

Lesson # 1 – Sunday – June 18, 2017

The 12 Step program in Comparison to Scripture

- # 1. We admitted we were powerless over (Something sinful) - 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 (Those in need), and to practice these principles in all our affairs (our life).

For this 1st Lesson we will be looking at Step # 1:

- # 1. We admitted we were powerless over (Something sinful) - that our lives had become unmanageable.
What does God teach us about ourselves in Scripture? _____

Romans 7:7-25 – ⁷ What shall we say, then? Is the law sin? Certainly not! Indeed I would not have known what sin was except through the law. For I would not have known what coveting really was if the law had not said, “Do not covet.” ⁸ But sin, seizing the opportunity afforded by the commandment, produced in me every kind of covetous desire. For apart from law, sin is dead. ⁹ Once I was alive apart from law; but when the commandment came, sin sprang to life and I died. ¹⁰ I found that the very commandment that was intended to bring life actually brought death. ¹¹ For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death. ¹² So then, the law is holy, and the commandment is holy, righteous and good. ¹³ Did that which is good, then, become death to me? By no means! But in order that sin might be recognized as sin, it produced death in me through what was good, so that through the commandment sin might become utterly sinful. ¹⁴ We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. **¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ 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. ¹⁹ For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: When I want to do good, evil is right there with me.** ²² For in my inner being I delight in God’s law; ²³ but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. ²⁴ What a wretched man I am! Who will rescue me from this body of death? ²⁵ Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in the sinful nature a slave to the law of sin.

Genesis 6:1-5 - When men began to increase in number on the earth and daughters were born to them, ² the sons of God saw that the daughters of men were beautiful, and they married any of them they chose. ³ Then the LORD said, “My Spirit will not contend with man forever, for he is mortal; his days will be a hundred and twenty years.” ⁴ The Nephilim were on the earth in those days—and also afterward—when the sons of God went to the daughters of men and had children by them. They were the heroes of old, men of renown.

⁵ The LORD saw how great man’s wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time.

Psalm 51:5 - ⁵ Surely I was sinful at birth, sinful from the time my mother conceived me.

Ephesians 2:1-10 –As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸ For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

These are the original Twelve Steps as published by Alcoholics Anonymous:^[10]

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.

In some cases, where other twelve-step groups have adapted the AA steps as guiding principles, they have been altered to emphasize principles important to those particular fellowships, to remove gender-biased or specific religious language.^{[11][12][13]}