



PRINCIPLES:

1. Our heart is the seat of emotions and affections, mode of thinking and feeling, disposition and moral inclination.
2. Our heart has been redeemed with the great price of the blood of Jesus Christ shed at the Cross. (See 1 Corinthians 6:19-20; Hebrews 10:29; and 1 John 2:2).
3. Christ will make His home in our heart as we have faith in Him (Ephesians 3:17).
4. Working the 12 steps of recovery provides us with a means of surrendering the ruling desires, or idols, of our heart at the Cross, allowing God to transform our heart and progressively sanctify us to become more like Christ.

Redeemed Heart Recovery uses the Bible and biblical and recovery literature with modifications necessary to make clear that the triune God of the Father, Son, and Holy Spirit is the only higher power and substitutions for "alcoholism", "alcohol", and similar terms necessary to apply to any other behavioral sin with which we are struggling, such as sexual immorality, fits of anger, etc.

STEPS:

1. We admitted we are powerless over the works of the flesh;* that our lives had become unmanageable. "For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out" (Romans 7:18, ESV).
2. Came to believe that God 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. Made a decision to turn our lives and our will 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); "But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ — by grace you have been saved" (Ephesians 2:4-5, ESV).
4. 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. Admitted to God, to ourselves, and to another human being, the exact nature of our sins. "Therefore confess your sins to each other and pray for each other so that you may be healed" (James 5:16a).
6. Were entirely ready to have God remove all these sins. "Humble yourselves before the Lord, and he will lift you up" (James 4:10).
7. Humbly asked Him to remove all our sins. "If we confess our sins, he is faithful and just and will forgive our sins and purify us from all unrighteousness" (1 John 1:9).
8. Made a list of all persons against whom we have sinned and became willing to make amends to them all. "Do to others as you would have them do to you" (Luke 6:31).
9. 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. 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. 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).
12. We tried 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 him gently. But watch yourself, or you also may be tempted" (Galatians 6:1).