



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 is willing to carry the Message of Healing to Others!

The 12 Steps – Step 12
Carry the Message!

May 24, 2018

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12; Galatians 6:1; II Corinthians 5:17; Mark 5:19; Matthew 28:20; I Cor. 11:1; II Thess. 3:6,7; I Tim. 1:15

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

Music: Tenth Avenue North - Worn

<https://www.youtube.com/watch?v=METBrIP3xU>

Video: YouTube = Pay it Forward

<https://www.youtube.com/watch?v=5ZTm-iYUpm4>

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 12: Having Had a Spiritual Awakening!

1. _____ > Seeing and dealing with the reality of one's own life and in relationships with other people and with God. It is an awakening to your own reality, your own feelings, your own controlling and diseased behaviors and character defects as well as own gifts. You are in touch with the reality of other people and with ultimate reality in the experience of God.
2. _____ > The Goal of the steps is a spiritual awakening that changes the participant from a miserable and helpless “patient” to a healthy and happy carrier of spiritual healing. You move from loneliness, fear, and chaos, to a place of serenity, courage, and self-acceptance.
3. _____ > Instead of being mired in the guilt and resentment of the past and our fear of the future, you find yourself facing and appreciating the present realities of your life and relationships, including your pain, with peace.

The 12 Steps > Step 12: We Tried to Carry the Message to Others!

1. _____ > Until the pain of your life was greater than the fear of swallowing your pride and going for help, you were not hungry enough for healing to go through the process, the steps of healing.
2. 3 ways of carrying the message – “Only God can save us from our sin, from our self-defeating behavior, from our despair, from our torment—God can save us from ourselves.”
 1. _____ > sit with another man in pain.
 2. _____ > No talking, just do an act of kindness.
 3. _____ > You are working on your own growth and are willing to mentor another man in need (I Cor. 11:1; II Thess. 3:6,7; I Tim. 1:15). A special relationship to guide another through the process of healing.
3. _____ > Welcome! No persuading! “If you've got a better place to go, go there!” All you have to believe is that you are in trouble and that a power greater than you is able to help. Simply share your own experience, strength, and hope.

The 12 Steps > Step 12: And to Practice These Principles in All Our Affairs

1. _____ > There is a whole “new” set of problems and feelings we now experience that we once used our attempts at control to avoid. You can NOW face your whole life, because you have seen how God can handle even the worst that you can throw at Him.
2. _____ > You can find support, peace, and power in the midst of pain and fear. The pain of powerlessness becomes the doorway to a happy, joyous, and free life of spiritual growth.
3. _____ > The spiritual awakening is a gradual change in the control of your life. This change eventually produces a realization that we sincerely trust God and can depend on Him. You also realize that this new trust and dependence brings a peace and serenity that you have never experienced before. You have come to the confidence that God can be trusted, miracles do happen, and prayer works.

ACTION: Journal This!

1. In what ways are you different today than you were a year ago?
2. In what ways does your relationship with God help you practice the principles of the steps in all your daily affairs?
3. How are you reaching out to help others?

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.

Galatians 6:1 - ¹ Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.

II Corinthians 5:17 - ¹⁷ This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Mark 5:19 - ¹⁹ But Jesus said, "No, go home to your family, and tell them everything the Lord has done for you and how merciful he has been."

Matthew 28:20 - ²⁰Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

I Cor. 11:1 - ¹ And you should imitate me, just as I imitate Christ.

II Thess. 3:6,7 - ⁶ And now, dear brothers and sisters, we give you this command in the name of our Lord Jesus Christ: Stay away from all believers who live idle lives and don't follow the tradition they received from us.⁷ For you know that you ought to imitate us. We were not idle when we were with you.

I Tim. 1:15 - ¹⁵ Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst.

**"Worn"
Tenth Avenue North**

I'm Tired I'm worn
My heart is heavy
From the work it takes
To keep on breathing
I've made mistakes
I've let my hope fail
My soul feels crushed
By the weight of this world

And I know that you can give me rest
So I cry out with all that I have left

Let me see redemption win
Let me know the struggle ends
That you can mend a heart
That's frail and torn
I wanna know a song can rise
From the ashes of a broken life
And all that's dead inside can be reborn
Cause I'm worn

I know I need to lift my eyes up
But I'm too weak
Life just won't let up
And I know that you can give me rest
So I cry out with all that I have left

Let me see redemption win
Let me know the struggle ends

That you can mend a heart
That's frail and torn
I wanna know a song can rise
From the ashes of a broken life
And all that's dead inside can be reborn
Cause I'm worn

My prayers are wearing thin
Yeah, I'm worn
Even before the day begins
Yeah, I'm worn
I've lost my will to fight
I'm worn
So, heaven come and flood my eyes

Let me see redemption win
Let me know the struggle ends
That you can mend a heart
That's frail and torn
I wanna know a song can rise
From the ashes of a broken life
And all that's dead inside can be reborn
Cause all that's dead inside will be reborn

Though I'm worn
Yeah I'm worn

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The 12 Steps

**Step 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.**

Carry the Message – Galatians 6:1

Isaiah 58:12; II Corinthians 5:17; Mark 5:19; Matthew 28:20

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 12: Having Had a Spiritual Awakening!



1. **In Touch with Reality** > Seeing and dealing with the reality of one's own life and in relationships with other people and with God. It is an awakening to your own reality, your own feelings, your own controlling and diseased behaviors and character defects as well as own gifts. You are in touch with the reality of other people and with ultimate reality in the experience of God.
2. **Transformation** > The Goal of the steps is a spiritual awakening that changes the participant from a miserable and helpless "patient" to a healthy and happy carrier of spiritual healing. You move from loneliness, fear, and chaos, to a place of serenity, courage, and self-acceptance.
3. **Fully Present** > Instead of being mired in the guilt and resentment of the past and our fear of the future, you find yourself facing and appreciating the present realities of your life and relationships, including your pain, with peace.

The 12 Steps > Step 12: We Tried to Carry the Message to Others!



1. **Tell Your Story of Pain** > Until the pain of your life was greater than the fear of swallowing your pride and going for help, you were not hungry enough for healing to go through the process, the steps of healing.
2. 3 ways of carrying the message – “Only God can save us from our sin, from our self-defeating behavior, from our despair, from our torment—God can save us from ourselves.”
 1. **One-on-One Contact** > sit with another man in pain.
 2. **Acts of Helping** > No talking, just do an act of kindness.
 3. **Sponsor** > You are working on your own growth and are willing to mentor another man in need (I Cor. 11:1; II Thess. 3:6,7; I Tim. 1:15). A special relationship to guide another through the process of healing.
3. **No Pressure, No Force** > Welcome! No persuading! “If you’ve got a better place to go, go there!” All you have to believe is that you are in trouble and that a power greater than you is able to help. Simply share your own experience, strength, and hope.

The 12 Steps > Step 12: And to Practice These Principles in All Our Affairs



1. **Face the Issues Daily** > There is a whole “new” set of problems and feelings we now experience that we once used our attempts at control to avoid. You can NOW face your whole life, because you have seen how God can handle even the worst that you can throw at Him.
2. **Confront the Pain** > You can find support, peace, and power in the midst of pain and fear. The pain of powerlessness becomes the doorway to a happy, joyous, and free life of spiritual growth.
3. **Rhythm of Recovery** > The spiritual awakening is a gradual change in the control of your life. This change eventually produces a realization that we sincerely trust God and can depend on Him. You also realize that this new trust and dependence brings a peace and serenity that you have never experienced before. You have come to the confidence that God can be trusted, miracles do happen, and prayer works.

ACTION: Journal This!



1. In what ways are you different today than you were a year ago?
2. In what ways does your relationship with God help you practice the principles of the steps in all your daily affairs?
3. How are you reaching out to help others?