

# Repentance and Recovery

## Addiction in America

Lesson 3

## Review

This series will focus on Biblical principles used in the 12 step process of addiction recovery.

## Steps to Repentance

### 1. Realization

*that a change is needed*

### 2. Reform

*in behavior*

### 3. Resilience

*to continue the reformed behavior*

# The following are the original twelve steps as published by Alcoholics Anonymous:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of [God](#) *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of [character](#).
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make [amends](#) to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. 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 that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## Step 1

**“We admitted we were powerless over alcohol - that our lives had become unmanageable.”**

### **What Is the Purpose of This Step?**

- Step 1 is about letting go.
- You admit you have a problem and begin to seek out help.
- It isn't easy, but admitting powerlessness allows you to break the cycle of addiction that you've been stuck in.
- Alcoholics Anonymous believes that admitting you can't control your alcohol use is a necessary first step on the path to recovery.

### **How Do You Complete This Step?**

- Accept that something is wrong in your life and that you no longer have control. You must admit complete defeat before building a new life.
- Embrace the truth and want to make an honest change.
- Understand that recovery can't be done alone, and acknowledge that you need help.

## Step 1

**“We admitted we were powerless over alcohol - that our lives had become unmanageable.”**

### **What Are Some Tips for Completing Step 1?**

- Abstain from alcohol and/or drugs. Alcoholics Anonymous believes you need to be abstinent to achieve recovery.
- Abandon pride and seek humility. Once you admit your problems and mistakes, you will find modesty and humbleness. You can't admit embrace powerlessness if you're still holding on to your pride.

### **What Are Some Myths About This Step?**

- Powerlessness means you're weak. Admitting powerlessness is a crucial step on the path to freedom and strength. It takes honesty and courage to accept that alcohol and/or drugs have taken over your life.
- You have to hit rock bottom before you're ready to get help. It doesn't take a major life event to open your eyes to your addiction or a developing addiction. Sometimes all it takes is a realization that alcohol is causing you more pain than the pain you aim to escape from.

## Step 2

**“Came to believe that a Power greater than ourselves could restore us to sanity.”**

### **What Is the Purpose of the Second Step?**

- This step gives you hope. You are not alone, and something greater than you can help you conquer your addiction and despair.
- The second step is about having an open mind.
- This is the beginning of the end, in a way. You will end your old life and begin your new one, committed to faith - faith in whatever you choose.

### **How Do You Complete This Step?**

- The 2nd step is about having an open mind—about letting go of pride. This step is about letting go of preconceived notions about what AA is and how it works, and making room for change.
- No matter what you believe in, this is the step in which you become open to the idea that faith in a higher power will help you achieve soundness of mind. The Alcoholics Anonymous "Twelve Steps and Twelve Traditions" book states:
- Step 2 is the rallying point for us all.

## Luke 15:11-24 ESV

“And he said, "There was a man who had two sons. And the younger of them said to his father, 'Father, give me the share of property that is coming to me.' **And he divided his property between them.** Not many days later, the younger son gathered all he had and took a journey into a far country, and there he **squandered his property in reckless living.** And when he had spent everything, a severe famine arose in that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

**But when he came to himself,** he said, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger! I will arise and go to my father, and I will say to him, **"Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants."**" And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him.

And the son said to him, **'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.'** But the father said to his servants, 'Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it, and let us eat and celebrate. For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate.

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