

THE TWELVE STEPS AND RELATED SCRIPTURE

STEP ONE

We admitted we were powerless over the sex addict, and that our lives had become unmanageable.

"What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise." (Romans 7:15 The Message)

STEP TWO

Came to believe that God could restore us to sanity.

"And looking upon them, Jesus said to them, 'With men this is impossible, but with God all things are possible.'" (Matthew 19:26 NASB)

STEP THREE

Made a decision to turn our will and our lives over to the care of God.

"So here's what I want you to do, God helping you: Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him." (Romans 12:1 The Message)

STEP FOUR

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 NIV)

STEP FIVE

Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed." (James 5:16 The Message)

STEP SIX

Were entirely ready to have God remove all these defects of character.

"Repent then, and turn to God, so your sins may be wiped out, that times of refreshing may come from the Lord." (Acts 3:19 NIV)

STEP SEVEN

Humbly asked Him to remove all our shortcomings.

"So let God work his will in you...Say a quiet yes to God and he'll be there in no time. Quit dabbling in sin. Purify your inner life. Hit bottom, and cry your eyes out...Get down on your knees before the Master; it's the only way you'll get on your feet." (James 4:7-10 The Message)

STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

"And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive - only then will your heavenly Father be inclined to also wipe your slate clean of sins." (Mark 11:25 The Message)

STEP NINE

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

"If you enter your place of worship and you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God."

(Matthew 5:23, 24 The Message)

STEP TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

"If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense. On the other hand, if we admit our sins - make a clean breast of them - he won't let us down; he'll be true to himself. He'll forgive our sins and purge us of all wrongdoing." (1 John 1:8, 9 The Message)

STEP ELEVEN

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.

"Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down."

(Philippians 4:6,7 The Message)

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.

"Go home to your family and tell them how much the Lord has done for you, and how He has had mercy on you."
(Mark 5:19 NIV)