my "New Story" and be grateful.  
Continue to add words to my "New Story" forever.

#### **Step # 4 – Give to Others**

Move from self-centered to other-centered.  
Help others to be free – come along side others as a mentor.  
Give to, serve and love others.

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