



Recovery

⌘ Introduction

- ⊞ Despite the all sufficiency of the scriptures
 - ⊞ 2TI 3:16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 that the man of God may be adequate, equipped for every good work.
- ⊞ The Christian world, and even the Lord's church, often turns to other sources to deal with life's problems

12-Step Recovery Programs

⌘ Intent

- ☑ Explore the 12-Step Recovery program
 - ☒ Not a comprehensive treatise
- ☑ Utilize what may be Biblical
- ☑ Provide the Biblical perspective
 - ☒ Where it's lacking

12-Step Recovery Programs

⌘ Background

☒ Alcoholics Anonymous (AA),

☒ First twelve-step program

☒ Founded in 1935 by Bill Wilson and Dr. Bob Smith, in Akron, Ohio. (1)(2)

☒ AA 12-step program used as basis for many recovery program

☒ Narcotics anonymous, Gamblers Anonymous, Overeaters Anonymous, Sexual Compulsives Anonymous, Clutterers Anonymous, Debtors Anonymous, Workaholics Anonymous, Cocaine Anonymous, Crystal Meth Anonymous, Pills Anonymous and Marijuana Anonymous.

(2)

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⌘ Background

⊞ Founders of the AA 12-step program are reported to be "Christian"

⊞ Believers in God

- As a result of their experience
- But not professed disciples of Christ (1)

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⌘ Background

- ☒ Almost universal acclaim to be effective
 - ☒ However, "only two studies have employed random assignment and adequate controls to compare the efficacy of AA versus no intervention or alternative interventions." (1)
 - ☒ Effectiveness of treatment for recovery or relapse are perhaps not as founded as often assumed.

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⌘ Tact

☑ Review each step

☑ From our perspective as Christians, we'll see Biblical influence

- Biblical language doesn't always translate to Biblical action

☑ Will also see yellow and red flags

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⌘ Step #1

☑ We admitted we were powerless over alcohol—that our lives had become unmanageable. (2)

☑ Considerations

☒ Truly powerless, in the sense of a disease?

☒ Recognition of our sin is the first step.

- ROM 3:23 for all have sinned and fall short of the glory of God,
- We are powerless to take away sin
 - HEB 9:22 And according to the Law, one may almost say, all things are cleansed with blood, and without shedding of blood there is no forgiveness.
- Not powerless to withstand sin
 - GEN 4:7 "If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."

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⌘ Step #2

☒ Came to believe that a Power greater than ourselves could restore us to sanity. (2)

☒ 1CO 2:5 that your faith should not rest on the wisdom of men, but on the power of God.

☒ 2CO 1:9 indeed, we had the sentence of death within ourselves in order that we should not trust in ourselves, but in God who raises the dead;

- Threat of physical death (or spiritual death) can bring about reliance upon God

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⌘ Step #3

⊞ Made a decision to turn our will and our lives over to the care of God *as we understood Him*. (2)

⊞ We don't define God!

⊞ We must come to know Him and let Him define us!

- 1JO 2:14 I have written to you, fathers, because you know Him who has been from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one.
- 1JO 5:20 And we know that the Son of God has come, and has given us understanding, in order that we might know Him who is true, and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.

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⌘ Step #3 (cont.)

- ☒ Should be like - Made a decision to turn our will and our lives over to the care of Christ, the power of God. (2)
- ☒ 1CO 1:24 but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God.
- ☒ JAM 5:15 and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him.
- ☒ HEB 10:38 But My righteous one shall live by faith; And if he shrinks back, My soul has no pleasure in him. 39 But we are not of those who shrink back to destruction, but of those who have faith to the preserving of the soul.

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⌘ Step #4

⊞ Made a searching and fearless moral inventory of ourselves. (2)

⊞ PSA 31:10 For my life is spent with sorrow, And my years with sighing; My strength has failed because of my iniquity, And my body has wasted away.

⊞ ISA 6:5 Then I said, "Woe is me, for I am ruined! Because I am a man of unclean lips, And I live among a people of unclean lips; For my eyes have seen the King, the Lord of hosts."

⊞ God defines what is moral and what is not

- 1JO 3:5 And you know that He appeared in order to take away sins; and in Him there is no sin.

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⌘ Step #5

- ⊞ Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (2)
 - ⊞ PSA 38:18 For I confess my iniquity; I am full of anxiety because of my sin.
 - ⊞ JAM 5:16 Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.
 - ⊞ 1JO 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

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⌘ Step #6

⊞ Were entirely ready to have God remove all these defects of character. (2)

⊞ EPH 4:11 And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, 12 for the equipping of the saints for the work of service, to the building up of the body of Christ; 13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fulness of Christ.

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⌘ Step #7

☑ Humbly asked Him to remove our shortcomings. (2)

☑ EPH 2:1 And you were dead in your trespasses and sins, 2 in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. 3 Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. 4 But God, being rich in mercy, because of His great love with which He loved us, 5 even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), 6 and raised us up with Him, and seated us with Him in the heavenly places, in Christ Jesus,

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⌘ Step #7

☑ Humbly asked Him to remove our shortcomings.

(cont.)

☑ EPH 2:7 in order that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; 9 not as a result of works, that no one should boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

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⌘ Step #8

- ⊞ Made a list of all persons we had harmed, and became willing to make amends to them all. (2)
- ⊞ LUK 3:8 "Therefore bring forth fruits in keeping with repentance, and do not begin to say to yourselves, 'We have Abraham for our father,' for I say to you that God is able from these stones to raise up children to Abraham.
- ⊞ ROM 12:18 If possible, so far as it depends on you, be at peace with all men.
- ⊞ HEB 12:14 ¶ Pursue peace with all men, and the sanctification without which no one will see the Lord.

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⌘ Step #9

⊞ Made direct amends to such people wherever possible, except when to do so would injure them or others. (2)

⊞ "except when....." ??????

⊞ Acting in the best interest of others

⊞ 1JO 4:7 ¶ Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. 8 The one who does not love does not know God, for God is love. 9 By this the love of God was manifested in us, that God has sent His only begotten Son into the world so that we might live through Him.

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⌘ Step #10

☑ Continued to take personal inventory and when we were wrong promptly admitted it. (2)

☑ Personal inventory

☒ 2CO 13:5 Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you-- unless indeed you fail the test?

☑ Promptly admit

☒ 2SA 24:10 ¶ Now David's heart troubled him after he had numbered the people. So David said to the Lord, "I have sinned greatly in what I have done. But now, O Lord, please take away the iniquity of Thy servant, for I have acted very foolishly."

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⌘ Step #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. (2)

⊞ Again - We must understand Him, as He is!

⊞ EPH 3:4 And by referring to this, when you read you can understand my insight into the mystery of Christ,

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⌘ Step #11

☑ Prayer

☑ PHI 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

☑ 1PE 3:12 "For the eyes of the Lord are upon the righteous, And His ears attend to their prayer, But the face of the Lord is against those who do evil."

☑ PSA 66:20 Blessed be God, Who has not turned away my prayer, Nor His lovingkindness from me.

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⌘ Step #11

☑ Meditation

☑ PSA 4:4 ¶ Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah.

☑ PSA 119:48 And I shall lift up my hands to Thy commandments, Which I love; And I will meditate on Thy statutes.

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⌘ Step #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. (2)

⊞ Message

⊞ MAR 16:15 And He said to them, "Go into all the world and preach the gospel to all creation.

⊞ 1TH 2:4 but just as we have been approved by God to be entrusted with the gospel, so we speak, not as pleasing men but God, who examines our hearts.

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⌘ Step #12

☑ Practice

- ☒ PHI 1:27 ¶ Only conduct yourselves in a manner worthy of the gospel of Christ;
- ☒ 2CO 5:17 Therefore if any man is in Christ, he is a new creature; the old things passed away; behold, new things have come.
- ☒ HEB 5:14 But solid food is for the mature, who because of practice have their senses trained to discern good and evil.
- ☒ 2PE 1:10 Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble;

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⌘ Criticisms (2)

⊞ Constitutes a religious system

⊞ Believe and talk about God, pray, have a creed,

⊞ AA is the bible

⊞ Cannot bring a person into a right relationship with God

⊞ Their god is not the God of Scripture

⊞ Prayers are to whatever power(s) they choose

⊞ Their bible is not God's Word

⊞ Salvation is from "addiction," not sin

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⌘ What's missing?

⊞ Recovery from everything, but sin still = dead

⊞ EPH 2:1 And you were dead in your trespasses and sins,

⊞ Spiritual rebirth is the first step, not the last

⊞ Contrary to model of taking care of everything else,

- Then the spirit

God's 7-Step Recovery Program

⌘ Hear

☑ ROM 10:17 So faith comes from hearing, and hearing by the word of Christ.

⌘ Believe

☑ JOH 8:24 'Therefore I said to you that you will die in your sins; for unless you believe that I am He, you will die in your sins.'

☑ HEB 11:6 And without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who seek Him.

God's 7-Step Recovery Program

⌘ Repent

☒ ACT 17:30 "Therefore having overlooked the times of ignorance, God is now declaring to men that all people everywhere should repent,

⌘ Confess

☒ ROM 10:9 that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you shall be saved; 10 for with the heart man believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.

God's 7-Step Recovery Program

⌘ Baptism

- ☒ ACT 2:38 Peter said to them, "Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit.
- ☒ ACT 22:16 'Now why do you delay? Get up and be baptized, and wash away your sins, calling on His name.'

God's 7-Step Recovery Program

⌘ Sanctification - set apart for God

☑ ROM 6:19 I am speaking in human terms because of the weakness of your flesh. For just as you presented your members as slaves to impurity and to lawlessness, resulting in further lawlessness, so now present your members as slaves to righteousness, resulting in sanctification.

God's 7-Step Recovery Program

⌘ Growth

- ☒ EPH 4:15 but speaking the truth in love, we are to grow up in all aspects into Him, who is the head, even Christ,
- ☒ 2PE 3:18 but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory, both now and to the day of eternity. Amen.

Recovery

⌘ Conclusion

⊞ Recovery is only complete, when

⊞ We turn from ourselves

⊞ We recognize, love and glorify the God who has delivered us.

⊞ 1JO 4:19 We love, because He first loved us.

⊞ 1CO 6:20 For you have been bought with a price: therefore glorify God in your body.

12-Step Recovery Programs

⌘ References

- ☒ 1) Gilley, Gary, "12-Step Recovery Programs", *Biblical Discernment Ministries* - 12/97
- ☒ 2) Wikipedia, "Twelve-step program"