

# Quest 180° Curriculum



## STEP 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**

## Engage

*“Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have wrapped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us. But upon entering A.A. (recovery meetings) we soon take quite another view of this absolute humiliation. We perceive that only through an utter defeat are we able to take our first steps towards liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.” - Anonymous, Twelve Steps and Twelve Traditions*

Typically, someone learning something new, starts out with an easy lesson and then builds upon their newfound experience with more challenging tasks. In the Twelve Steps, we begin with what some people experience as the most difficult lesson of all: no matter how powerful we think we are, we are not powerful enough to do what we want and need to do.

It's not easy to admit powerlessness and we try to bridge the gap of intentions and behavior with working harder to do things differently. But trying harder doesn't always work. The lie that we can do recovery on our own by increased effort will eventually show itself for what it is – a failing attempt to play God. It takes courage to face our own powerlessness, but this admission makes possible a dramatic spiritual change in our lives. When we acknowledge that we're in trouble, then we are finally ready to begin our spiritual journey toward peace and serenity. This step of humble honesty unlocks the door of your heart and mind for God to enter to do his divine work in you.

## Key Verses for Step 1

### Living as Children of Light

With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against Him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from Him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. **Ephesians 4:17-24**

## Examine Your Heart

1. For some of us, admitting our powerlessness was our first step to practicing honesty and experiencing freedom. How is this difficult to do? For those of you who have come to realize your powerlessness, how has this propelled you to experience the Twelve Steps and freedom from bondage?
2. As you look back on your life, where has dishonesty got you in trouble? What has your experience been when you've practiced honesty?

## Prayer

Father, I pray that you will help me to practice honesty—honesty with you, with others, and with myself. Please be by my side as I admit my powerlessness over my compulsive behaviors and learn to surrender everything to You. Amen.

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## STEP 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**

## Engage

*"When I came to Step Two I realized that although I was a committed Christian and I really believed in God, my problem was that in some very important respects I was living a frantic, highly stressed existence as a Christian professional speaker and writer. I knew that something was not right: I was teaching about grace and freedom, on the one hand, and my life was anxious, stressful and over committed, on the other. But I was in denial and couldn't see how bizarre the contradiction was. People in this program have helped me to realize that anything I do or think that is destructive to me or my relationships with other people or with God is a kind of insanity, especially when I keep doing it month after month."* - J. Keith Miller, A Hunger for Healing

In Step One, we began to face the truth about our lives. In this step, we come to believe in something greater than ourselves. It is important to remember God honors and responds to the smallest step of faith – even if it is mixed with uncertainty. When we see that there is a God and realize it isn't us, we begin to look beyond ourselves to greater source of hope, forgiveness and restoration.

In the story of the prodigal son (see Luke 15: 11-32) we see a wayward son coming to the end of himself and believing he needed a Power greater than himself for restoration. So, he decided to return home to his father. With fear of being disowned and sent away, the son arrives to find a heartfelt welcome home and warm embrace. Though he did not know what the ultimate outcome would be, the son had enough faith and hope to make the turn toward the journey home to the father.

We cannot do recovery on our own. We need God for ultimate healing and peace and when we find this hope, then we can recover. It takes a baby step in the right direction – a step you can take today!

## Key Verses for Step 2

The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. **Psalms 23: 1-3**

"LORD, help!" they cried in their trouble, and he saved them from their distress. He led them from the darkness and deepest gloom; he snapped their chains. Let them praise the LORD for his great love and for the wonderful things he has done for them. For he broke down their prison gates of bronze; he cut apart their bars of iron. **Psalms 107: 13-16**

## Examine Your Heart

1. In your past, where have you sought hope and security? What was your level of disappointment in your ways to cope with life apart from God?
2. What has been your experience in coming to believe in a Power great than yourself? How have the results been for you?

## Prayer

God, thank you for all you've done in my life, even when I might have not fully believed in You. I am so grateful I am able to turn to You and find hope to keep moving forward in my recovery and new way of living. I pray You'll continue to bless my path and assure me that I can always turn to You. Amen.

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## STEP 3

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

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. **Romans 12:1**

## Engage

*Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith yet keep God out of our lives. Therefore, our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. (recovery) program will rest upon how well and earnestly we have tried to come to a decision to turn our will and our lives over to the care of God as we understand Him.”- Anonymous, Twelve Steps and Twelve Traditions*

The Twelves steps begin with the admission that we cannot manage our life on our own and we need to realize that a belief in God could restore us to sanity and wholeness. These first two steps prepare us to make an important decision. The first three steps can be summarized in three simple statements: “I can’t. God can. I think I’ll let Him.” Step Three encourages us to make a life-changing decision to turn our lives over to God.

The heart behind the name of our recovery ministry “Quest 180” refers to a 180 degree turn around, an about face to use a military term, from trying to manage our lives apart from God, walking towards death and destruction to turning around in the opposite direction and asking God to come into our lives to forgive us from our sins and fill us with his strength and presence as we begin a new relationship with Him.

Turning and walking with God involves entrusting our lives to God’s care. This may be fearful for some, depending on their perceived view of God. Is he an angry judge? An executioner? It’s good to know God is a loving and forgiving God and has a plan for our lives. No matter what we’ve done in the past, we are not disqualified from God’s great care and love for us.

## Key Verse for Step 3

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

**Matthew 11:28**

God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. **Ephesians 2: 8-9**

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. **John 3:16**

## Examine Your Heart

1. How do you imagine God? As you’ve grown in your faith, how has that changed?
2. If you’ve made the decision to follow God, what changes have you seen in your life?
3. If you haven’t made the decision to follow God, what questions do you have? If you’d like to make that decision, feel free to talk to one of the Quest 180 leaders.

## Prayer

Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to come into my heart and life. I want to trust and follow You as my Lord and Savior.

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## STEP 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**

## Engage

*"Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been and are. We want to find exactly how, when and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us." - Anonymous, Twelve Steps and Twelve Traditions*

In the first three steps we established our relationship with God – and now we need to learn and grow in what it looks like to follow Christ. Part of this is taking an honest look at ourselves and in this step, we make an inventory of our past decisions, actions and behaviors.

Taking a fearless moral inventory implies that this is a challenging process. It's like going upstairs to a messy attic which hasn't been dealt with for years. It seems impossible, avoidable and one may not know where to begin in the process. But this step leads to incredible freedom when we can identify and assess who we truly are. Taking a fearless moral inventory will open the door to new possibilities, healthy choices and freedom in our lives. It's much like dealing with a severe ache and going to a specialist who can finally discover what is causing the pain, rather than ignoring things hoping it will all go away.

Ask God to give you the time, insights and courage to look at yourself. You may want to talk too with a trusted friend in recovery, who can help shed light on areas which may we may be blind to.

## Key Verses for Step 4

For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope. **Jeremiah 29:11**

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life. **Psalms 139: 23-24**

## Examine Your Heart

1. Why does it seem so challenging to take a fearless moral inventory? What are some of the roadblocks which prevent an honest look at yourself?
2. For those who have completed this step, share some of the insights you gained when looking at yourself and the benefits of doing this inventory.

## Prayer

Father, please help me to put aside my fears in working Step 4, and instead fill me with courage to come face-to-face with myself. Help me to be honest as I look at my character defects, my resentments, and the role I play in the circumstances. Be near me so that I am not alone as I work on my fearless moral inventory. Amen.

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### STEP 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**

## Engage

*"All of A.A.'s Twelve Steps go contrary to our natural desires...they all deflate our egos. When it comes to ego deflation, few steps are harder to take than Five. But scarcely any step is more necessary to longtime sobriety and peace of mind than this one." - Anonymous, Twelve Steps and Twelve Traditions*

In the Fourth Step, we created the inventory list and now have a better, more realistic view of ourselves. Now it's time to do something about it. So, what do you actually do? Our tendencies are to hide the list from others or forget entirely the mess of our past. But this step tells us the opposite as we're to admit to God, to ourselves and to another human being, the exact nature of our wrongs. Admitting our wrongs is a form of confession. This step is powerful and can free us from the pain and remorse about our past behavior. One of the fears we all deal with is rejection and the fear is that if people really knew who we were, they would walk away, disown us and would not love or accept us.

Author Tim Keller puts it this way: *"To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything. It liberates us from pretense, humbles us out of our self-righteousness, and fortifies us for any difficulty life can throw at us."* (The Meaning of Marriage)

When we admit to God, who sees all of us and still loves us – we can experience his love and grace. When we admit our wrongs to another trusted human being, we experience God's grace in person. Expressing to another person in essence is taking off a heavy backpack we've been hiding and carrying around for years. There is a release of peace in our hearts and souls that even though we've erred in the past, we're still extremely loved, forgiven and accepted by God and that we're still of value and able to have healthy relationships with others.

## Key Verses for Step 5

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. **1 John 1: 8-9**

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. **Romans 8: 38**

You will know the truth, and the truth will set you free. **John 8:32**

## Examine Your Heart

1. How hard is it for you to admit your mistakes? Why do you think it's so difficult?
2. For those who've completed their 5th Step, what benefits did you experience?
3. Who are some of the trusted individuals you're thinking of sharing your list with? What is your plan for doing your 5th Step?

### Prayer

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation but rescue us from the evil one.

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## STEP 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**

## Engage

*"When we tried to clean ourselves up with our own power and "discipline" we kept ourselves agitated, confused, in denial, and worn out, and we were in almost constant emotional pain. We were like the man who tore the scab off his arm every morning to see if his wound had healed. But it was in doing the sixth step that I saw why I had become too exhausted. I'd been trying to do God's part in the spiritual growth and healing process. In the program I was told that my part was "being entirely ready," being ready to let God be the controller and the life-changer of myself and others. When I did that, my sponsor said, I would see how God's power is released to flow through our lives to clean them only when we quit trying to control the how and when he is to use that power." - Keith Miller, A Hunger for Healing*

We've just come through identifying the patterns of behavior that have been hurtful to ourselves and those around us. These negative character traits have developed in our lives over a long period of time. We may have used blame or withdrawal in coping with difficult people or situations. We have seen the various ways we've self-medicated to try to deal with the emotional pain of life. There may be quite a list of ways and behaviors we've used as what we thought were survival skills and now we see they are no longer helpful. They all have turned into character defects and have been hurtful to ourselves and others. In this step, we prepare ourselves to let God change us from an unhealthy reliance on these life-coping methods.

Changes of character go down to the core of who we are, and they take time. But once we identify these traits and begin to allow God to do the changing, then we can begin the journey of life change, wholeness and peace.

## Key Verse for Step 6

We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. **Romans 6:6**

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! **2 Corinthians 5:17**

## Examine Your Heart

1. As you look at your inventory, what are some of the character defects you've identified for removal?
2. What does it mean to be "entirely ready?" On a scale of 1-10, ten being extremely ready, how ready are you and elaborate on how ready you're feeling?

## Prayer

God, thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from You. Please grant me Your grace, Lord, and make me willing to have these defects and shortcomings removed. Amen.

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## STEP 7

**We humbly asked 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**

## Engage

The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, can came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have. – Anonymous, Twelve Steps and Twelve Traditions

The 12 Steps build upon each other and progress us towards freedom and wholeness. The first three deal with our relationship with God and our need to give our lives over to God and His care. We then make an inventory and became ready for God to remove our shortcomings.

In Step Seven, we ask God to remove our shortcomings. As much as we'd like to snap our fingers and have them all go away, this step takes time. Many of these shortcomings have been our own contrived ways of coping with circumstances, dealing with hurts and ways to escape the pain which exists in life. To work through this step, we need humility. In Isaiah 64:8, we read "We are the clay, you (God) are the potter." We are God's magnificent creation and God is the creator. Practicing humility allows God to be in control and the one who shapes and sustains us as we travel through life.

With humility, we can cease attempting to manage how other people perceive us. With humility, we can stop trying to look good or be perfect around others. With humility we can accurately think and feel about who we truly are. With humility, we can be freed from what causes much of the anxiety and stress which burdens us down.

## Key Verses for Step 7

But those who exalt themselves will be humbled, and those who humble themselves will be exalted. **Matthew 23:12**

Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. **Colossians 3:12**

Pride ends in humiliation while humility brings honor. **Proverbs 29:23**

## Examine Your Heart

1. What does humility mean to you? How does practicing humility bring about confidence in your recovery?
2. When has pride and control of your circumstances failed in your past? What successes have you seen in your life by putting God in control?

## Prayer

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen." (AA Big Book, page 76)

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### STEP 8

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

Do to others as you would have them do to you.  
**Luke 6:31**

## Engage

*In Steps Eight and Nine we learn that the way out of the pain of separation is through that pain, not around it. Instead of justifying ourselves, we own our hurtful behavior specifically. Instead of burying what we find, we go to the person we have offended, confess the behavior, and make amends. For those of us who have always hated to be wrong and have been terribly afraid of rejection, this is a very frightening prospect. When I had been in the program long enough to be at Step Eight I had heard many people talk about the serenity and restored relationships that came from doing Steps Eight and Nine, and I was at least ready to do Step Eight. I was desperately afraid of Step Nine, but my sponsor reminded me that I only had to do one step at a time; I could wait until I was ready – even if it took years. So, I began Step Eight. - J. Keith Miller, A Hunger for Healing*

The first seven Steps helped us establish a peaceful connection with God and with ourselves. Now, in Step Eight, we begin the process of making peace in our relationships with others. Looking back, many of the strategies we have used in managing our relationships have been unhelpful. For some of those problem relationships, we pretended the problems didn't exist. We may have avoided those with whom we had conflicts with or we blamed others for all of our problems. These past strategies have not lead to peace and serenity.

In order to make peace with others, we need to set aside the past failed strategies and coping methods to pretend, deny, avoid, blame, argue, forget or evade. These need to be replaced with making amends with others we have hurt in our past.

Making a list of people we have harmed can be challenging and uncomfortable. There can be many emotions such as guilt, shame, or fear racing around in our minds and hearts when we start thinking of making amends with others. It's important to push through these initial feelings as the number of people who will positively greet our efforts to make amends will be surprising. Though you will not have a restored relationship with everyone in your past, there will be some significant rewards when you make peace with others. Making these amends can release the ball and chain of past emotional pain and can increase our confidence in taking full responsibility for our behavior.

## Key Verses for Step 8

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.  
**Ephesians 4:32**

Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do and He will show you which path to take. **Proverbs 3:5-6**

## Examine Your Heart

1. Why must we be willing to make amends to all those we have harmed? Why can't there be any exceptions? What benefits do you see coming your way when you show love and compassion towards others?
2. Is there anyone on your list with whom you have not become willing to make amends?

### Prayer

Father, I pray that you will remove any fears I may have in writing my list of those I have harmed. Please help me to practice honesty in writing my list and to have compassion for others to whom I have caused harm. Please help me be willing to make amends to everyone. Amen.



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## STEP 9

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

Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. **Matthew 5:23-24**

## Engage

*There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen – we send them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people, we stand on our feet; we don't crawl before anyone. – Anonymous, The Big Book of Alcoholics Anonymous*

The work we did in Step Eight provides us a list of people we have harmed. In this step, we make amends to the people on this list. Making amends is way more than apologizing (which is a good thing to do). This step involves a behavioral change on our behalf.

There may be a variety of ways we've harmed others – financially, emotionally, physically or possibly spiritually. As we look at ways we've harmed others, there will be a variety of ways we can make amends directly to those people. They may be family members, neighbors, co-workers or friends we need to contact. Meeting in person is the best way to make amends when possible. For some, one meeting will be all it takes to set things right; for others it may be more of a process of seeking forgiveness and rebuilding trust. Use wisdom and seek advice from your sponsor or a pastor on situations which may be sensitive.

Step Nine involves empathy – the capacity to understand the feelings of others and how to anticipate how others will be affected by our amends.

## Key Verses for Step 9

But if you suffer for doing good and endure it patiently, God is pleased with you. For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in His steps. He never sinned, nor ever deceived anyone. He did not retaliate when He was insulted, nor threaten revenge when He suffered. He left his case in the hands of God, who always judges fairly. He personally carried our sins in His body on the cross so that we can be dead to sin and live for what is right. **1 Peter 2:20-24**

Don't look out only for your own interests, but take an interest in others, too. **Philippians 2:4**

## Examine Your Heart

1. What does the phrase "except when to do so would injure them or others" mean?
2. Are you ready to do whatever is necessary for you to properly take this Step?

## Prayer

God, with regard to the amends I need to make, give me the strength, courage, wisdom and direction to do the right thing, no matter what the personal consequences may be. Help me to repair the damage I may have caused others and begin living in a way that honors You. Amen.

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## STEP 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**

## Engage

*Working the steps is a daily struggle; the Christian walk is a daily struggle. These two manners of living are the same, a common path that must be walked one day at a time. The essential nature of the daily struggle is implied in Step Ten as we continue to implement the spiritual principles developed thus far. Jesus tells us to take up our cross daily and follow him (Luke 9:23). To take time away from the true path of recovery is to invite relapse and regression into active addiction. - Martin M. Davis, The Gospel and the Twelve Steps*

The Twelves Steps is not a "one and done" thing to do for your recovery; it is not a cure for your addiction or behavior. Just as our personal relationship with God is a daily, progressive walk with our Savior, working the Steps is a daily process. In this step, we develop the daily discipline of examining our actions, reflecting on the events of our day. When inappropriate behavior is identified in our day, we take the corrective actions as soon as possible. This will take some time and effort, just like it did when you learned how to ride a bicycle. It was awkward and clumsy at first and you may have taken a few spills along the way. But each day practicing brought about confidence and a new ability.

Know that you are human, and humans are fallible. There will be a tendency to lapse into old behavior and left unchecked, we could easily stray into relapsing. This discipline of daily examining our lives and quickly admitting our wrongs takes a spiritual humility which will save us from destruction and failure.

## Key Verses for Step 10

People with understanding control their anger; a hot temper shows great foolishness. **Proverbs 14:29**

For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. **James 1:23-24**

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. **1 John 1:8-10**

## Examine Your Heart

Practice Step 10 in your small groups. Here is an example of a simple, daily, personal inventory:

- Have I reaffirmed my faith in a loving, caring God today?
- Have I sought out guidance from God today?
- Has God given me anything to be grateful for today?
- Have I been worrying about yesterday or tomorrow?
- Did I allow myself to become obsessed about anything?
- Have I set myself up for disappointment?
- Have I been kind and loving toward all?

## Prayer

God, I thank You for everything You did for me today and all that You have done in my life. I ask You to remove any of my selfishness, dishonesty, fear, and resentments. God, I pray that you give me strength and courage to make any amends I need to make. I ask that You continue to show me that I can lean on You and I pray that You will continue to guide me on how I can live my life better. Amen.

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### STEP 11

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

Let the Word of Christ dwell in you richly.  
**Colossians 3:16**

## Engage

*As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many time each day "The will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. We become much more efficient. We do not tire as easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. - Anonymous, The Big Book of Alcoholics Anonymous*

Those of us who follow Jesus Christ as Lord and Savior make regular use of prayer and recognize the need daily connect with God. It's like the person who refuses food, water, exercise or light – over time they would soon suffer. When are stray away from regular time with God in prayer, we deprive our minds, souls, heart and emotions of needed support for each day.

Steps Ten and Eleven are sometimes referred to as "maintenance steps" because they help us sustain the progress made through the first nine steps. And as you look back over your life, whether it's been weeks or years of being clean or sober, you've seen some significant changes. Working through the first Steps, you encountered God who loves you and offers forgiveness, transformation, wholeness and a future for you. You learned that God is there for you to help you with your shortcomings and is your daily strength and guide for life. Now in Step Eleven, we seek to increase our constant contact with God and pray for the knowledge of His will for our lives.

When we started our recovery journey, we may have reached out to God in desperation; but as we continued working the Steps and began to grow in our knowledge and faith in God, we now desire to deepen our relationship with the creator and sustainer of life – the One who truly and unconditionally loves us. As we seek God daily, the affirms the fact that God is in charge and it's our job to align to his will.

## Key Verses for Step 11

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. Let the message about Christ, in all its richness, fill your lives. **Colossians 3:15-16**

Let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God. **Romans 12:2**

Draw close to God, and God will draw close to you. **James 4:8**

## Examine Your Heart

1. What practices do you employ when it comes to prayer and connecting with God? What does a typical week look like for you spiritually?
2. How do you improve your conscious contact with God? What does this mean to you?

### Prayer

Father, we ask that you guide and direct our thinking throughout our day. We pray that we turn to you whenever we face indecision, anxiety, or fear, so that you will show us your will. We pray that we remain in conscious contact with you so that we will better know your will for our lives. Amen.

# Quest 180° Curriculum



## STEP 12

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

Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, or you also may be tempted. **Galatians 6:1**

## Engage

*Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics.*  
– Anonymous, The Big Book of Alcoholics Anonymous

The first nine Steps taught us skills on how to have a relationship with God, ourselves and other people in our life. The final two Steps are all about maintaining a peaceful relationship with all by daily practicing the new skill acquired. Though this is the twelfth and final step, nothing by any means is coming to an end. You will practice these twelve principles the rest of your life and as others have invested in you, now it's time for you to invest into the lives of others.

Think of how you've grown over the course of working through the Twelve Steps. You've faced many painful realities about yourself. You've learned to accept and tell the truth as opposed to blaming others for your defects and problems. The biggest learning is your discovery of a Higher Power, through a personal relationship with Jesus Christ and how you've encountered love, joy and serenity in your life.

Carrying this message of transformation, hope and peace to others is essential to your long-term recovery. When you share the Good News of God's healing power and the way your own life has been changed you are witnessing the truth of how God works in our midst.

## Key Verses for Step 12

You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father. **Matthew 5:14-16**

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. **James 1:22**

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. **Galatians 6:9**

## Examine Your Heart

1. In A.A. they say, "You gotta walk the walk before you talk the talk." On a scale of 1-10 (ten being high) how would you rate you walk with God and your progress in your recovery? What steps do you need to take to increase your score?
2. In what ways are you practicing Step 12? What steps do you need to take to carry the message to others?
3. What areas are your serving at Quest 180? If you're not serving, what areas could you serve in? Who has God placed in your life that you need to encourage in their sobriety?

## Prayer

Dear God, having had a spiritual experience, I must now remember that "faith without works is dead." The founders of this spiritual program knew that practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to others! Provide me with the guidance and wisdom to talk with others because You uniquely created me to help when no one else can. Amen.

## Serenity Prayer

**God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.** Living one day at a time, enjoying one moment at a time; accepting hardships as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that you will make all things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with you forever in the next. Amen.

## The 12 Steps & Their Biblical Comparisons

### STEP 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**

### STEP 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**

### STEP 3

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

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. **Romans 12:1**

### STEP 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**

### STEP 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**

### STEP 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**

### STEP 7

**We humbly asked 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**

### STEP 8

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

Do to others as you would have them do to you. **Luke 6:31**

### STEP 9

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

Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. **Matthew 5:23-24**

### STEP 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**

### STEP 11

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

Let the Word of Christ dwell in you richly. **Colossians 3:16**

### STEP 12

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

Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, or you also may be tempted. **Galatians 6:1**

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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

To watch current and past messages visit [eaglebrookchurch.com/messages](http://eaglebrookchurch.com/messages) or download the Eagle Brook app.

There are great volunteer opportunities available for you to make an impact in the lives of others in recovery. See one of your leaders for more details.

For all Q180° times and locations, visit [quest180.com](http://quest180.com).