

Quest 180° Curriculum

Volume 8

- ● ● **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

Welcome to Step One of the 12 Steps. For some of you, you've worked the steps many times and know this is where it all starts; for others, this is a new route you're embarking on in your recovery. You have found a safe place at Quest 180, and we're glad you're here.

God has created us all for relationships—both with himself and with others. As we go through life, there can be relational struggles, pain, and times when we develop unhealthy ways to deal with our hurts and hang-ups. Sometimes in our attempt to cope, we acquire unhealthy dependencies on substances or processes. Any behavior done repetitively to avoid feelings is considered "addictive."

One of the keywords in this step is "we." Know you're not alone, and you're doing your recovery with others and with God. Another keyword is "powerless." It's essential to understand our own powerlessness, and as we try to cope and manage our hurts in unhealthy ways, we see our lives come crashing down in one area after another. Someone once said the definition of insanity is doing the same thing over and over again, expecting different results.

Working the 12 Steps is about turning away from old, unsuccessful methods of staying clean and sober and finding a new pathway of dealing with life, overcoming addictions, and conquering compulsive behaviors.

Key Verses for Step 1

The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. **Psalm 51:17**

The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free. **Luke 4:18**

Examine Your Heart

1. Why is there power in admitting powerlessness?
2. In what ways were you a slave to sin? In what ways have you experienced freedom?

Prayer

Dear God, most powerful creator of the universe, I am nothing without you. Time and again, I've proven I am weak to sin. I've tried on my own to do what is right, and I've failed. I need your help to keep my life and my actions focused on the good you have in store for me. Please be with me to move my focus from sin and place it on 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

This step is about the process of moving from inward turmoil to outward hope. Step One acknowledges our hopeless situation, and now we turn our eyes towards the One who can bring unconditional love, peace, hope, and sanity to life.

Step Two is what is behind the “180” in Quest 180. You are making a 180 degree turn away from self-destructive behaviors and towards God. Despite all the failures in our lives—all the broken promises, disappointments, missteps, bad decisions, anxiety, fear, depression, and guilt—there is still hope. There is hope because there is a Power greater than us that knows and loves us unconditionally. And this power can restore our lives to a place of freedom from the insanity of addictive behaviors.

Here, we begin the new journey of a great process and progression of faith, which will grow over time. True humility and an open mind and heart can lead us to this faith in God. It starts with a turn and a step towards wholeness, freedom, and the One who can make this all possible.

Key Verses for Step 2

Now that we have been made right with God by putting our trust in him, we have peace with him. It is because of what our Lord Jesus Christ did for us. **Romans 5:1**

So then, faith comes to us by hearing the Good News. And the Good News comes by someone preaching it. **Romans 10:17**

Examine Your Heart

1. One being low and ten being high, how would you rate yourself on “being sick and tired of being sick and tired?” Talk about the reason for your score.
2. How has life disappointed you in your past? How motivated are you to turn to God for hope and peace? What questions do you have as you’re considering this turn?
3. If you’ve made your turn towards God, how has life changed for you?

Prayer

Dear Lord, my addictions, compulsive behaviors, and other sin have brought insanity and unmanageability to my life. I can’t fix it, and I need you. Please help create, restore, and replenish my faith in you. I promise, Lord, I will look for you and signs of your presence in my life every day. Thanks for loving me despite my past. 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

Step Three calls for affirmative action and decision, as you'll see in the rest of the 12 Steps. It is by this action you'll cut away the self-will and desired control that has blocked God's entry into your life.

At this step, you're at the place where you finally admit your powerlessness to overcome addictive behaviors on your own. You realized there is a Higher Power that can deliver you from the insanity of addiction. Now, you're ready to give these matters over to God, your Higher Power. Here, God can restore you to a right and sane mind, which leads to healthy behaviors and a life filled with greater serenity, power, and even joy. This is the step to turn life over to God to be the overall leader and manager of your life.

Here, you move from acknowledging to deciding and committing your life to God. You're committing your past, present, and future to God, who loves you and has a plan for your life.

How do you do this? How does this transaction happen? First, do you believe that Jesus died on the cross for your sins and proved he was God by coming back to life (**Romans 10:9-10**)? Have you accepted God's free forgiveness for your sins (**Romans 3:23-24**)? Do you desire to take on God's plan for your life (**John 10:10**)? Do you desire to have Jesus Christ be your Lord and Savior? If so, you can ask Jesus to be your Higher Power today.

Key Verse for Step 3

Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. **Revelation 3:20**

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. God sent his Son into the world not to judge the world, but to save the world through him.

John 3:16-17

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. A common recovery phrase is "turn it over." How willing and ready are you to turn every aspect of your life over to God?
2. If you've made this decision to turn to God, how has your faith impacted your recovery?

Prayer

Lord Jesus, I want to know you personally. Thank you for dying on the cross for my sins. I open the door of my life and receive you as my Savior and Lord. Thank you for forgiving my sins and giving me eternal life. Take ownership and management of my life. Make me the kind of person you want me to be. Amen.

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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

The purpose of making a searching and fearless moral inventory is to find out who we truly are. It's taking a step of sorting through the confusion and contradiction of our lives to rid ourselves of the burdens and traps that have controlled us and prevented our personal growth.

Some of our past behaviors have been unhealthy ways of coping with our hurts, habits, and hang-ups. Truly looking at our inventory can be scary, which can prevent us from taking this step. The good news is that you've found a loving, personal God to whom you can turn—you no longer need to be afraid of the truth because through God's grace, you are loved, accepted, and made a new person in him, no matter your past.

Start by telling your story. Take some time and write out your personal history. Look back on your childhood experiences and family of origin. In doing this, you can discover the roots of addiction and codependency. Examine your past significant relationships and inventory all the ways you have been hurtful to them and yourself.

Also, look for the good attributes of your life. It's important to counterbalance your inventory with some of the positive things which have happened in your life and healthy ways you may have responded to them.

Key Verses for Step 4

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: 22-24**

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

Examine Your Heart

1. A popular recovery saying is, "we're only as sick as our secrets." What is your plan for making your personal inventory? What fears do you have in examining your past?
2. As you make your list, do you see any patterns or common tendencies in dealing with life, difficult situations, or people? What have been the outcomes of these choices?

Prayer

Dear Lord, I know you love and accept me just as I am, but there are parts of my past that I regret and cause me to feel shameful. Lord, please guide me and give me strength. If you are with me, I will not fear. Please offer me comfort and strength to look at my moral inventory as you see it. In Jesus' name we pray. 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

This may be one of the most challenging steps in your recovery process, but it can also be one of the most fulfilling. When you admit to God, yourself, and a trusted friend the exact nature of your wrongs, you are coming out of isolation, fear, and false fronts. When you share your life experiences—warts and all, you will help ease the anxiety, depression, and irritability of hiding the worse parts of you. Finally, you're on the threshold of ridding yourself of the painful reality of self-isolation and loneliness and releasing a huge weight that has been holding you back from becoming all who God has intended you to be.

How do you do this important step?

- You'll want to reveal your most distressing & tormenting memories to a safe and trusted person—most likely this will be your sponsor.
- Be honest and vulnerable. Don't hold back the truths of your story.
- Don't worry about being judged or condemned. This is the process of unloading the dump truck of shame, worry, and guilt to live with freedom and peace.
- Set up a time to do this and follow through. Pray and ask God for strength, courage, and peace in this process.

When it comes to humility and ego deflation, this step takes the prize. But following through with Step Five will bring long term sobriety and peace of mind.

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**

People who conceal their sins will not prosper. But if they confess and turn from them, they will receive mercy.

Proverbs 28:13

Examine Your Heart

1. Who do you have in your life that you feel you can do Step Five with? What is your action plan to complete this step?
2. Admitting the exact nature of our wrongs is a humbling process that can deepen our faith. Why is admitting this to God and a trusted sponsor so important?

Prayer

Dear Lord, you already know my sins and my wrongdoings. Despite all this, thank you for still loving me and accepting me as I am. Please give me the strength and courage to look at my past and honestly share it with someone else so that I can further let you into my life to continue to heal me and make me into the person you created me to be. Thank you, Jesus; it is in your name we pray. Amen.

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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

In Step Four, you made a list; in Step Five, you shared this list with a trusted person or sponsor. And now, you're ready to begin the process of change and jettisoning the baggage you've been carrying for so long. Now is the time to get ready for God to change us.

The phrase "entirely ready" indicates the fact that we've started walking on a life-long pathway of change. Change can be hard as the unhealthy patterns of dealing with life are ingrained within us. Examples of these patterns can include blaming others, controlling others, isolating ourselves, and numbing our feelings and pain. We now realize these behaviors are hurtful to ourselves and others around us.

While we get ready for the change, it is God who removes our character defects. We do the asking; God does the work. Remember in Step One that we don't have the power to change ourselves, and the harder we try, the greater the frustration. Change requires time and patience as this is a lifelong journey. It also requires us to grow in our knowledge of our Higher Power—Jesus Christ, and God's guidebook—the Bible for how to do life.

Key Verse for Step 6

So, we have stopped evaluating others from a human point of view. At one time, we thought of Christ merely from a human point of view. How differently we know him now! 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 5:16-17**

If you try to hang on to your life, you will lose it. But if you give up your life for my sake and the sake of the Good News, you will save it. **Mark 8:35**

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, gentleness, and self-control. There is no law against these things! **Galatians 5: 22-23**

Examine Your Heart

1. Are there any defects of character that are particularly difficult to let go of? Is there anything the group can do to assist you in this process?
2. What characteristics of the fruit of the Spirit (see Galatians 5 above) do you desire the most?

Prayer

Dear Jesus, thank you for loving me and for dying on the cross for my sins. Thank you for the new life I have in you. Create in me the characteristics that come from you by your work within me. Help me to daily yield my life to you and the plans you have for my life. 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 keyword in this step is humility. Someone once said humility is not thinking less of ourselves; it's thinking of ourselves less.

When we recognize that we are ultimately powerless to change ourselves (Step One), we can look outside of our own abilities for the help and support for change and new life. God desires to have a relationship with us and to make us a new person, with his strength and power. There is a limit in our human ability to change our character defects, and willpower and white-knuckling alone won't do the trick.

Fortunately, we have the ultimate example found in Jesus Christ, who showed humility in dying on the cross to pay for all of our sins. As Christ's followers, we're to have that same attitude:

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross. **Philippians 2:3-8**

With humility as our guide, we can move towards God and others. We can finally be on the ultimate pathway towards healing, freedom, happiness, sobriety, and security.

Key Verses for Step 7

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**

But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. **1 John 1:7 (NLT)**

Pride leads to disgrace, but with humility comes wisdom. **Proverbs 11:2**

Examine Your Heart

1. Where has pride gotten in the way of your recovery attempts?
2. In what ways are you seeing God work in your life and change you?
3. Are there any shortcomings you find particularly difficult to let go of?

Prayer

Dear Lord, I will never fully be of use to you until I let go absolutely. Please do with me what you will. Taking my shortcomings from me and replacing them with your healing grace. I want to be all you intended me to be and of full usefulness to you and my fellows. In Jesus' name, we pray, Amen.

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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

It's inventory time again. God has wired us for relationships—first with him and then with others. This step is the beginning of making amends and healing our past with others. Step Four was about making a personal housecleaning list. This step deals with the social part of who we are and who God wants us to be as it relates to others in our life.

The baggage of bruised relationships can weigh us down with guilt, fear, pain, sadness, and resentment. These hurtful emotions are stored inside and can keep us stuck to our shameful past deeds and behaviors, blocking us from loving others, ourselves, and God.

It's one thing to want to have God take all of our character defects so we can be free and serene. But we must see that almost all of our troubles involve other people. We may have tried to control them or fix these relationships of our past. It's time to face what we have done and take ownership for our part in hurting those in our past so we can move into the future, filled with peace and an understanding of our past behavior. This step is the start of forgiving others and possibly being forgiven by others.

In making this list, name the person who has been harmed. Write the memories, thoughts, and feelings about the harm. Then, write the intentions and amends for the harm caused to others. In doing so, you will start the healing process of bruised relationships amending the feelings of guilt and pain stored up for so long.

Key Verses for Step 8

If my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. **2 Chronicles 7:14**

But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you. **Luke 6:27-28**

Examine Your Heart

1. It can be so very difficult to make amends to those who have hurt us. Is there anything the group can do to help you become willing?
2. Do you have any encouraging stories about the amends process? If so, please share with the group.

Prayer

Dear Lord, I want to show the other people the same grace you have offered me in my life. As I make my list of all the people I have harmed, please help me become willing to make the amends that I need to without considering any of the wrongs committed against me. I want to show your grace and love through me. Please help me do so. In Jesus' holy name I pray. 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

Step Nine completes the work we did in Step Eight. It's a good idea to approach this step with the right attitude and humility. First, it's a good idea to have forgiven both ourselves and the people we injured, regardless of anything they might have done to retaliate against our past behavior. Conflict resolution is hard to achieve if there is bitterness, defensiveness, and unforgiveness present.

Second, have a good idea going into the encounter about what we want to say and accomplish. Most importantly, state our apology without assigning any blame to the ones we hurt. We must act responsibly as we make our confession and attempted amends, having thought through all the possible consequences so that we will not be caught off guard and be provoked to anger. A rehearsal with a sponsor, therapist, or friend may be great preparation for this step.

Third, be open to any response we get from people we've injured and be ready to accept their response without becoming angry, defensive, or combative. Remember, we are not there to manipulate them into forgiving us. To have this come off smoothly, we should make every effort to purge our bad feelings toward the person or incident before we meet to talk. This will help us resist the temptation to point out what we felt they did to provoke us. We are only there to talk about our own behavior.

Lastly, it's a good idea not to take the other person by surprise. They have a right to know that we're contacting them intending to make amends. They have a right to refuse to let you do this at this time, and they may not be ready to have a contact. You can leave an open invitation to talk whenever and wherever they might feel comfortable in the future.

Key Verses for Step 9

Give the following instructions to the people of Israel: If any of the people —men or women—betray the Lord by doing wrong to another person, they are guilty. They must confess their sin and make full restitution for what they have done. **Numbers 7:6-7a**

When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. And if that happens, you surely won't be free again until you have paid the last penny. **Matthew 5:25-26**

God blesses those who work for peace, for they will be called children of God. **Matthew 5:9**

Examine Your Heart

1. Is there anyone in your life you are struggling to make amends? Is there anything this group can do to help you?
2. Amends is more than just an apology. What are some real and tangible things you are doing to make things right for the people in your life?

Prayer

Dear Lord, I want to make things right for the wrongs I have committed, but sometimes making amends is hard work. My addiction and compulsive behaviors were so humbling. I know I need you through this process. I want to show others the work you are doing in my life and my heart. Making these amends are part of the healing process. Please guide me and offer me the strength to do the work necessary to fix the wrongs I committed. Thank you, Jesus. 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

Taking a personal inventory and making amends aren't one-and-done experiences—they're an ongoing and new life pattern moving forward in your recovery. There are two dimensions in play when our actions are in the wrong category—otherwise known as sin. One is vertical, as sin is ultimately disobedience to the plan God has for our lives. The other is horizontal, as sin affects us personally and the relationships in our lives. These behaviors, attitudes, and actions often lead us to use or relapse.

As we continue in our recovery journey, watch for attitudes of selfishness, dishonesty, resentment, and fear. When these feelings crop up, immediately admit those feelings and ask God to remove them. Talk to a sponsor or trusted friend about what you're experiencing and how it's starting to affect your recovery. Develop a healthy daily habit of self-awareness and self-appraisal. Take time each day to review your day—how were your attitudes, thought life, and actions? How did your relationship with God go today?

Doing this step keeps you on your recovery toes. It's easy to make it this far, begin coasting, rationalizing, and thinking that you can manage recovery on your own and you don't need a program, healthy relationships, accountability, your faith in God, and the 12 Steps anymore. As you continually monitor your feelings, emotions, actions, and admitting to God and others your missteps—you maintain your vital walk with God and keep on the recovery pathway.

Key Verses for Step 10

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 cleanse us from all wickedness. **1 John 1:8-9**

You say, "I am allowed to do anything,"—but not everything is good for you. You say, "I am allowed to do anything,"—but not everything is beneficial. Don't be concerned for your own good but for the good of others.

1 Corinthians 10:23-24 (NLT)

Examine Your Heart

1. Taking a personal inventory is a continuous process. When do you routinely fit this in your schedule? What does this look like from day to day, week to week, month to month?
2. Promptly admitting our wrong requires first realizing it. What process do you go through for your personal inventory?

Prayer

Heavenly Father, I know you are walking with me to help and guide me, but sometimes I fail to see my sin. Please help me examine my thoughts, feelings, and actions so that I can immediately admit my wrongs. I want to be more like you, and it is only through a continued personal inventory that I can see where I have failed you and where I am making improvements. Please continue to light my way. In Jesus' name we pray—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

Psychologist Henry Cloud says that our brains need three things to survive: oxygen, glucose, and relationships. God created us in his image, and we are hard-wired for relationships with others and with him.

When we first started in the recovery process, we expressed our wants and needs, which seemed important. Now that we started our spiritual walk with God, we have found a higher power greater than ourselves. This great connection with God can help put our problems and issues in perspective, redefine our behavior patterns, and keep our thinking in check. We now see our greatest need is for knowledge of God's will for us and the strength he provides every day for us to carry that out.

What's the best way to find out God's will and plan for our lives every day? By maintaining contact with God through worship, reading the Bible, attending a Bible-believing church, and through prayer and meditation. Prayer is simply talking to God, and this is something we can do throughout the day—especially as issues, feelings, and triggers arise.

Prayer can take the form of the acronym of ACTS:

Adoration – praising God

Confession – owning up daily to our sin

Thankfulness – thanking God for his unconditional love and forgiveness

Supplication – making our prayer requests to God

Over time, as we grow in our faith and our love and knowledge of who God is, we will talk with him as a trusted friend. Maintaining the contact, we will see more and more of his work and power in our lives and the world around us.

Key Verses for Step 11

The Lord is far from the wicked but hears the prayers of the righteous. **Proverbs 15:29**

Rejoice in our confident hope. Be patient in trouble and keep on praying. **Romans 12:12**

Devote yourselves to prayer with an alert mind and a thankful heart. **Colossians 4:1 NLT**

Examine Your Heart

1. Do you have a routine for prayer and meditation? How do you improve your conscious contact with God? How do you do this daily and throughout the week?
2. Determining God's will for our lives can be difficult. What are some ways you know you are acting in His will?

Prayer

Heavenly Father, Great and Awesome Creator of the Universe, my life is in your hands. I commit to doing your will and will seek you in thoughtful prayer. Please make the direction for my life clear to me as I try to do what you want me to do. My life is in your hands, and I am grateful for all you have done for me. In Jesus' name we pray—Amen.

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- ● ● **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

When you started your recovery and attending Quest 180, you came in with the initial purpose of getting help from addiction or codependent behavior. But as you worked the 12 Steps and accepted Jesus as your Higher Power, you have received far more than healing from an addiction; you received a new life in Christ and a glorious plan for your life. This life now has a new meaning and purpose—one of glorious transformation, peace, sanity, and hope.

Helping others is a significant part of Quest 180, and there are many ways this ministry gets passed on. When you work the steps and share them with others, you are carrying the message forward, especially when you sponsor new members. In practicing the Step 12, you will find that:

- By working with others in recovery, your appreciation of Quest 180, the 12 Steps, and your faith's impact on your life deepen.
- By hearing the stories of new attenders, you are reminded of where you were when you started.
- By modeling to others, you become aware that you need to practice what you preach.
- By giving to others, you develop bonds with new people who really need you.
- By helping others, you give what you have received.
- By supporting new beginnings, you revitalize your own efforts.
- By serving at Quest 180, you can experience a renewed sense of worth and value as God uses you and your experiences to impact others for Christ.

Involving yourself in a recovery ministry like Quest 180 will be a bright spot in your life. Seeing others take positive steps in their recovery, seeing a new circle of friends who share your new-found faith, values, purpose, and life is something you'll not want to miss.

Key Verses for Step 12

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. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. **Ephesians 2:8-10**

You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. 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 5:13-16**

Examine Your Heart

1. In what ways have you carried this message to others? What more can you do? What feelings do you experience as you serve others?
2. How has God used you as it relates to serving others in recovery and at Quest 180? If you're not serving, what roles do you feel led to? What do others in the group see in you as far as your giftings and talents?

Prayer

Dear Lord—I am your hands and feet here on Earth. Please help me be aware of those in need so that I can plant the seeds that only you can harvest. You saved my life; please help me to save the lives of others. You have done so much for me, and I want to offer that same healing grace to others. Please help me share your message of hope and healing. In Jesus' name we pray—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**

