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CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Introduction: Pages 8-11



Instructions: Please read the above referenced pages carefully. Spend some time in prayer thinking about what you read and how it applies to you. Answer to the best of your ability and return your lesson to us. Your lesson will be reviewed, some comments may be made, and it will be returned to you with the following lesson. Follow this procedure for all lessons. At the receipt of your final lesson, you will be mailed a Certificate of Completion. Feel free to use a separate sheet of paper if you need more room.

1. How would you define addiction? How do you recognize it?

2. What is the cause of addiction in most people?

3. What do you think is the cause of your addiction?

4. How would you define an emotional stronghold? How do you recognize it?

5. What emotional strongholds are you living with? What do you think caused them?

6. What is codependency? How do you recognize it?

7. Describe how you or someone you know acts out codependent behavior.

8. According to this study, what does the word drunk mean?

9. What are the 3 attitudes that you need to adopt now?

10. Which of the 3 attitudes will be the most difficult for you to adopt?

11. Explain why this attitude will be the most difficult for you to adopt.

12. Is Romans 12:1-2 essential to your recovery? Please explain why.



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 1: Lessons 1-3

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
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1. Step 1 teaches us to admit our powerlessness. How would you define being powerless?

2. What situations, relationships, people, emotions, or other things are you powerless over?

3. According to this study, what are the three basic causes of addiction?

4. How have any or all of these causes affected you?

5. Describe the “Fear of Withdrawal.”

6. How have you experienced the "Fear of Withdrawal?" Be specific about the fears you have.

7. What is denial?

8. What realities have you denied in your own life?

9. What is "hitting bottom?"

10. Describe your "hitting bottom" experiences.

11. Describe "multiple addictions." How have you experienced "multiple addictions?"

12. What is "switching addictions?" Why is "switching addictions" dangerous?

13. Describe how you have experienced "switching addictions."

14. Read Psalm 31:9-12. Describe how you feel regarding your addiction.

15. What promise is found in Psalm 34:18?

16. What is a contrite spirit?

17. Why is having a contrite spirit important to your recovery?



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 2: Lessons 4-6

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. Is believing in Jesus Christ as the power who is greater than yourself new to you? _____

2. If believing in Jesus Christ as your Higher Power is not new to you, why do you think you have not been experiencing His power in the area of your addiction, emotional stronghold, or codependency?

3. Have you believed in Jesus for victory in other areas of your life? Identify four areas of your life where you have trusted Jesus.

4. Which of the 5 attitudes toward God have you had? What do you think would help you overcome them?

5. Write out 3 scriptures that tell us about the body, soul, and spirit.

Body: _____

Soul: _____

Spirit: _____

6. According to this study, what 3 parts make up your soul **and** describe each.

7. According to this study, what 3 parts make up your spirit **and** describe each?

8. Explain what new understanding has been helpful to you about your body, soul, and spirit?

9. According to this study, why does the “faith-filled” person still fall?

10. How do you feel when you act like a “faith-filled” person? What do you do that makes you feel this way?

11. Describe your understanding of God.

17. Read Psalm 69:13-18. In his distress and sin, the psalmist calls out to the Lord. Do you see yourself in the same condition as the psalmist? What is the solution to the problem of sin, unrighteousness, and addiction?

18. Read Luke 13:10-13. In this reading, Jesus heals a woman who was bent over for 18 years. She could not stand up straight and enjoy life as God intended. How are you “bent over” in your addiction? What do you think is the solution to your problem?

19. Read Ephesians 2:1-6. How have you fulfilled lusts of the flesh or obeyed impulsive thoughts? What changes can you begin to make to avoid being tempted as much as possible?

20. Christ-followers are to be dedicated to God in all areas of their life. Explain the specific changes you are making or planning to make in order to have all areas of your life dedicated to God.



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 3: Lessons 7-9

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. The key word in this step is “decision”. What does “decision” mean to you?

2. Your “will” is basically your power to choose your own actions. Your wishes and desires are also included in your “will.” Therefore, the choices you have made along with the wishes and desires you have pursued have made up your life. What choices, wishes, or desires have been a factor in your struggle with a substance, an emotional stronghold, or codependency?

3. Have you ever attempted to let God have control of your life before? What happened?

4. Does turning control totally over to God make you uneasy? Why or why not?

5. What aspects of your life have you struggled with trying to “fix” on your own?

6. In your opinion, what actions need to be added to faith in order to cut away our self-will that has blocked Jesus out of our lives and kept us in our various “prisons”?

7. “Willingness” is an important part to becoming free from a substance, emotional stronghold, or codependency (page 36). What does “willing” mean to you in your relationship with God?

8. In your own words, explain *dependence* and *independence*.

9. What has kept you from totally surrendering yourself to the Lord?

10. Study **SALVATION** on page 40. Discuss something new you have learned about salvation. Why is this helpful to you?

11. Practice visualized prayer as described on pages 38-39. Write about anything you see God do or hear God say to you in this exercise.

12. Read Psalm 17:6-8. What do these verses mean to you in your life?

13. Read Proverbs 14:26-27. Explain how these verses reassure you.

14. Read Luke 24:26, Hebrews 2:10, Hebrews 2:17-18, and Hebrews 4:15. These verses speak of Jesus' suffering and its purpose. List the positive lessons that you have learned from your suffering.

15. When your suffering feels too difficult to bear, what can you do to encourage yourself again?

16. Read Acts 3:19 and re-read about true repentance on page 40. What thinking or other things have made it difficult for you to remain in a state of repentance?

17. Read Romans 6:11-14. So many times we put our focus and energy on NOT doing the wrong things. In light of Romans 6:13, give some examples of temptations you experience and the right things that you can do in order to be offering and yielding yourself to God.

18. Read Hebrews 4:1. Have you ever thought that Jesus would not accept you *or* that you were too late?

19. Read 2 Peter 3:3-15 paying particular attention to verses 9, 10, 14, and 15. As long as you are alive you have the opportunity to turn your will and your life over to God. How do these verses encourage you to live? What decisions do you need to make?

5. Under the **PHASES OF DEVELOPMENT**, years 0 to 12 are described as the *Danger Zone*. Why?

6. During ages 0 to 12, what events occurred that are still affecting you today?

7. Do you believe the actions of adults affect children? How have *your* actions affected children?

8. What happens if we did not experience healthy, wholesome, God-like love growing up?

9. According to this study, what is the purpose of Mom and Dad?

10. According to this study, what does being made whole in Biblical terms mean?

11. Explain the difference between *active* and *passive* abuse.

12. Describe what it means when a *child is forced to be a parent*?

13. Describe what it means that a *parent infects the child*?

14. How do *negative messages* affect a person's view of him or herself?

15. What is the result of *burying hidden feelings and needs*?

16. List 3 of your more hidden areas of addiction and describe how you would act out in each of them.

17. Explain the difference between *guilt* and *shame*.

18. Explain the difference between *false guilt/carried blame* and *authentic guilt*.

19. Share some of your good traditions, happy memories, skills, talents, or gifts.

20. What are 3 things a prayer partner/sponsor can help us to see?

21. What should a prayer partner/sponsor be willing to share with the person in recovery?

22. What is the more difficult part or task of being a prayer partner/sponsor?

23. Read Romans 7:15. Explain when you have felt this way?

24. What fear lies beneath pride?

25. What fear lies beneath greed?

26. What fear lies beneath lust?

27. What fear lies beneath anger?

28. What fear lies beneath gluttony?

29. What fear lies beneath envy?

30. What fear lies beneath sloth?

31. What fear lies beneath unforgiveness?

32. What fear lies beneath resentment?

33. Under section **FEAR – THE UNDERLYING CAUSE**, what is the purpose of the searching and fearless inventory?

34. Describe the child who experiences **ABANDONMENT**.

35. Under the section, **LOVE IS ALWAYS GIVING**, describe when sex is an addiction.

36. Why is prayer important in this 12 step recovery process?

37. What is our greatest need? What is the difference between a *need* and a *want*?

38. What is the tool that drives the devil out?



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 5: Lessons 16-19

(See top page corners of study guide for lesson numbers.)

Name: _____ Inmate #: _____
(if applicable)

1. Please write out the scriptural basis for Step 5 found in James 5:16.

2. Describe the 5 **TYPES OF WRONGS TO BE SHARED** and give one example of each from your own life.

3. Explain the guidelines for what kind of person to pick to be your **prayer partner**.

4. What are the 4 positive things that happen as a result of sharing?

5. Describe how your body benefits from confession.

6. Describe the negative effects on the body because of holding everything inside of you.

7. What are the 2 forms of *non-verbal* confession?

8. Describe 3 ways the Step 5 process helps you feel more connected to others.

9. Read Matthew 23:12. Describe how the Step 5 process helps you to become more humble.

10. If God forgives our sins, why is it necessary to go to another person to share them?

11. What does James 4:7-8 say about you in your recovery? What difficulties will you face following this?

12. Why is it important to study the Bible daily?

13. Read Galatians 5:22-26. Are you experiencing the fruit of the Spirit? If not, what changes can you begin to make?

14. Do you think it is important to study the Bible with others? Why?



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Steps 6 & 7: Lessons 20-25

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. Why is it so important to turn over all of the *wrongs* of your past to Jesus?

2. Jesus cannot undo what others have done to you. Jesus cannot undo what you have done to others. How does Jesus remove your wrongs?

3. What do you want to get rid of in regard to your wrongs?

4. How have the wrongs of your past been influencing you and driving your addiction?

5. Describe character defects and make a list of the ones you struggle with.

6. How have the wrongs of your past caused the character defects you listed in question 5?

7. Describe why the *readiness* of Steps 6 is important. What has blocked your *readiness* before?

8. How does 1 John 4:8 describe God? _____

9. According to 1 John 4:18 fear stands in the way of love. How has fear stood in the way of your receiving God's love in your life? What have you been afraid of regarding God?

10. 1 John 4:19 explains why we are able to love God. How has God shown His love for you?

11. Because God loves you, what can you do to show Him your love?

12. Identify three reasons for being humble:

13. On a scale of 1 to 10 (1 being low and 10 being high) how would you rate yourself in regards to pride? How can you let go of your pride that keeps you from fully coming to Jesus for healing?

14. Read Hebrews 11:6. How does seeing God as a *Rewarder* inspire you to let go of your pride and do the spiritual cleaning that is necessary to heal?

15. The Bible talks about worldly wisdom and wisdom from above in James 3:13-18. Describe the wisdom from above.

16. You may receive input from many people during your recovery journey. How can this awareness of wisdom from above help you as you consider what people say to you?

17. Proverbs 13:18 talks about one who refuses, ignores, or disdains (hates) correction and how this will result in poverty and shame. However, heeded, accepted, regarded correction causes honor. What has prevented you from receiving correction in your past?

18. How can you be more open to receive correction in the future?

19. According to this study, what is contained in the “conscious” part of your mind?

20. According to this study, what is contained in the “sub-conscious” part of your mind?

21. According to this study, describe how our life events move from the “conscious” part of our mind to the “sub-conscious” part of our mind.

22. What is *visualized prayer*?

23. What do our memories contain?

24. How can *Healing of Memories* be helpful? Don't forget to try the *Healing Memory* prayer in Lesson 23.

25. What are *Soul Ties*?

26. How are *Soul Ties* formed?

27. What is the difference between *godly* Soul Ties and *ungodly* Soul Ties?

28. Identify some *ungodly* Soul Ties that you need to break. Practice the *Soul Tie Breaking Prayer* found in Lesson 23.

29. Fellowship can be defined as a friendly relationship or companionship. Read Genesis 2:18. Why did God create a helper for Adam?

30. What is the family of God called in the Bible?

- a) our _____ family
- b) the “_____ of Christ”, also known as the _____

31. Read John 1:12-13, John 3:16, Ephesians 1:5, Romans 10:8-11, 1 Timothy 6:11-12, Acts 2:38, and Romans 6:3-9. How does one become a part of the spiritual family, the Body of Christ?

32. *Church* is another name for the *Body of Christ*. Over time, churches became known as designated places where believers gather together regularly. There are at least 10 reasons or purposes for attending church regularly that are listed in the text. List as many as you can find and add any others that you can think of.

33. How can you go about finding the right church for you?

34. What is the one word of caution given about trying to find a perfect church?

35. Your recovery group meeting should not replace attending church. Why do you need to attend both your recovery group and church?

36. Fasting is referred to many times in the Bible. According to this study, what is fasting?

37. What is the reason that we have many of our behavior problems? What part of us is in control?



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Steps 8 & 9: Lessons 26-29

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. What is the scriptural basis for these two steps? What other prayer refers to making amends?

2. What is the purpose of these two steps? What is our goal?

3. Is it alright to disagree with others?

4. When is disagreement harmful?

5. How can we identify the people in our lives with whom we need to make amends?

6. What caution should we consider before we approach someone to make amends?

7. Explain some of the benefits of making amends with others.

8. What specific relationships would you like to be reconciled as a result of working these steps?

9. What has prevented you from making proper amends in these relationships in the past? How can you make your efforts to make amends more successful?

10. We are given another word of caution. What idea do we need to beware of when asking for forgiveness?

11. What is the one exception to the rule of making amends? Please explain under what conditions do we NOT make amends to another?

12. We all react differently when we've been hurt. Suppose the other person does not accept you or your offer to make amends. Please explain how you should react and how you can remain positive while giving them the time and space they may need.

13. Is it necessary for the other person to forgive you in order for you to be forgiven? Please explain.

14. Being responsible means being answerable and accountable for our own actions. Explain how making amends creates responsible living.

15. What are some obstacles you may face when trying to make amends? How can you overcome them and remain positive?

16. Suppose the broken relationship with another involves you owing them money. How can you handle outstanding financial obligations?

17. Forgiveness is the major point of these two very important steps. In Lesson 26 you will find five scriptural quotations. Please study these scriptures and explain why you think that forgiveness is so very important in these steps.

18. Matthew 5:43-48 deals with loving your enemy. What challenges do you need to overcome in order to love your enemies?

19. James 5:9 instructs us to not “grumble against one another”. In James 5:16 we are instructed to confess our sins to each other and pray for each other. How do you think these verses fit into your call to make amends in broken relationships?

20. Romans 12:17-21 talks about living at peace with everyone and giving our enemy food and drink. What do you think is the purpose of this call? How can overcoming evil with good change our lives with regard to the relationships we have with others?

21. Proverbs 16:6-7 tells us the Lord can cause our enemies to make peace with us. What is the condition for this to be able to happen? How can this happen in your life with someone with whom you are not at peace?

22. Please share the effect that Steps 8 and 9 have had on your spiritual life and your recovery from your addiction? Please tell us about new things you learned and how they have changed your life?



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 10: Lessons 30-32

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. Step 10 begins the final phase of our journey. What is the main theme of this phase?

2. Explain what it means to maintain something.

3. Three areas of maintenance include our body, soul, and spirit. List things you can do to maintain EACH of these three areas. See page 25 to review these areas.

Body: _____

Soul: _____

Spirit: _____

4. What are the things you are looking for as you take a Daily Personal Inventory?

5. Why is it important to take a Daily Moral Inventory?

6. Awareness is key! List the series of events that usually occur before you fall.

7. List the emotions that are triggered by this series of events.

8. As soon as you are aware of the temptation to go back to old habits, what can you do to stop it? Make a list of things you can do to deal with temptation.

9. What people, relationships, places, things, or situations do you need to change to better limit your exposure to temptation?

10. You are a New Creation in Christ. How does this step help you live as the New Creation you ARE?

11. Because we better understand how we became addicted, how should this help us better understand people around us and their problems?

12. How has your recovery process helped you better understand God's love? How can this help you in difficult relationships?



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 11: Lessons 33-34

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. Please describe meditation in your own words, as you understand it.

2. Read John 8:31-32. Jesus tells us to remain faithful to His teachings, to abide in Him and His Word. How do you see meditation as helping you to accomplish these things?

3. Describe contemplative prayer.

4. How do you think it is best to prepare for a meditative or contemplative encounter with Jesus?

5. Meditation and contemplation are private encounters with Jesus. We may all experience these differently. Describe one of your meditative or contemplative encounters with Jesus.

6. How will meditation and contemplation with Jesus help heal the wrongs of your past?

7. Are you experiencing a more intimate relationship with Jesus as a result of meditation and contemplation? _____ Please describe some specific changes in your relationship with Him as you have practiced these types of prayer.

8. What 2 cautions are given in Lesson 33?

9. Have you ever been offended or hurt by anyone who did not consider these 2 cautions? _____ Please describe what happened.

10. Describe how that offense or hurt can help you stay mindful of those cautions and remain humble.

11. What is your plan to be sure that you work this step into your day?

12. Read Luke 6:46-49. Describe specifically how you are building your new foundation on Christ?

13. What persons, relationships, places, things, or situations do you need to be careful NOT to allow back into your foundation?

14. Addiction is about an unhealthy bonding to anything. Explain how meditation and contemplation with Jesus helps you stay free from unhealthy bonds.



CHRISTIAN 12 STEP PROGRAM
“Walking the 12 Steps with Jesus Christ”
Step 12: Lessons 35-36

(See top page corners of study guide for lesson numbers.)

Name: _____ **Inmate #:** _____
(if applicable)

1. Step 12 is intended to inspire you to carry the message of recovery through Christ to others, sharing about the new life you found in Him. Explain how you are doing this now?

2. Being in Step 12, do you feel you know Jesus better than when you started this program? Are you “doing life” with Him more and more? Explain the differences in how you are experiencing Him now compared to at the beginning of this program.

3. Why do you think carrying this message of recovery to others is important to your continued recovery process? How do you plan to do this?

4. How would you define “spiritual awakening”? How have you experienced a “spiritual awakening”?

5. We are called to love like Jesus loves. Why is that important to your recovery and how do you plan to carry this out?

6. Have you truly changed the places, people, and things you needed to change in order to be successful in recovery? How important do you think this is to prevent relapse?

7. There are 6 disciplines listed in the Postscript to follow in your new life with Christ. How do you plan to practice them successfully? Remember they are necessary to keep your spirit strong and overcome your flesh.
