



12 STEPS
TO FREEDOM

Step 1: Admit Hopelessness

Understand and believe that your life is unmanageable and you are unable to fix it yourself.

There is no health in my bones because of my sin. For my iniquities are gone over my head; as a heavy burden they weigh too much for me. –Psalm 38:3-4

Step 2: Find Hope

Realize you have hope because there is a God who loves you and cares for you, and He wants to bring you out of your “insanity.”

My soul, wait in silence for God only, for my hope is from Him. –Psalm 62:5

Step 3: Surrender

Turn over your life and your will to God, and say, “I surrender my life over to You.”

Immediately the boy’s father cried out and said, “I do believe; help my unbelief.” –Mark 9:24

Step 4: Know Your Sin

Make a searching and fearless moral inventory of yourself.

Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way. –Psalm 139:23-24

Step 5: Confess

Honestly and openly confess to God, confess to yourself, confess to others.

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. –1 John 1:9

Step 6: Count the Cost

Acknowledge that your problem is costing you more than you're willing to pay.

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. –Romans 6:23

Step 7: Humbly Ask

In full humility, ask God Almighty to take the venom out of your life.

Be gracious to me, O God, according to Your lovingkindness; according to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. –Psalm 51:1-2

Step 8: Make Restitution

Do the best you can to make yourself right with everybody else.

Zacchaeus stopped and said to the Lord, "Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much." And Jesus said to him, "Today salvation has come to this house..." –Luke 19:8-9

Step 9: Be Discerning

Use the principle of "do unto others as you would have them do unto you" as you seek to make things right.

"In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets." –Matthew 7:12

Step 10: Be Vigilant

Continue taking a daily inspection of your life and deal with failure immediately.

“You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.” –John 15:3-4

Step 11: Meditate and Pray

Develop intimacy with God through meditation and prayer, so you know His will and have the power to live it out.

With all my heart I have sought You; do not let me wander from Your commandments. Your word I have treasured in my heart, that I may not sin against You. –Psalm 119:10-11

Step 12: Continue for Life

Carry the message of what God has done in your life, and practice the principles of the 12 Steps for the rest of your life.

Come and hear, all who fear God, and I will tell of what He has done for my soul. I cried to Him with my mouth, and He was extolled with my tongue.... He has given heed to the voice of my prayer. Blessed be God, Who has not turned away my prayer nor His lovingkindness from me. –Psalm 66:16-20