

The Twelve Steps

These are the Twelve Steps used in Canon Nancy Ford's program at Christ Church Cathedral, each with an appropriate prayer.

STEP 1 We admitted we were powerless over our addiction, that our lives had become unmanageable.

We ask the Holy One to disturb us with truth, comfort us in our afflictions and unite us in love.

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STEP 2 We came to believe that a Power greater than ourselves could restore us to sanity.

Help us to remember you are always with us. Open our ears to listen as you express yourself in others.

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STEP 3 We made a decision to turn our will and our lives over to the care of God as we understand God.

Sustain in us the desire to stop our misuse of substances, such as food, alcohol, drugs, money, sex, or gambling.

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STEP 4 We made a searching and fearless moral inventory.

As fears cause us to stumble, comfort us with love and forgiveness.

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STEP 5 We admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Hold in your healing love, ourselves and all others for whom addictions and brokenness have wounded friends and family.

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STEP 6 We were entirely ready to have God remove all these defects of character.

It is the deep love of God that offers the peace we seek.

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STEP 7 We humbly asked God to remove our shortcomings.

Creator of all, in your loving kindness and great compassion, blot out our offenses and enfold us in your mercy and wholeness.

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STEP 8 We made a list of all persons we had harmed, and became willing to make amends to them all.

Encircle all who suffer from any grief or trouble. We offer all those on our hearts and minds to you.

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STEP 9 We made direct amends to such people wherever possible, except when to do so would injure them or others.

Give us your grace in all we do to make amends.

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STEP 10 We continue to take personal inventory, and when we are wrong, promptly admit it.

Holy One, help us through awareness of our defects to discover your eternal care for us.

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STEP 11 We sought through prayer and meditation to improve our conscious contact with God, as we understand him, praying only for knowledge of God's will for us and the power to carry that out.

Holy One, you are our shepherd, guiding our feet on the path that returns us to you.

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

God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

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