



Partners In Hope Christian 12-Step Meetings

Why We Come

1. We are a group of individuals who believe our lives are unmanageable without the loving care and guidance of God. We believe we need a healthy and growing relationship with God, with ourselves, and with one another.
2. We want to discover God's will for our daily lives and to learn practical ways to live out our faith in God.
3. We seek to connect our personal growth programs with God's word and the life of Jesus Christ, God's Son.
4. We believe God wants to speak to us personally through the Bible, and through God's Spirit, present in our lives.
5. We gather to learn how to communicate with God, our gratitude, our needs, our plans, and our frustrations and to learn how to receive God's healing and guidance.
6. We believe the sharing of our life journey with God and with each other is beneficial and healing for all of us.
7. We welcome all those who seek to learn and journey with us. We encourage further spiritual growth through participation in a church fellowship.

Life Affirmations

1. *I am loved by God, always. I am loved without condition.*
2. *My life is of great beauty and infinite value. God has a plan for my life that is meaningful, purposeful and joyful. There is a work for me to do today that will bless others and give me deep satisfaction.*
3. *God is always with me. I need never face my problems alone. Together with God, any difficulty can be worked out and overcome.*

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the 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. Amen.

Some Areas of Addiction/Dependency

SUBSTANCE ADDICTIONS:

Alcohol
Caffeine
Injection Drugs
Marijuana
Prescription Medications
Smoked Substances (ie. Crack)
Sugar
Tobacco

PROCESS ADDICTIONS:

Achievement/Success/
Need to be #1
Computer/Electronic
Gaming/Internet/Social
Networking
Crime
Gambling
Eating Disorders
Money

PROCESS ADDICTIONS cont'd

Pornography
Rage
Religion
Sex
Shopping
Sports
Television
Work

RELATIONSHIP ADDICTIONS:

Abusive Relationships
Approval dependency
Attention Seeking
Codependence/rescuing
Control
Gossip
Lying
Power
Violence

The Twelve Steps and Bible Principles*

1. We admitted that we were powerless over our dependencies -- that our life had become unmanageable.	1. I know 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. (Rom. 7:18)
2. We came to believe that a Power greater than ourselves could restore us to sanity.	2. For it is God who works in you to will and to act according to his good purpose. (Phil 2:13)
3. We made a decision to turn our will and our life over to the care of God as we understood him.	3. Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – which is your spiritual worship. (Rom 12:1)
4. We made a searching and fearless moral inventory of ourselves.	4. Let us examine our ways and test them, and let us return to the Lord. (Lam. 3:40)
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	5. Therefore, confess your sins to each other and pray for each other so that you may be healed. (Jas 5:16)
6. We were entirely ready to have God remove all these defects of character.	6. Humble yourselves before the Lord, and He will lift you up. (Jas 4:10)
7. We humbly asked him to remove our shortcomings.	7. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)
8. We made a list of all persons we had harmed and became willing to make amends to them all.	8. Do to others as you would have them do to you. (Luke 6:31)
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.	9. Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother. Then come and offer your gift. (Matt. 5:23-24)
10. We continued to take personal inventory and when we were wrong promptly admitted it.	10. So, if you think you are standing firm, be careful that you don't fall. (1 Cor. 10:12)
11. We 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 it out.	11. Let the word of Christ dwell in you richly. (Col 3:16a)
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.	12. Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Gal. 6:1)

*Taken from: *The Twelve Steps -- A Spiritual Journey*, ©1988 RPI Publishing, Inc, San Diego, CA