

Eight Principles Based on the Beatitudes

1. Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

Happy are those who know they are spiritually poor.

-Matthew 5:3

2. Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

Happy are those who mourn, God will comfort them.

-Matthew 5:4

3. Consciously choose to commit all my life and will to Christ's care and control.

Happy are the humble.

-Matthew 5:5

4. Openly examine and confess my faults to myself, to God and to someone I trust.

Happy are the pure in heart.

-Matthew 5:8

5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

Happy are those whose greatest desire is to do what God requires.

-Matthew 5:6

6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm that I've done to others, except when to do so would harm them or others.

Happy are the merciful.

-Matthew 5:7

Happy are the peacemakers.

-Matthew 5:9

7. Reserve a daily time with God for self-examination, Bible reading and prayer in order to know God and His will for my life and to gain the power to follow His will.

8. Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

Happy are those who are persecuted because they do what God requires.

-Matthew 5:10

Do you have an accountability partner?
We encourage you to exchange
telephone numbers.

Name	Phone

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings.
2. Limit sharing to 3-5 minutes.
3. No cross talk, please. Cross talk is when two people engage in a dialogue, excluding all others.
4. We are here to support each other. We will not attempt to "fix" one another.
5. Anonymity and confidentiality are basic requirements. **What is shared in the group stays in the group.**
6. Please refrain from using offensive language.

Signature _____
Your signature indicates that you understand, agree to, and will abide by our confidentiality statement and our guidelines.



The purpose of Journey of Life Ministries is to start a daily walk with Jesus Christ as He leads us down the road of recovery and we allow His healing power to be revealed to us through the eight recovery principles and the Christ-centered twelve steps on the Journey of Life Program.

We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God's grace in solving our life problems. By working the steps and applying their Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a strong relationship with God and others. As we progress through these principles, we discover our personal, loving and forgiving Higher Power, Jesus Christ.

**We meet every Thursday
From 6:00 pm-8:00 pm**

**Dilworth Church of God
Rev. Nelson Kimberly, Sr. Pastor
3688 Hull Road
Empire, AL 35063
(205) 648-6327**

Twelve Steps and Their
Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behaviors and 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

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

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

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

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

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

7. We humbly asked Him to remove all our shortcomings.

If we confess our sins, He is faithful and will forgive our sins and purify us from all unrighteousness.

-1 John 1:9

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

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

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

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

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs.

And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

-Romans 10:15

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Prayer for Serenity

By: Reinhold Niebahr

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 hardship 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.