

Desperate for God

Lordship, Repentance and Discipleship through 12-Step Sponsorship

Who are the Twelve Steps for?

- For people who are interested in living well according to God's standard.
- For people who are willing to do the work it takes to actually make positive changes in that direction.

How can you benefit from this class?

- Learn about the ministry of Celebrate Recovery
- Learn about the Twelve Steps out of curiosity
- Learn how to work the Twelve Steps myself
- Learn how to sponsor others through the Twelve Steps

Series outline

- Week 1 – Overview of Twelve-Step Sponsorship
- Week 2 – Lordship: I Can't, God Can, and I'm Gonna Let Him
- Week 3 – Repentance I: See If There Is Any Offensive Way in Me
- Week 4 – Repentance II: Two Parts of Change
- Week 5 – Repentance III: Amends
- Week 6 – Discipleship: Lead Me in the Way Everlasting

Origins of the Twelve Steps

- The Oxford Group
 - Interdenominational “house church” movement late 1800s with roots in Methodist “Holiness” movement
 - Theological assumptions included “entire sanctification”
 - Common goal to see God work in and through them to make a positive change in the world

- The Oxford Group’s Four Spiritual Practices
 - (All under the umbrella of absolute reliance on and surrender to God through the Holy Spirit)
 - 1. Dutiful confession of sin to each other (James 5:16)
 - 2. Intentional and spoken surrender of that sin (Lamentations 3:40)
 - 3. Restitution to all whom they had wronged (Matthew 5:23-24)
 - 4. Listening to, accepting, and relying on God’s guidance, and carrying it out in everything they did or said, great or small

- The Oxford Group makes waves
 - Ebby Thacher
 - Bill W. and Alcoholics Anonymous

- Alcoholics Anonymous makes waves
 - Groups with “Twelve Steps and Twelve Traditions”
 - Celebrate Recovery

- Secularism and humanism in Twelve-Step groups
 - “a Power greater than ourselves”
 - “...as we understood God”
 - We Agnostics
 - Defining the God of Our Understanding

- Twelve Steps in the Church
 - Recovery program like a soup kitchen
 - Dealing with the secularism and humanism that has influenced recovery communities

Celebrate Recovery 12 Steps and 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 NIV
- 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 NIV
- Step 3. We made a decision to turn our lives and our wills over to the care of God.
“Therefore, I urge you, brothers, 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 NIV
- 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 NIV
- 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 5:16a NIV
- 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 NIV
- Step 7. We humbly asked Him to remove all our shortcomings.
“If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 NIV
- 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 NIV

- 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 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.” Matthew 5:23-24 NIV
- Step 10. We continue 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 3:16a NIV
- Step 12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.
“Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted.” Galatians 6:1 NIV

“Working Your Program”

- The Steps at the Core
- Other Critical Pieces of Recovery
 - Sobriety
 - Sponsorship

Sobriety

- Defining “sober”
- Sobriety for the non-addict
- Generic sobriety statement

“If you are here tonight looking for change, you have taken a monumental step in the right direction. But before you will be able to see any real progress, you will need to define exactly what change you’re looking for. For that reason, we feel that a brief statement regarding the meaning of sobriety is in order.

“First, we define sobriety in terms of specific behaviors rather than thoughts or desires. The sinful desires of the heart take a lifetime to drain away, but putting an end to destructive behaviors can start today. Your point of sobriety will be most useful for you if it is defined as a specific and clear behavior from which you need to abstain [or in which you need to engage]. We strongly encourage you to write down your point of sobriety on paper, and work with a sponsor to clarify it. Otherwise, you will always be aiming at a moving target.

“Secondly, the terms of sobriety will be different for each member of Celebrate Recovery, depending on which behaviors are compulsive or destructive. Some of us can engage in behaviors from which others of us find we must abstain. In Celebrate Recovery, we leave it up to the individual, through prayer and working with a sponsor, to determine what behaviors need to be left behind.”

Sponsorship

- A “sponsor” is like a mentor or life coach.
- A “sponsee” is the one being sponsored.
- Accountability – the is often done poorly, and sponsorship is one way to do it well
- Generic sponsorship statement

“Our personal experiences have proved to us time after time that we could not recover on our own. Asking someone who is experienced in recovery to sponsor our personal

recovery program is how we start down the road of recovery. We strongly encourage you to be proactive in this. Don't wait for a sponsor to offer; sponsors are trained to wait until they are asked.

“Here are a few pointers in finding the right sponsor for yourself. Choose a sponsor who has what you want, who has worked the steps that you need to work, who lives in the solution rather than the problem, who has a sense of humor about his or her own imperfections, who is available for phone calls and meetings, who shares issues similar to your own, and who is the same sex as you.

“Remember that no sponsor is the perfect fit, but almost any eligible sponsor is better than no sponsor at all. Don't be discouraged if you are turned down at first. Be persistent – keep searching and asking as though your recovery depended on it, because, likely, it does.”

- Example of sponsorship ground rules
 1. This is not counseling; I'll share with you what helped me, I'll give you assignments to help you keep making progress on your step work, and I'll offer feedback.
 2. You can fire me anytime you want, no hard feelings. If you want to do it your own way for awhile and see how it goes, we'll take a break. Feel free to ask me at any time in the future whether I have room for another sponsee.
 3. This is YOUR program. You initiate; if you fall off the map, I don't chase you down.
 4. I am not responsible for your decisions at any time for any reason.
 5. You have to be making progress. If it seems like you are stalled in your step work, I'll say something. If you continue not to do the assignments I give, there's no point in either of us continuing. I'll put a stop to it.
 6. Do not miss appointments or show up unannounced.
 7. I do not loan money or books.
 8. Honesty is the most basic foundation of recovery. If you hold back information because you are ashamed, or if you lie to me, I can't help you. Be honest with yourself and don't lead us both on a wild goose chase.
 9. If you feel tempted toward any inner circle behavior, you are encouraged to call me at any hour of the day or night. If I can't answer at the time, I will call you back as soon as I can.
 10. Work on developing a support team beyond me.
 11. Be willing to go to any length. Half measures availed us nothing. Be willing to try anything, even if you think you can't do it.
 12. Written assignments must be written or typed, and must be shared in physical form with me.

- Who does sponsorship benefit?