

Step One

We admitted we were powerless over the effects of our separation from God — that our lives had become unmanageable.

“For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.”

Romans 7:18.

1. What is keeping you from recognizing your powerlessness and your life's unmanageability?
2. What area of your life is causing you the most sadness? Read: Psa. 6:6, 7.
3. What events in your life caused you to realize the extent of your pain?
4. Pain is a signal to act out your addiction, obsession, or compulsion. Now pain can be a signal to acknowledge your powerlessness and to "choose life." What specific pain is your loudest signal? Read: Deut. 30:19, 20.
5. We think that life is working when we rely on our old survival techniques. How has this blocked you from seeing your real problems? Read: 1 Cor. 8:2
6. In what area of your life do you experience the strongest need to be in control?
7. What are the results of your self-defeating habits?
8. The Apostles felt fear and doubt because of their powerlessness. What do you fear the most? What causes you to doubt? Read: Mark 4:35-40
9. In what areas of your life do you experience the greatest sense of unmanageability?
10. Cite specific situations of how you find excuses for your behaviour.

11. Which ineffective behaviors need to be eliminated? Read: John 15:1, 2.
12. What specific behavior is a problem you have been avoiding? Or what behavior are you defending or excusing? How do you do this?
13. The prodigal son's decision to live a self-centered life rendered him powerless and caused his life to be unmanageable. In what ways are you like him? Read: Luke 15:17
14. In the past, how have you tried to alter your life's conditions by manipulating your environment? Read: 7:18-20. Notice the I's in the verse.
15. Can you relate to the above verse? In what part of your life do you feel this tug of war the most?
16. Have you felt any comfort or help from God while accepting the powerlessness and unmanageability of your life? Explain.
17. What does "...for when I am weak, then I am strong" mean to you? Read: 2 Cor. 12:9, 10.
18. Why do you suppose trusting yourself is not a wise thing to do? Read: Prov. 28:26

Preparing For Community

19. Which three questions from this step would you like to share with others? Why?
20. What could someone else do to encourage you in your Step One work and in your recovery? '
21. What can you do, specifically to be of service and encouragement to others in recovery?

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Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

“for it is God who works in you both to will and to do for His good pleasure.”
Philippians 2:13.

1. List some of the experiences that caused you to lose faith in God.
2. Faith is the evidence and substance of things hoped for yet not seen. What do you hope for?
3. How do you relate to Peter's experience? Read: Matt. 14:22-32.
4. Mustard-seed faith is like a glimmer of hope mixed with confidence that God will take care of a dilemma in our lives. In what area of your life is God giving you "mustard-seed" faith? Read: Matt. 17:20.
5. What is keeping you from truly believing that a power greater than yourself can restore you to sanity? Read: Mark 9:23-24.
6. Jesus Christ has the power to mend your crushed and broken spirit. What can you do to open yourself to Christ's power? Read: Psa. 34:18-22.
7. In what ways do you see your behavior as insane?
8. In what way have you felt "the sentence of death" in your life? Read: 2 Cor. 1:9.
9. In what ways do you see God at work restoring you to sanity? Read: Phil. 2:13.
10. What can you do to maintain your "emotional sobriety?"
11. In what ways do you hope your relationship with God will improve your ability to deal with daily life?

12. What is your reaction to the fact that recovery requires patience and understanding, that it doesn't happen instantly? Read: 2 Cor. 3:5

13. In what areas of your life have you experienced God's strength replacing your powerlessness? Read: Isa. 40:28-31

14. In what areas of your life do you demonstrate self-will or defiance toward God?

15. In what aspects of your life do you need to be more gentle?

16. What is the nature of your present relationship with Christ? How can it be improved? Read: Rom. 8:38, 39

17. List areas in Step One or Step Two where you still struggle with the program.

18. What do you think you need to do to remedy this problem? (For example: maybe you need to share your difficulty with a friend and ask for prayer, support or counsel.)

19. What help do you want from the Lord as you begin to look to Him for Strength? Read: Isa. 41:10.

20. Are you able to accept God's love for you? Why or why not? Read: John 3:16, 17.

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21. Which three questions from this step would you like to share with others?

22. Describe your relationship with God during childhood.

23. What current events in your life interfere with your relationship with God?

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Step Three

Made a decision to turn our will and our lives over to the care of God in Christ Jesus.

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”

Romans 12:1

1. What things in your life cause you to know that you must turn your will and your life to the care of God?
2. What attitudes or distortions stand in your way and hinder your trust in God (e.g., the belief that God is absent, uncaring, or cruel)? Read: Prov. 3:5, 6.
3. Describe a time when you felt that God’s Spirit led you. Read: Psa. 143:10, 11.
4. Which parts of your life are you unwilling to turn over to God? Explain why.
5. Turning control of your life over to God helps reduce stress. Why do you think this is true? Read: Rom 12:1.
6. How do your childhood memories continue to frighten or otherwise affect you?
7. Describe your childhood relationship with God. Read: John 1:12, 13.
8. Step Three can be an opportunity to start over and mend your memories of childhood hurts. Which area from your childhood needs the most mending (e.g., trust, play, relationships, fear, emotions, faith, etc.)? Explain.
9. What burdens weigh heaviest on your heart? Read: Matt. 11:28-30.
10. How will you know when your Godly-esteem (vs. self-esteem) begins to improve?
11. When has trusting in man failed you? Read: Psa. 118:8, 9.

12. How does this incident in the life of Christ help you identify with the difficulty of Step Three?
Read: Matt. 26:39.
13. In what ways do you relate to Christ's final willingness to surrender to His Father's will?
14. What cross do you carry that forces you to turn to God for guidance?
15. In what ways do you experience Christ living in you? Explain how His presence helps you cope with your daily life? Read: Gal. 2:20.
16. Have you seen any changes in yourself that can be attributed to working the Steps? Explain. Read: Prov. 16:3.
17. How do you plan to practice Step Three in your daily routine of living?
18. Christ will help you surrender your will to God, but you must ask. Describe your prayer life and how it is part of your recovery. Read: John 14:12, 13.
19. What kind of loving attention do you hope to receive when you turn yourself over to God's care?
Read: Jere. 29:11-14.

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20. Which three questions from this Step would you like to share with others?
21. Describe a situation during this week in which your self-will interfered with your recovery?
22. What could someone else do to encourage you in your Step Three work and in your recovery?

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Step Four

Made a searching decision and fearless moral inventory of ourselves.

“Let us search out and examine our ways, And turn back to the LORD”

Lamentations 3:40.

1. In what ways do you tend to hide from reality?
2. Describe an action or behavior that reminds you that you have a deceitful heart. Read: Jer. 17:9, 10.
3. Explain ways in which denial causes you pain or embarrassment.
4. In what areas of your life do you suspect that denial is most active? Read: Mark 14:66-72.
5. How does pride keep you from being honest with yourself? Read: Gal. 6:3-5.
6. What anxiety do you have about memories of your past? Read: Lam. 3:40.
7. Which of your behaviors are most damaging to your life? Explain.
8. What obstacles keep you from asking God to search you and know your heart? Read: Psa. 139:23, 24.
9. List your major resentment. How is it interfering with your life?
10. List situations where you become angry because of your resentments. Read: James 1:19-21.
11. List your major fear. How is it interfering with your life?
12. What fears surface when you realize God knows all your faults? Read: 1 John 4:18.

13. In what ways do you know that you have faith in Christ? Read: 2 Cor. 13:5, 6.
14. What do you believe is your major strength? How does it support you?
15. What do you believe is your major weakness? How does it hurt you?
16. Toward whom or what do you feel bitterness, anger, rage, and other forms of malice? Read: Eph. 4:31.
17. Identify and explain any resistance to making your inventory?
18. Which past hurt or failure causes you to feel depressed? Read: Lam. 3:19-22.
19. What things can you do to keep yourself focused on your step for inventory? (for example: keep a daily routine, allow time for thoughts and reflections, work with a partner, read Step Four materials, etc.). Read: James 1:12.
20. Ridding ourselves of unwanted behavior is impossible without God's help (grace). In your own words, invite God's help. Read: Col. 3:5-8.

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21. Which three questions from this step would you like to share with others?
22. What kind of support do you want from your family group members to help you complete your Step Four work?
23. Step Four is a difficult step. Describe any resistance, or discouragement you may be experiencing.

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Step Five

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

“Confess your trespasses to one another, and pray for one another, that you may be healed.”

James 5:16a.

1. Describe some feelings you experienced when making your inventory.
2. How did the process of doing your inventory bring you closer to God? Read: James 4:7, 8.
3. What are your hopes and fears surrounding Step Five?
4. Which of your faults is the most difficult to acknowledge to another human being? Why? Read: Jer. 14:20.
5. If you admitted your wrongs to God, you can count on His mercy. Describe your experience or understanding of God's mercy for you now. Read: Rom. 14:12.
6. In what way did you feel God's unconditional love for you?
7. What are you using to distract yourself from the pain of being broken (e.g. television, radio, music, activities, work, relationships, substance abuse, religion, etc.)? Read: 1 John 1:8, 9.
8. Which of your character traits or weaknesses causes you to feel fear or embarrassment when you think of sharing your story with another human being?
9. When confessing his sins, the Prodigal Son had to admit the terrible error of his ways. What do you most want to tell someone about the error of your ways? Read: Luke 15:17-19.
10. What qualities do you feel are most important in the person with whom you will share your Fifth Step?
11. What ill effects do you experience when you conceal your wrongs? Read: Psa. 32:3-5.

12. What type of feedback do you want from the person helping you complete Step Five (e.g. the other person's experience, that person's identification with your story, verbal expressions of acceptance and comfort, affirmations of God's forgiveness, etc.)?
13. What do you hope to gain by listening to the other person's viewpoint?
14. List the items from your inventory for which prayer is important to you. Read: James 5:16.
15. Describe your experience of admitting your wrongs to another human being. Read: Prov. 28:13.
16. What difficulties did you have while sharing with another human being? Were you able to be thorough? Explain.
17. In what way has admitting you're wrongs helped you accept your past? Read: Prov. 30:32
18. How did Step Five bring you closer to God and others?
19. What do you plan to do when you act in your old ways? Read: Rom. 3:23.

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20. Which three questions from this Step would you like to share with others?
21. How do you feel towards your family group?
22. What have you been unwilling to ask for from your family group? What are you willing to ask them for now?
23. What have you been unwilling to give your family group? What are you willing to give to them now?

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Step Six

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

“Humble yourselves in the sight of the Lord, and He will lift you up.”

James 4:10.

1. Step Four and Five undoubtedly caused you to recall the pain you have caused yourself and others. Which painful memories tend to increase your readiness to change?
2. Where is your current level of trust? Are you trusting Christ to remove your defects or are you relying on your own power to change? Read: 1 Pet. 1:13, 14.
3. In what ways are you committing your recovery to God? Read: Psa. 37:4, 5.
4. Which defects continue to plague your progress? Read: Phil. 3:12-14.
5. Which character defects are you not entirely ready to have removed? Explain why you are still attracted to them.
6. We draw near to God in order to know His will and to please Him. Explain how you are drawing near to God (e.g. through prayer, devotions, fellowship, journaling, meditations, etc.). Read: Rom. 12:2.
7. List examples of your prayers that show you are making demands on God, instead of asking for His will to be done in your life of declaring the truth about yourself.
8. The first place to show your humility before God is in prayer. Write a one-sentence prayer in which you humbly tell God the truth about yourself regarding a particular defect. Read: James 4:10.
9. List any defects that you have that are interfering with your readiness to have God remove your shortcomings. Read: James 1:5, 6.
10. What practical wisdom or helpful techniques have you learned from the program that could help you now (e.g. to work the first three steps, to use the Serenity Prayer, to share your struggles in meetings, etc.)?

11. How do you identify with the “Broken Dreams” poem in the workbook?
12. What do you fear will happen when your defects are removed?
13. What positive changes have you noticed in your behavior, thoughts patterns or relationships? Read: 2 Thess. 3:3.
14. Which character defects have caused you the most pain and need to be removed first? Read: Rom. 6:11, 12.
15. What does being "entirely ready" mean to you?
16. Explain how seeking God's will has helped you to become more willing to change. Read: Psa. 119:10-12.
17. Describe your confidence in God to help you in removing your defects of character. Read: 1 John 5:14, 15.

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18. Which three questions from this step would you like to share with others?
19. What could someone else do to encourage you in your Step Six work and in your recovery?
20. What can you specifically do to be of service and encouragement to others in recovery?
21. What current event in your life has helped you to reinforce your readiness to have God remove all your defects of character?

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Step Seven

Humbly asked Him to remove our shortcomings.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

1 John 1:9.

1. What special blessings and benefits, even minor ones, has God sent to you since you began your 12-step program recovery?
2. What specific tools has God used to guide you and teach you what is right (e.g., Bible, books, meetings, sponsors, counselors, pastors, etc.) Read: Psa. 25:8-11.
3. Does prayer make you feel better? If yes, in what ways do you feel better? If no, what problems do you have with prayer? Read: Phil. 4:6.
4. List areas in which you are discouraged about your level of progress in having your defects removed.
5. How does the "Paradoxes of Prayer" (read in group) reflect your experiences with prayer?
6. Although God is faithful to forgive and cleanse us, we still tend to doubt. In which part of your life do you doubt God's ability or willingness to cleanse you? Read: 1 John 1:9.
7. What “things” were taken away from you as a child before you were ready to give them up?
8. We show humility first in our relationships with others and then with God. How have you humbled yourself with others? Read: Matt. 23:12.
9. What fears surface when you think of trusting God for your future instead of trusting yourself?
10. Describe your present relationship with God. Read: James 4:6-8.
11. Cite examples that show you are focusing on God and less on yourself.
12. How do you feel cast away from God's presence? Read: Psa. 51:10-12.

13. Which of your negative character defects are becoming positive? What changes do you notice?
14. Cite an instance in which you humbled yourself and God either removed a shortcoming or empowered you to deal with it. Read: 1 Pet. 5:6, 7.
15. What affirmations do you use as a part of your ongoing commitment to recovery?
16. What can you do daily to remain humble and aware of your need for God's mercy? Read: Psa. 51:1, 2.
17. List examples of your behavior that show you have the courage and commitment to change the things you can.

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18. Which three questions from this Step would you like to share with others?
19. Describe how you personally worked Step Seven.
20. What current events in your life helped or hindered your Step Seven work?

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Step Eight

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

“And just as you want men to do to you, you also do to them likewise.”

Luke 6:31.

1. List the relationships most severely damaged by your past misdeeds.
2. Which relationships do you feel the greatest resentment, guilt, or shame?
3. Progress and growth in God's kingdom requires reconciliation with others. Why do you suppose that is true in your case? Read: Luke 19:8.
4. We can only love others to the degree we know God's love for us. In what ways have you experienced God's love for you? Read: 1 John 4:11, 12.
5. Who are you emotionally unwilling to forgive? How does this interfere with your relationship with God? Read: Matt. 6:14, 15.
6. Cite an example of your passing judgment on others and thus harming them and yourself. Read: Rom. 2:1.
7. Which relationships cause you the most pain in terms of unforgiveness and bitterness? Tell God through a written prayer. “God help me forgive... and...”
8. Name one person with whom you relate frequently, who falls in the category of an enemy. What can you do to “do good” and “bless” that person? Read: Luke 6:27-31.
9. Describe a relationship where your pride caused harm to the other person.
10. In what ways do you need to be more tolerant to others? Read: Luke 6:37, 38.
11. Name one person with whom you need to make amends, but is unavailable to meet face-to-face. What is the amend about?

12. What concerns do you have about how you will be treated when making amends? What causes you the most concern? Read: Eph. 4:32.
13. What major character defects caused injury to yourself or others?
14. What consequences do you fear in making your amends?
15. The God-given desire to “build up” another is an indication that we are willing to make restitution. What can you do to build up someone else? Read: Rom. 15:1-3.
16. Why is forgiving yourself an important factor in making amends?
17. List the major ways in which you have harmed yourself. Read: Acts 3:19.
18. List those situations in which you worried about others, when it would have been healthier to focus on what was happening to you. Read: Matt. 7:3, 4.
19. Examine your list and identify behaviors that produced emotional, financial, or physical pain.
20. Take some time to prayerfully forgive everyone who may have harmed you. Write “I forgive...” If you find this difficult, explain below why you still struggle with forgiveness towards this person or persons. Read: Mark 11:25.

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21. Which three questions from this Step would you like to share with others?
22. What contact did you make with your Step Study Family during Step Eight writing work?
23. Share what you feel is the degree of openness of communication within your family group.

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Step Nine

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

“Therefore if you bring your gift to the altar, and there remember that your brother has something against you, “leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.”
Matthew 5:23, 24.

1. Who on your amends list causes you the most anxiety? What is your concern?
2. Is there anyone on your of amends list for whom you have felt hatred in the past? What are your feelings today? Read: 1 John 4:19-21.
3. What is your reaction to the idea of making amends to your enemies?
4. What is interfering with your willingness to make direct amends? Read: Matt. 5:43, 44.
5. How do you suppose prayer or writing helps you make amends when direct contact is not possible?
6. Do you have an indirect amend to make that could be accomplished by offering hospitality to another? Explain. Read: 1 Pet. 4:8-10.
7. Who on your amends list falls into this category? How will complete disclosure cause harm?
8. Describe any difficulties you're having in making amends to those who continue to hold something against you. Read: Matt. 5:23, 24.
9. Describe a situation in which you need counsel before proceeding with direct commands.
10. Which amend requires you to give something back (e.g. money, books, furniture, respect, honor)? Read: Ezek. 33:15, 16.
11. Who on your amends list falls into this category? What harm can be caused by making an amend too soon?
12. Amends ought to encourage and support you and the other person. Have you ever experienced an amend that wasn't uplifting? Explain. Read: 1 Thess. 5:11.

13. Describe a specific situation in which you passed judgment on another and caused that person harm. Read: Rom. 14:13.
14. What rewards do you expect to receive if you are generous with others? (These can be spiritual, emotional, or material.) Read: Luke 6:35, 36.
15. List any outstanding debts you have that need to be repaid. How do you plan to make restitution? Read: Rom 13:8
16. List an example in which you apologized, but did not make an amend.
17. Explain how your desire for revenge has prevented you from making a proper amend? Read: Rom. 12:17, 18.
18. List examples of your recent relapses and how you dealt with them.
19. Which character defects caused you to relapse?
20. In which areas of your life are still being selfish? Read: Phil. 2:3, 4.
21. As you make amends and repair the damage of the past, your self-esteem is allowed to grow. How do you feel about yourself today?
22. What difficulties are you having in making direct commands?

Preparing For Community

23. Which three questions from this Step would you like to share with others?
24. Select some highlights from your amends letter to yourself to share with your family group.
25. What can your family group do to help you with your Step Nine work?

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Step Ten

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

“So, if you think you are standing firm, be careful that you don’t fall!”

(1 Corinthians 10:12).

1. Have you had past success in development and practice of good personal habits such as devotions, exercise, reading, etc.? Explain. If not, what stops you?
2. Which of your self-defeating behaviors reappear most often? Read: Psa. 34:12-14
3. Describe a recent situation in which you were wrong and promptly admitted it.
4. What can you do to remind yourself to take spot-check inventories during the day?
5. What is your current opinion of yourself and your progress in the program? Read: Rom. 12:13
6. How do you suppose a daily inventory improves your ability to get along with others?
7. Cite an example in which correcting your wrongs saved you from unnecessary consequences and pain. Read: Matt. 5:25, 26
8. Cite a recent situation in which you did not behave appropriately. What did you do when you realized you were in error?
9. Describe a recent situation in which you did not resolve angry feelings. What effect did it have on you? Read: Eph. 4:25-28
10. Which ineffective behaviors keep showing up on your daily inventory? Why do you think they reoccur in your life?
11. In which area of your life has this program most helped you honestly face yourself in the mirror as suggested in James 1:23-25?

12. How much time do you spend alone reflecting on your life? In what ways does being alone help you?
13. In what ways do you experience personal fellowship with Christ? If not, what blocks you? Read: 2 Cor. 5:17
14. What new defects have you discovered that didn't appear in your step 4 work?
15. In what ways is your "new man" different from your "old man"? Read: Eph. 4:22-24
16. What new strengths have emerged because of your recent experiences?
17. How do you deal with anger and resentment today?
18. List examples where you have been understanding of others. Describe the feelings that resulted from maintaining your composure. Read: Prov. 14:29, 30
19. In which areas are you slipping back into old behaviors? Read: 1 Cor. 10:12
20. What success are you having in taking daily inventory, seeing your faults, and then promptly admitting them?
21. Describe the changes you have made in your lifestyle. Read: Eph. 5:15, 16

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22. Which three questions from the step would you like to share with others?
22. Review your actions of last week as recorded in your Daily Inventory Log. In what area did you behave well? In what area did you act poorly?
24. Share a situation from this last week in which you experience God's help in overcoming temptations.

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Step Eleven

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

“Let the word of Christ dwell in you richly ...”
Colossians 3:16a).

1. What are you hoping to gain from Step Eleven?
2. What is your prior experience of learning God's will for your life?
3. If the mouth speaks from the overflow of the heart, what does your mouth (communication) say about your heart? Read: Luke 6:45
4. What has been your experience of meditation?
5. What difficulties do you have in opening your heart to God? What do you believe is causing this? Read: Mar. 11:24; Hos. 6:3
6. What do you experience while privately praying to God? Describe any feelings of discomfort you have in doing this. Read: Matthew 6:6
7. Cite a situation which God showed you the correct path to follow. How did God reveal His will? Read: Psa. 25:4, 5
8. What is your current routine of prayer and meditation? How can you improve it?
9. Write down a current request you have made to God. How does this request show that you are seeking God's will rather than your own will? Read: Matthew 7:7
10. What events in your life suggest that you are having some success in practicing Step Eleven?
11. What events indicate that you are yielding to God's will, and not your own idea of what is right? Read: Psalm 1:1-3

12. Describe a recent, stressful situation in which you took control away from God because of your doubts.
13. Do you believe that God's will is best for you? Describe your feelings. Read: Psalm 119:105, 106
14. List an area of your life where anxiety is a problem. Tell God about it in simple prayer. (Write the prayer in the space below.) Read: Philippians 4:6
15. Describe a recent situation in which you delayed taking action because you were "waiting" for God's will. What were the consequences?
16. Cite an example in which God answered your prayers through another individual or a new experience. Read: Matthew 21:22
17. List an example of your doubting God. What were the consequences of your doubt? Read: Luke 6:49
18. What is your opinion of your life today? How has the quality of your life improved because of working the steps?
19. Describe how you are learning to hear God's voice. How is He speaking to you? Read: Isa 30:21

Preparing For Community

20. Which three questions from the step would you like to share with others?
21. Discuss any insight about your prayer for God's will that you get as you reflect on the prayer of St. Francis of Assisi in the book.
22. Are you involved in a situation where there is hatred? How can you bring love?
23. Are you aware of a situation where there is injury? How can you sow peace?
24. Do you know someone presently experiencing despair? How can you share hope?

Questions from "THE TWELVE STEPS — A Spiritual Journey" workbook.
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Step Twelve

Having had a Spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all of our affairs.

“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.”
(Galatians 6:1)..

1. Describe a recent situation in which you carried the Twelve-Step message to another person by your actions, example, or story.
2. Describe how the Twelve Steps have changed your life and renewed your relationship with God.
3. Describe a praiseworthy thing you have accomplished, indicating why you believe this can be an example of God working through you, and how it can help others to discover the same blessings in their lives. Read: Philippians 4:8, 9
4. What connection do you see between these Twelve-Steps and your Christian walk?
5. Name one person who would benefit from the Twelve Step program. How can you best share your experiences with that person? Read: Colossians 4:5, 6
6. How has Christ's example in the Gospels helped you to spread the message of the Twelve Steps? In what way has God empowered or equipped you to share? Read: Mark 5:19
7. Cite a recent situation in which you helped a newcomer. Describe your feelings that resulted from this.
8. What do you most comfortably tell newcomers that encourage them? Read: 2 Timothy 4:2
9. What can you do to model Christ's love to others? Read: Ephesians 5:1, 2
10. In what ways are you experiencing more peace and serenity?
11. In what ways does your relationship with God help you practice the principles of the Steps in your affairs? Read: 1 Peter 4:11
12. Which of the above situations in the book are still causing you difficulty? Explain.
13. With which of the above situations in the book have you been most successful in changing your behavior? Explain.

14. Cite an example in which you realized that someone was behaving inappropriately and you were able to help that person take corrective action. Read: Galatians 6:1
15. List a problem area in your life. Describe how you dealt with this problem before you came to the program.
16. Describe how you would face the above problem now by applying the Twelve-Steps to it.
17. Describe a situation in which you and another person shared the Twelve Step message with someone who needed help. How did the results impact you and the other person? Read: Ecclesiastes 4:9-11
18. Describe a current situation in your life where you felt that God directed the course of your activity.
19. Explain how you experience God's Holy Spirit guiding your new behavior. In what way is your behavior positively influencing the lives of others? Read: Luke 8:16-18
20. Explain how your new behavior may confuse or frustrate those people who knew you before your spiritual awakening.

Preparing For Community

21. Which three questions from this step would you like to share with others?
22. Complete the following statements as you now view your life:
 - When I was a child, I...
 - As I grew into adulthood, I...
 - When I became aware of my behavior traits, I...
 - Having completed the Step Study, I...
23. What do you want to say to your family members or other individuals in the Step Study about:
 - Your spiritual wakening...
 - Your gratitude for their coaching you...
 - Your commitment to continue working the Steps...

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