

# 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. We're entirely ready to have God remove all these defects of character.**
- 7. Humbly asked Him to remove our shortcomings.**

## Matthew 23:

<sup>11</sup> The greatest among you will be your servant. <sup>12</sup> For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

## Philippians 2:

<sup>3</sup> Do nothing from selfishness or conceit, but in humility count others better than yourselves. <sup>4</sup> Let each of you look not only to his own interests, but also to the interests of others.

# Galatians 5:16-24

**The acts of the flesh are obvious:**

- sexual immorality
- impurity and debauchery
- idolatry and witchcraft
- hatred
- discord
- jealousy
- fits of rage
- selfish ambition
- dissensions
- factions and envy
- drunkenness
- orgies and the like

**The fruit of the Spirit is:**

- love,
- joy,
- peace,
- forbearance,
- kindness,
- goodness,
- faithfulness,
- gentleness and
- self-control.

## Galatians 5:

<sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking and envying each other.

# I Peter 5:

<sup>5</sup> Likewise you that are younger be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud, but gives grace to the humble.”

<sup>6</sup> Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. <sup>7</sup> Cast all your anxieties on him, for he cares about you. <sup>8</sup> Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. <sup>9</sup> Resist him, firm in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world. <sup>10</sup> And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, establish, and strengthen you.

## James 1:

<sup>12</sup> Blessed is the man who endures trial, for when he has stood the test he will receive the crown of life which God has promised to those who love him. <sup>13</sup> Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted with evil and he himself tempts no one; <sup>14</sup> but each person is tempted when he is lured and enticed by his own desire. <sup>15</sup> Then desire when it has conceived gives birth to sin; and sin when it is full-grown brings forth death.

## James 4:

<sup>6</sup> But he gives more grace; therefore it says, “God opposes the proud, but gives grace to the humble.” <sup>7</sup> Submit yourselves therefore to God. Resist the devil and he will flee from you. <sup>8</sup> Draw near to God and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you men of double mind. <sup>9</sup> Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to dejection. <sup>10</sup> Humble yourselves before the Lord and he will exalt you.