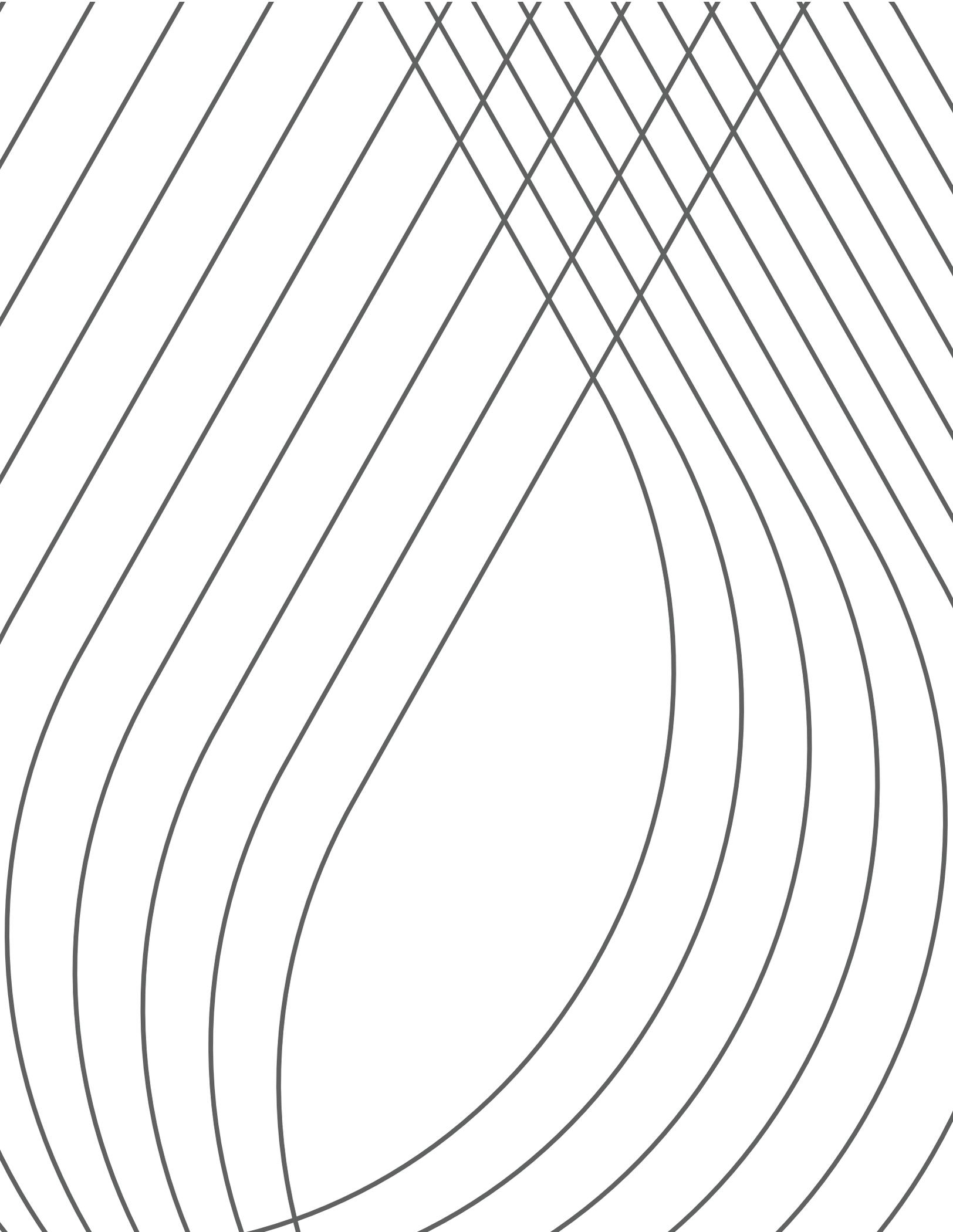


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Welcome to Recovery at The Well

Welcome to Recovery at The Well

This study is more than a curriculum to read or questions to answer. It's an opportunity to experience a new identity, one purchased and secured for you through the person and work of Jesus Christ. These are the Steps to Gospel Recovery here at The Well.

Steps to Gospel Recovery shows you how to experience hope and healing amidst sin and suffering. This happens as you work through biblical principles in a traditional 12-step framework. Each of these Steps teaches you how to experience a right relationship with God, yourself, others, and the world and how to deal with your sin and suffering.

How to Use This Study

Experiencing recovery—the hope and healing we find in Christ—involves four parts:

1. Daily Study

Each week includes six daily Bible readings and reflection questions related to a particular Step of the Steps to Gospel Recovery. On the seventh day, we encourage you to rest and reflect using the provided questions. The daily study is essential to recovering your identity in Christ. Scripture reminds us in 2 Timothy 3:16-17 that God's Word alone makes us mature, competent, and equipped to live the life God intends for us. We recommend setting aside a time and place now for daily study. (See the Goals and Commitments form in the Appendices.)

2. Biblical Teaching

Another aspect of learning the Steps to Gospel Recovery occurs through biblical teaching. At Recovery Ministries' large group each week you will receive teaching and hear personal testimonies from people who live out the Steps, and the Steps' underlying principles, in their everyday lives. Before coming to large group, you should read the "Deeper Exploration" article included at the end of each week in this study. The article

unpacks the biblical principles related to each Step and prepares you for discussion at large group.

3. Small Groups

Because experiencing lasting hope and healing in this life is a communal process, you will meet every week in a gender-specific small group. In small group you will share your struggles and successes, learn from one another, and receive encouragement to keep moving forward one day at a time. You likely have attempted to fix things on your own and have realized your best efforts have failed. Steps to Gospel Recovery offers a different way because it recognizes community is both something instituted by God and valued by former Recovery participants. They frequently give feedback on how valuable and necessary community was to their healing.

4. Mentorship

A mentor walks with you during and after Steps to Gospel Recovery. Your mentor is someone outside your small group who gives perspective, and for the sake of your healing and growth, speaks truth into your life. They help you understand and live out the biblical principles of the 12 Steps and provide wise counsel when you feel stuck. Your mentor will know you, pray for you, encourage you, and support you.

If you have not yet found a mentor, identify someone of the same gender who is spiritually mature, currently involved in your life, and will be in your life in the future. Someone with recovery experience is great, but not required.

Going through Steps to Gospel Recovery can be overwhelming. You will practice spiritual disciplines like prayer, Bible reading, confession, repentance, forgiveness, and reconciliation. You also will peer into and discuss parts of your life that may have been minimized or ignored for a long time. What lies before you is not easy. There will be times you

want to quit. When that happens, let the Steps be acts of faith in the God who purchased and secured a better identity for you. As you walk forward, one day at a time, you will begin to experience hope and healing in your relationship with God, yourself, others, and the world.

Remember, there is hope and healing in Christ for you.

Isaiah 57:15

For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy:

"I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite."

Steps to Gospel Recovery

Steps to Gospel Recovery employs 12 Steps.¹ They appear below to familiarize you with the Steps, as well as to show you how they create a foundation for recovery. Because the Steps build upon one another, they should be learned and practiced in the order that they appear. Think of each Step as a brick. You lay it so that it will hold your weight before laying another. When you finish laying the bricks, you will have a path that can be traveled the rest of your life.

Step 1: Admit

We admit we are powerless over our struggles and that our lives have become unmanageable.

Step 2: Believe

We come to believe Jesus Christ is the power greater than ourselves that we need to restore us.

Step 3: Trust

We make a decision to turn our will and our lives over to the care of Jesus Christ.

Step 4: Inventory

We make a searching and fearless moral inventory of ourselves and the motivations of our hearts.

Step 5: Confess

We confess before God, to ourselves, and with another person, the exact nature of our wrongs.

Step 6: Repent

We are entirely ready for God to change our sinful patterns and the motivations of our hearts.

Step 7: Follow

We humbly ask God to continue changing us so that we can follow Christ more fully.

Step 8: Forgive

We forgive all who sin against us and

become willing to make amends with those we sin against.

Step 9: Amends

We make direct amends whenever possible, submitting to God, His Word, and wise counsel.

Step 10: Persevere

We continue to take personal inventory and when we discover sin, we confess and repent.

Step 11: Abide

We seek to deepen our relationship with God and depend on His power to follow Him daily.

Step 12: Multiply

Because of our new lives in Christ, we carry the message of gospel recovery to others and practice its principles in all our affairs.

There is nothing magical or new about the 12 steps. Through Steps to Gospel Recovery, we show how these steps are derived from God's wisdom, specifically wisdom on how to live in light of the Gospel. In fact, by deconstructing the steps and reconstructing them through a Biblical grid, this is what we see:

Step	Relationship	Theology
1-3	God	Salvation
4-7	Self	Sanctification
8-9	Others	Reconciliation
10-12	World	Mission

1. We base our 12 steps on the ones found in Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. Our steps are broader in scope, though, and rooted in the gospel of Jesus Christ.

Introduction

Why are you here? Some of you know why you are here, and some of you don't. Some of you know there is this issue in your life where you feel hopelessly defeated. You have tried, and tried, and tried, but you are stuck. The road to hope and healing in Christ is not easy, and most of the time, it is not quick. But first things first, when you truly want to be whole, where do you start? We will begin with questions intended to lead you to the solution for which you are searching.

The first thing we need to do is explain the differences in approaches to dealing with the problems we encounter. There exist two completely different ways of dealing with problems. They occupy opposite ends of the spectrum on the problem-solving continuum. At one end, you find problem solving from a secular worldview; on the other is a biblical worldview.

The term "secular" refers to man's best ideas on how things work. One outcropping of this is psychology, the study of human behavior. Now, studying human behavior is a good thing.

However, there is a problem with psychology. It takes the study of human behavior and tries to change people with it. This honestly doesn't work. Studying psychology may enable you to communicate better, but it can't change you because you are looking to man to solve man's problems. Unfortunately, we are all broken. This doesn't make sense to use something broken to fix something else broken.

Even if you manage to raise the self-esteem of something broken, it doesn't heal its brokenness. Instead it targets the symptoms. Treating the symptom is like giving a man an aspirin who has a headache, but that headache is being caused by a brain tumor. It may reduce the headache, but it's not going to do anything for what's causing the headache, for what's killing him. Although many psychologists, at times,

will say they are trying to get to the root, they still miss it. Changing how someone feels about themselves, how they feel about others, how they interact with others, and how they may control their habits does not change their inner brokenness.

At the other end of the problem-solving continuum is the biblical worldview, God's view. God doesn't leave us in the dark. He gave us the Bible, and it tells us what the problem is—our way of doing things—and what the solution is: God's way of doing things. A repeated theme in Recovery is when we do things our own way, things have a tendency to not go so well.

However, when we do things God's way, things go infinitely better. In Isaiah, God states His ways are beyond and better than ours:

For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. (Isaiah 55:8)

In 1 Corinthians 3:19 God inspires Paul to write that wisdom to man is foolishness to God and the wisdom of God is foolishness to man. They are opposites. If this is true, and it is, then it is going to make a huge difference where we look to seek help. We need to ask ourselves:

- Where do I get fed?
- Where do I draw from?
- Where do I go for help or counsel?

In Jeremiah 17:5-8, the Lord states:

Thus says the Lord:
"Cursed is the man who trusts in man
and makes flesh his strength,
whose heart turns away from the Lord.
⁶ He is like a shrub in the desert,
and shall not see any good come.
He shall dwell in the parched places of
the wilderness,

in an uninhabited salt land.

⁷ "Blessed is the man who trusts in the Lord,

whose trust is the Lord.

⁸ He is like a tree planted by water,
that sends out its roots by the stream,
and does not fear when heat comes,
for its leaves remain green,
and is not anxious in the year of drought,
for it does not cease to bear fruit."

Are you putting your trust in yourself, in some other person, or in anything other than God? The Scripture passage cited above says the blessed person is the one who places their trust in the Lord. Their roots go deep, by the stream. The roots are being nourished somewhere else, not in immediate circumstances (job, friends, home, appearance). Whether they are in the middle of difficulty or ease, they flourish.

So how do we find freedom? How do we get planted by the stream? How do we treat the cause, not the symptom? The solution is found in the unconditional love and grace of Jesus Christ. **It is found at the cross.**

The vertical line or beam represents our relationship with God. We are at the bottom with God at the top. Jesus Christ came on our behalf to re-establish our relationship with God, His Father, giving us access to God's love, grace, and power. Christ connects us to God, the Healer, the Creator, the only One with the knowledge and power to restore what is broken in us. Without Jesus Christ, we are apart from God because of sin. Then, the horizontal line represents our relationship with others and our circumstances. The two great commands found in the book of Matthew deal with both of those relationships and demonstrate how God wants us to live. Jesus says:

In Matthew 22:37-39, Jesus says:

³⁷ And he said to him, "You shall love the

Relationship with God