



THE 12 STEPS – A CLASSIC MODEL FOR SPIRITUAL GROWTH

The 12-Step process is an experience of being changed by a loving, supportive God who knows what we need and helps us through our pain to see and give up our own selfish agendas and surrender to His. The 12-Steps offer a structure of discipline to become holy and whole. Our task is to remove the self-imposed blocks or character defects that stand between God and us. We do this so we can be awakened, meet God personally with our own true selves, and do his will. The 12-Steps are like scaffolding that allows the “spiritual house” of our personal life to be built. This study of the 12-Steps will be an amazing spiritual adventure. Act like a man!

A Man will humbly ask God to remove all shortcomings.

The 12 Steps – Step 7
Remove Shortcomings!

April 19, 2018
Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12, I John 1:8-10, John 3:3-6, Matthew 7:28,29, Luke 11:14-28

Music: Hank Williams Jr Wrapped Up, Tangled Up
<https://www.youtube.com/watch?v=YOMKxnCtdRY>

Video: Third Day - I Need A Miracle
<https://www.youtube.com/watch?v=bTjimzpyE4k>

Resources: Book: *A Hunger for Healing—The Twelve Steps as a Classic Model for Christian Spiritual Growth* by J. Keith Miller

Book: *The Life Recovery Journey—Inspiring Stories and Biblical Wisdom as You Work the Twelve Steps and Let Them Work You* by Stephen Arterburn & David Stoop

Book: *The Twelve Steps—A Spiritual Journey—A Working Guide for Healing Damaged Emotions* by RPI Publishing

The Twelve Steps & Spiritual Disciplines

Goal:	Discipline:	Goal:	Discipline:
1. Peace with God	1. Submission (Rom 7:17)	7. Peace with Ourselves	7. Repentance (I John 1:9)
2. Peace with God	2. Conversion (Phil 2:13)	8. Peace with Others	8. Amends (Luke 6:31)
3. Peace with God	3. Conversion (Rom 12:1)	9. Peace with Others	9. Amends (Matt 5:23,24)
4. Peace with Ourselves	4. Confession (Lam 3:20)	10. Peace with Others	10. Maintenance (I Cor 10:12)
5. Peace with Ourselves	5. Confession (James 5:16)	11. Keeping the Peace	11. Prayer (Col 3:16)
6. Peace with Ourselves	6. Repentance (James 4:10)	12. Keeping the Peace	12. Ministry (Gal 6:1)

The 12 Steps > Step 7: Embrace Humility!

1. _____ > Step 7 is the greatest act of authentic humility you have ever been asked to commit: to transfer control of your recovery to God. You want God to remove any defects that stand in the way of being the person God wants and designed you to be.
2. _____ > Humility is a clear recognition of who we are, followed by a sincere attempt to become what we could be – good, bad, strong, weak– all of you acknowledged.
3. _____ > It is humility that leads to a desire to seek and do God's will. Your spiritual growth is impaired when you make your control the center of your world, rather than, trusting God with finances, marriage, children, etc. When you fear losing control, you will easily move toward frustration, loneliness, depression, anxiety, and mood swings of fear and elation.
4. _____ > The opposite of humility is pretending to be more than you are. You have expectations on you and others that can never be fulfilled.
5. _____ > Admitting your powerlessness will lead you to discovering the Power of God. This action will help you discover the mystery of being “made in His image.” Let go and center you life in your relationship with God (Matthew 7:28,29).

The 12 Steps > Step 7: Embrace Surrender!

1. _____ > “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”
2. _____ > God seems to take away defects—“snakes”—only when you are ALL IN! You are ready to dig it out, face it, and with other's help go to God and show Him the “snakes” and ask Him to remove it. Eventually, God takes these defects, through the process of your seeing, claiming, confessing, and offering them specifically to Him for changing.
3. _____ > God drains off enough of this toxic power from your character so that we can take charge of your life. Those in true recovery know the amazing truth of having the compulsive craving for their addiction removed by God.
4. _____ > Friends don't want you to be God in their lives and solve their problems. When you realize you are not God and can't solve the basic problems of other peoples' lives, you are able to listen and support them without feeling that you have to “fix” their problems.

The 12 Steps > Step 7: Embrace Maturity!

1. _____ > Become willing to let God take away your fear and replace with positive images. You stop your self-absorbing compulsions and struggles to be perfect. Stop trying to fix yourself and other people with seeking God and trusting Him to care for others. See Luke 11:14-28.
2. _____ > The highway of church history is strewn with the bodies of those injured by Christians who have tried to “help people” and “create community” without having ever faced their own brokenness and realized that only God can heal and create authentic community.
3. _____ > Don't go out to help change other people until you clear out anything from your life that will keep you from being who He wants you to be, anything that keeps you from doing His will.

ACTION: Journal This!

1. What is your definition of humility?
2. What is your definition of surrender?
3. What is your definition of maturity?

Bible Verses – New Living Translation

Isaiah 58:12 - ¹²Some of you will rebuild the deserted ruins of your cities. Then you will be known as a builder of walls and a restorer of homes.

John 1:8-10 - **8** If we claim we have no sin, we are only fooling ourselves and not living in the truth. **9** But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

John 3:3-6 - **3** Jesus replied, "I tell you the truth, unless you are born again, you cannot see the Kingdom of God." **4** "What do you mean?" exclaimed Nicodemus. "How can an old man go back into his mother's womb and be born again?" **5** Jesus replied, "I assure you, no one can enter the Kingdom of God without being born of water and the Spirit. **6** Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life.

Matthew 7:28 - 29 - **28** When Jesus had finished saying these things, the crowds were amazed at his teaching, **29** for he taught with real authority—quite unlike their teachers of religious law.

Luke 11:14-28 - **14** One day Jesus cast out a demon from a man who couldn't speak, and when the demon was gone, the man began to speak. The crowds were amazed, **15** but some of them said, "No wonder he can cast out demons. He gets his power from Satan, the prince of demons." **16** Others, trying to test

Jesus, demanded that he show them a miraculous sign from heaven to prove his authority. **17** He knew their thoughts, so he said, "Any kingdom divided by civil war is doomed. A family splintered by feuding will fall apart. **18** You say I am empowered by Satan. But if Satan is divided and fighting against himself, how can his kingdom survive? **19** And if I am empowered by Satan, what about your own exorcists? They cast out demons, too, so they will condemn you for what you have said. **20** But if I am casting out demons by the power of God, then the Kingdom of God has arrived among you. **21** For when a strong man like Satan is fully armed and guards his palace, his possessions are safe— **22** until someone even stronger attacks and overpowers him, strips him of his weapons, and carries off his belongings. **23** "Anyone who isn't with me opposes me, and anyone who isn't working with me is actually working against me. **24** "When an evil spirit leaves a person, it goes into the desert, searching for rest. But when it finds none, it says, 'I will return to the person I came from.'

25 So it returns and finds that its former home is all swept and in order. **26** Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before." **27** As he was speaking, a woman in the crowd called out, "God bless your mother—the womb from which you came, and the breasts that nursed you!" **28** Jesus replied, "But even more blessed are all who hear the word of God and put it into practice."

**"Wrapped Up, Tangled Up"
Hank Williams, Jr.**

I went fishing one day (oh, well, well, well)
And I put my hook out in the water (oh, oh,)
And something got a hold to it (oh, yes)
And it tried to get loose (well)
When I pulled it up (oh Lord)
It was a big fish on the hook (oh my, my, my)
He was a-twisting and a-turning (oh)
Trying to get loose (yeah)
But the hook had him down (oooh)
And it couldn't get loose (oh no)
And I said I wish the Lord (hey I wish the Lord)
Would hook me one day (oh)
Like this hooked fish (well)
He hooked his feeling in me (oh)
And one Friday evening (yeah)
He came into my soul (ooh yeah)
And he hooked me with his spirit (oh Lord)
And ever since that day (ever since, Hmm)
A song came to my mind (oh)
I said it like Jeremiah said (yeah)
There's a fire (fire)
That's burning (ooh)
And it's set up in my bones (oh yeah)
And I couldn't hold my pee (wow, wow)
And I told my mother (well)
But that wasn't enough (well)
I told my father (good Lord)
And I told my sister too (God forgive) (well Lord)
And I went on and told my brother (oh)
What was wrong with me (oh, oh)
And this is what I told him in a song
I said Lord
Jesus got a hook in me
I don't want to get loose
Jesus got a hook in me (oh yeah)
I don't want to get loose
Wrapped up (wrapped up)
Tangled up (tangled up)
I don't want to get loose (oh, oh yeah)
Go and tell my mother (oh yeah)
I don't want to get loose
Go and tell my mother tonight
I don't want to get loose
Go and tell my father now (father)
I don't want to get loose
Wrapped up (wrapped up)

Tangled up in Jesus (tangled up)
I don't want to get loose
Jesus got a hook in me (oh yeah)
I don't want to get loose
Jesus got his hook in me tonight (oh)
And I don't want to get loose (don't want to get loose)
Jesus got his hook in me (oh yes)
I don't want to get loose (don't want to get loose)
Wrapped up (wrapped up)
Tangled up all in Jesus (oh)
And I don't want to get loose
If you need money, God's got it
If you need a ring God's got it (God's got it)
If you need a wig God's got it (God's got it)
God's got it (God's got it)
I'm wrapped up (wrapped up)
Tangled up (tangled up)
And I don't want to get loose (oh, yeah, yeah)
If you need a friend God's got it (God's got it)
If you need a car God's got it (God's got it)
If you need a heart God's got it (God's got it)
If you need a shoulder to cry on (oh)
Wrapped up (wrapped up)
Tangled up (tangled up)
And I don't want to get loose (oh yeah)
Whoooo!
(oh, oh, yeah)
(oh, oh, oh)
Go and tell my mother (oh yeah)
I don't want to get loose
Go and tell my father tonight
I don't want to get loose
Go and tell my sisters and brothers
I don't want to get loose
Wrapped up (wrapped up)
Tangled up (tangled up)
Jesus don't want to get loose
(oh, oh, oh)
Oh yes Jesus
(Oooh, oooh)
Can I tell you, we just nailed that
I'm a highly trained professional
Mine was perfect Tom
Now if ya'll are pissed off, do it, cos
Mine was perfect

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The 12 Steps

**Step 7: Humbly Asked God to Remove Our Shortcomings
Remove Shortcomings**

Isaiah 58:12; I John 1:9; John 3:3-6

THE 12 STEPS: A CLASSIC MODEL FOR SPIRITUAL GROWTH



The 12 Step process is an experience of being changed by a loving, supportive God who knows what we need and helps us through our pain to see and give up our own selfish agendas and surrender to His. The 12-Steps offer a structure of discipline to become holy and whole. Our task is to remove the self-imposed blocks or character defects that stand between God and us. We do this so we can be awakened, meet God personally with our own true selves, and do his will. The 12-Steps are like scaffolding that allows the “spiritual house” of our personal life to be built. This study of the 12-Steps will be an amazing spiritual adventure. Act like a man!

The 12 Steps: Goals & Spiritual Disciplines



Goal:

1. Peace with God.
2. Peace with God.
3. Peace with God.
4. Peace with Ourselves.
5. Peace with Ourselves.
6. Peace with Ourselves.
7. Peace with Ourselves.
8. Peace with Others.
9. Peace with Others.
10. Peace with Others.
11. Keeping the Peace.
12. Keeping the Peace.

Discipline:

1. Submission (Rom. 7:17).
2. Conversion (Phil. 2:13).
3. Conversion (Rom. 12:1).
4. Confession (Lam. 3:40).
5. Confession (James 5:16).
6. Repentance (James 4:10).
7. Repentance (I John 1:9).
8. Amends (Luke 6:31).
9. Amends (Matt. 5:23-24).
10. Maintenance (I Cor. 10:12).
11. Prayer (Col. 3:16).
12. Ministry (Gal. 6:1).

The 12 Steps > Step 7: Embrace Humility!



1. **Stop Trying to Fix Yourself** > Step 7 is the greatest act of authentic humility you have ever been asked to commit: to transfer control of your recovery to God. You want God to remove any defects that stand in the way of being the person God wants and designed you to be.
2. **See Yourself as You Are** > Humility is a clear recognition of who we are, followed by a sincere attempt to become what we could be – good, bad, strong, weak– all of you acknowledged.
3. **Give Up Control** > It is humility that leads to a desire to seek and do God's will. Your spiritual growth is impaired when you make your control the center of your world, rather than, trusting God with finances, marriage, children, etc. When you fear losing control, you will easily move toward frustration, loneliness, depression, anxiety, and mood swings of fear and elation.
4. **Grandiosity** > The opposite of humility is pretending to be more than you are. You have expectations on you and others that can never be fulfilled.
5. **Power of Authenticity** > Admitting your powerlessness will lead you to discovering the Power of God. This action will help you discover the mystery of being “made in His image.” Let go and center you life in your relationship with God (Matthew 7:28,29).

The 12 Steps > Step 7: Embrace Surrender!



1. **The Prayer of 7** > “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Grant me strength, as I go our from here, to do your bidding. Amen.”
2. **Ready to Let God** > God seems to take away defects—“snakes”--only when you are ALL IN! You are ready to dig it out, face it, and with other’s help go to God and show Him the “snakes” and ask Him to remove it. Eventually, God takes these defects, through the process of your seeing, claiming, confessing, and offering them specifically to Him for changing.
3. **Compulsive Energy** > God drains off enough of this toxic power from your character so that we can take charge of your life. Those in true recovery know the amazing truth of having the compulsive craving for their addiction removed by God.
4. **Free to Love** > Friends don’t want you to be God in their lives and solve their problems. When you realize you are not God and can’t solve the basic problems of other peoples’ lives, you are able to listen and support them without feeling that you have to “fix” their problems.

The 12 Steps > Step 7: Embrace Maturity!



1. **New Purpose** > Become willing to let God take away your fear and replace with positive images. You stop your self-absorbing compulsions and struggles to be perfect. Stop trying to fix yourself and other people with seeking God and trusting Him to care for others. See Luke 11:14-28.
2. **Love Yourself** > The highway of church history is strewn with the bodies of those injured by Christians who have tried to “help people” and “create community” without having ever faced their own brokenness and realized that only God can heal and create authentic community.
3. **Face Yourself** > Don’t go out to help change other people until you clear out anything from your life that will keep you from being who He wants you to be, anything that keeps you from doing His will.

ACTION: Journal This!



1. What is your definition of humility?
2. What is your definition of surrender?
3. What is your definition of maturity?