

- Step One We admitted we were powerless over our separation from God—that our lives had become unmanageable. “For I know that in me (that is, in my flesh,) dwells no good thing: for to will is present with me; but how to perform that which is good I find not.” [Rom 7:18]
- Step Two Came to believe that a Power greater than ourselves could restore us to sanity. “Jesus said unto him, If you can believe, all things are possible to him that believes...For it is God who works in you to will and to act according to his good purpose.” [Mk 9.23; Ph 2:13]
- Step Three Made a decision to turn our will and our lives over to the care of God, as we understood Him. “That if thou shall confess with thy mouth the Lord Jesus, and shall believe in your heart that God hath raised him from the dead, thou shall be saved....I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” [Rom 10.9: 12.1]
- 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...If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” [Lam 3.40; 1 Jn 1.9]
- Step Five Admitted to God, to ourselves and to another human being the exact nature of our wrongs. “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man avails much” [James 5.16]
- Step Six 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 Seven Humbly asked Him to remove our shortcomings. “Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” [Ps 139.23-24]
- Step Eight Made a list of all persons we had harmed and became willing to make amends to them all. “Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother, then come and offer your gift.” [Mt 5:23-24]
- Step Nine Made direct amends to such people wherever possible, except when to do so would injure them or others. “Then it shall be, because he hath sinned, and is guilty, that he shall restore that which he took violently away, or the thing which he hath deceitfully gotten, or that which was delivered him to keep, or the lost thing which he found, Or all that about which he hath sworn falsely; he shall even restore it in the principal, and shall add the fifth part more thereto, and give it unto him to whom it appertains...” [Lev 6.4-5]
- Step Ten Continued to take personal inventory and when we were wrong promptly admitted it. “Wherefore let him that thinks he stands take heed lest he fall.” (1Cor 10:12)
- Step Eleven 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. “Pray without ceasing...Let the word of Christ dwell in you richly.” [1Th 5.17; Col 3.16]
- 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 our affairs. “And he said unto them, Go ye into all the world, and preach the gospel to every creature...Brethren, if a man be overtaken in a fault, you who are spiritual, restore such an one in the spirit of meekness; considering yourself, lest you also be tempted.” [Mk 16.15; Gal 6.1]