



## Finding Common Ground: The 12 Steps: AA Versus the BIBLE

While both the Bible and AA steps have their own merits, many Christians might argue that the Bible is a more practical guide for our faith as it encompasses our belief in God and His teachings. The Bible contains sacred scriptures that provide us with wisdom, guidance, and principles to live by. It addresses various aspects of human life like relationships, morality, decision-making, and personal growth. By putting our faith in God's Word, we believe that it offers practical solutions to life's challenges and helps us build a strong relationship with Him. On the other hand, AA steps primarily focus on addiction recovery rather than overall spiritual growth or daily Christian living. So for Christians who value their faith in God above all, they might find the Bible to be more relevant and applicable to their lives. Below are the 12 steps as per the AA and the Biblical Approach.

### 12 Steps - Biblical Version

#### STEP 1 - HONESTY

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

*"For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Rom 7:18*

#### STEP 2 - HOPE

We came to believe that the one true God, greater than ourselves could restore us to sanity.

*"For it is God who works in you to will and to act in order to fulfill his good purpose." Phil 2:13*

#### STEP 3 - TRUST IN GOD/FAITH

We made a decision to turn our will and our lives over to the care of God as we understood Him.

*"Those who know your name trust in you, for you, Lord, have never forsaken those who seek you." Psalm 9:10*

#### **STEP 4 - TRUTH**

**We made a searching and fearless moral inventory of ourselves.**

*"Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the<sup>[a]</sup> paths for your feet and be steadfast in all your ways." Prov 4:23-26*

#### **STEP 5 - CONFESSION**

**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*

#### **STEP 6 - CHANGE OF HEART**

**We were entirely ready to have God remove all these defects of character.**

*"The Lord your God will change your heart and the hearts of all your descendants, so that you will love him with all your heart and soul and so you may live!" Deut 30:6*

#### **STEP 7 - HUMILITY**

**We humbly asked Him to remove our shortcomings.**

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:19*

#### **STEP 8 - SEEKING FORGIVENESS**

**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*

#### **STEP 9 - RESTITUTION AND RECONCILIATION**

**We made direct amends to such people wherever 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 or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift." Matthew 5:23-24*

#### **STEP 10 - DAILY ACCOUNTABILITY**

**We continued to take personal inventory and when we were wrong promptly admitted it.**

*"For each one should carry their own load." Gal 6:5*

#### **STEP 11 - PERSONAL REVELATION**

**We choose to improve our conscious contact with God, by making a conscious choice that our old lives will no longer be part of us; that we will stop believing the lies of the enemy but will believe who we are in Christ.**

*"Greater love has no one than this: to lay down one's life for one's friends. <sup>14</sup>You are my friends if you do what I command. <sup>15</sup>I no longer call you servants, because a servant does not*

know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." John 15:13, 15  
John 13:37

## **STEP 12 - SERVICE – I CAN ONLY KEEP WHAT I HAVE BY GIVING IT AWAY**

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

*"if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted."* Gal 6:1

## **12 Steps - AA Version**

### **STEP 1**

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

### **STEP 2**

We came to believe that a Power greater than ourselves could restore us to sanity.

### **STEP 3**

We made a decision to turn our will and our lives over to the care of God as we understood Him.

### **STEP 4**

We made a searching and fearless moral inventory of ourselves.

### **STEP 5**

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### **STEP 6**

We were entirely ready to have God remove all these defects of character.

### **STEP 7**

We humbly asked Him to remove our shortcomings.

### **STEP 8**

We made a list of all persons we had harmed, and became willing to make amends to them all.

### **STEP 9**

We made direct amends to such people wherever possible, except when to do so would injure them or others.

### **STEP 10**

We continued to take personal inventory and when we were wrong promptly admitted it.

**STEP 11**

We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**STEP 12**

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

Source: <https://www.na.org.za/>