



## Twelve Steps and Their Biblical Comparisons

**1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**

*"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out."* (Romans 7:18)

**2. We came to believe that a power greater than ourselves could restore us to sanity.**

*"For it is God who works in you to will and to act according to his good purpose."* (Philippians 2:13)

**3. We made a decision to turn our lives and our wills over to the care of God.**

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on Him because He cares for you."* (1 Peter 5:6-7)

**4. We made a searching and fearless moral inventory of ourselves.**

*"Let us examine our ways and test them, and let us return to the LORD."* (Lamentations 3:40)

**5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

*"Therefore confess your sins to each other and pray for each other so that you may be healed."* (James 5:16)

**6. We were entirely ready to have God remove all these defects of character.**

*"Humble yourselves before the Lord, and he will lift you up."* (James 4:10)

**7. We humbly ask Him to remove all our shortcomings.**

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* (1 John 1:9)

**8. We made a list of all persons we had harmed and became willing to make amends to them all.**

*"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you."* (Ephesians 4:32)

**9. We made direct amends to such people whenever possible, except when to do so would injure them or others.**

*"Be devoted to one another in brotherly love. Honor one another above yourselves. If it is possible, as far as it depends on you, live at peace with everyone."* (Romans 12:10, 18)

**10. We continued to take personal inventory and when we were wrong, promptly admitted it.**

*"So, if you think you are standing firm, be careful that you don't fall!"* (1 Corinthians 10:12)

**11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.**

*"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing, and perfect will."* (Romans 12:2)

**12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs.**

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."* (2 Corinthians 1:3-4)

This information has been gathered by the leaders of Castimonia, our men's sexual purity group. They can be contacted at [Castimonia@thefellowship.org](mailto:Castimonia@thefellowship.org).

Merimnao is a ministry of The Fellowship at Cinco Ranch, contact us at [www.thefellowship.org](http://www.thefellowship.org).