

Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Steps 10 - 12

Worksheets

**“Devote yourselves to prayer with an
alert mind and a thankful heart.”**

Colossians 4:2

Recovery Fellowship

Now that the personal house cleaning is done, and the past has been looked at, analyzed, and dealt with, let us approach the last three steps. These steps are sometimes referred to as maintenance steps – and for a very good reason. These are steps we live by. From now on this is what we do. We live by these steps because they are the continuation of what we have done in the previous nine steps.

For example, step ten says we continue to take personal inventory. We started this inventory in step four and now we are just continuing it. Step eleven talks about prayer and meditation and improving our conscious contact with God. Steps three and seven also led us to reach out to God, so this is a natural continuation of that prayer life. Step twelve talks about practicing these principals in all our affairs, which is another way of saying we live by the principles we have been introduced to in the previous steps. It also mentions carrying this message to other alcoholics. We need to teach others what we have learned while taking the steps. In other words, pass it on. Teach others how to stay sober and how to improve their life by working these steps. You may refer them to these worksheets if you wish.

So let us look at each of the last three steps individually and see how easy it is to incorporate them into our lives.

Step 10: We continue to take personal inventory, and when we were wrong, promptly admitted it.

This step is saying that we are going to be wrong from time to time. If we make it a way of life to constantly be on the look-out for mistakes in thought or action then we can correct our mistakes as we go, instead of letting them pile up over the weeks, months and years, as we did in the past.

We acknowledge our wrong-doings and make any apologies or amends we need to make along the way. We exercise humility and put effort into doing the next right thing. Sometimes it isn't easy, but the reward is a happy, peaceful life filled with good times and good friends.

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 the power to carry that out.

This step is suggesting that we continue our prayer and meditation that we began in steps three and seven. We seek to draw closer to God and pray for knowledge of his will for us and the power to carry that out.

We avoid selfish prayers and refuse to try to use God as a big Santa Claus in the sky. His purpose is not to jump when we say for Him to jump; we need to seek His will and His guidance as opposed to constantly asking for what we want.

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

We are now awake from our spiritual slumber. As the result of working the steps we have been awakened to the reality that God is willing and able to help us live in a way that we can be reasonably

happy without our drug of choice. This is an amazing discovery to many of us. We thought for a long time that we did not have a choice. We thought we had to live in the hell we were living in, and there was no way out. Thankfully God provided a way out.

Hopefully you have benefitted from working through these worksheets. The 12 steps have been used by millions of people over the years, people from many backgrounds and from many places. Lives have been changed and much healing has taken place as a result of these steps.

Please feel free to tell others about these worksheets and what you have gotten out of the 12 steps. May God bless you as you go forward, and may life be a wonderful journey for you!