



Partners In Hope Christian 12-Step Meetings

THE WELCOME: We are a Christian 12-Step Recovery Group. We practice the 12 Steps of Alcoholics Anonymous, while welcoming individuals seeking healing and recovery from a variety of destructive and addictive lifestyles. The only requirement for membership is a desire to love and be loved regardless of one's current condition in life. We choose to affirm God, the Creator as our higher power. We believe He has revealed Himself to us through His Son Jesus Christ, who said, **"I am the way, the truth, and the life."** and **"You shall know the truth and the truth will set you free."** We share through stories, discussion, singing, and prayer, the experience, strength and hope we have found in relationship with God and with each other. We seek to gain strength from one another in order to carry this message of hope to others who suffer. We gratefully acknowledge God's presence and pray for his guidance and direction in all we do and say.

THE LORD'S PRAYER: *Our Father in heaven, help us to honor your name. Come and set up your kingdom, so that everyone on earth will obey you, as you are obeyed in heaven. Give us our food for today. Forgive us for doing wrong, as we forgive others. Keep us from being tempted and protect us from evil. The kingdom, the power, and the glory are yours forever. Amen.*

Some Areas of Addiction/Dependency

SUBSTANCE ADDICTIONS:

Alcohol
Caffeine
Injected or smoked substances such as:
Crack, Crystal Meth, Heroin
Marijuana
Prescription Medications
Sugar
Tobacco

BEHAVIOUR ADDICTIONS:

Anger/Rage/Bullying
Cutting
Crime
Eating Disorders:
Bulimia, Anorexia, Binging, Obesity
Gambling
Sex/Pornography
Verbal Abuse:
Gossip, Lying, Accusing, Blaming, Condemning
Violence

SOFT ADDICTIONS:

Exercise
Electronic Gaming
Food (See Eating Disorders)
Isolating/Sleep
Money: Debt/Fraud
Religion
Shopping
Social Networking
Sports
Television
Work/Achievement

RELATIONSHIP ADDICTIONS:

Abusive Relationships:
Includes: Intimidation, isolation, domination, blaming, humiliation, withholding, forcing acts against one's will
Approval dependency
Attention Seeking
Codependence/Rescuing
Power/Control

Loving God, We thank you for the gift of Jesus, the Highest Power, whose loving authority is above all other powers. As we look at our lives, thank you for rescuing us from the dark power of Satan and bringing us into loving relationship with Your Son, Jesus. We need you to reveal to us the kind of life that honours You. We want to please You and get to know You better. We ask for the wisdom and understanding that only Your Spirit can give. Make Yourself at home in our hearts. Show us everything You want us to do. We invite your amazing power to be alive in us so we can face and endure anything. Heal us. Make us new. Make us strong followers of Christ. Root us deeply in Your love so we can stand firm. Help us understand Your love more and more -- how long and wide and high and deep it is, and that as we come to know this amazing love - although it is too wonderful to be fully known - that we will be completely filled with You. We trust You to do this because Your power at work in us can do far more than we dare ask or imagine. Amen

(From Colossians 1 and Ephesians 3)

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.*
3. *There is a work for me to do today that will bless others and give me deep satisfaction.*
4. *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.

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