

**These are the 12 steps/principles we practice:**

**Principle/Step 1. We admit that by ourselves and to ourselves we are powerless over chemical substances that our lives have become unmanageable.**

Romans 7:15 For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.

**Principle/Step 2. We come to believe that God, through Jesus Christ can restore us to sanity.**

2 Corinthians 5:17 Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

Principle/Step 3. We make a decision to turn our will and our lives over to God through Jesus Christ. John 14:6 Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me.

**Principle/Step 4. We make a searching and fearless moral inventory of ourselves.**

2 Corinthians 13:5 Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test?

**Principle/Step 5. We admit to God, to ourselves, and another person the exact nature of our wrongs.**

James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much

**Principle/Step 6. We commit ourselves to God and desire that He remove patterns of sin from our lives.**

Galatians 5:16,17 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

**Principle/Step 7. We humbly ask God to renew our minds so that our sinful patterns can be transformed into spiritual disciplines of righteousness.**

Ephesians 4:22,23 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind.

**Principle/Step 8. We make a list of all persons who have hurt us and choose to forgive them.**

**We also make a list of all persons we have harmed, and become willing to make amends to them all.**

Luke 6:31 Treat others the same way you want them to treat you.

**Principle/Step 9. We make direct amends to such people where possible, except when doing so will injure them or others.**

Luke 19:8 Zaccheus stopped and said to the Lord, "Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much."

**Principle/Step 10. We continue to take personal inventory, and when wrong, promptly admit it.**

1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

**Principle/Step 11. We seek to know Jesus more intimately through prayer and meditation, and praying only for knowledge of His will and the power to carry that out.**

Romans 12:1,2 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not beconformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

**Principle/Step 12. Having had a spiritual awakening, we try to carry the message of Christ's grace and restoration power to others who are chemically dependent and to practice these principles in every aspect of our lives.**

2 Corinthians 1:3,4 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 so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God