



Recovery Ministry

Step Twelve: A New Way of Life

Working with Jesus

iFOLLOW

The iFollow Discipleship Series

About the iFollow Discipleship Series Pastor's Edition

Categories

The iFollow Discipleship Series is designed to be used in congregations to assist people in their pursuit of God. This assumes that individuals are in unique places in their journey and there is no perfect set of lessons that everyone must complete to become a disciple—in fact discipleship is an eternal journey. Therefore the iFollow curriculum is a menu of milestones that an individual, small group, or even an entire church can choose from. The lessons can be placed in three general categories: **Meeting with Jesus** (does not assume a commitment to Jesus Christ); **Walking with Jesus** (assumes an acceptance of Jesus Christ); and **Working with Jesus** (assumes a desire to serve Jesus Christ).

Components

Each lesson has a presenter's manuscript which can be read word for word, but will be stronger if the presenter puts it in his/her own words and uses personal illustrations. The graphic slides can be played directly from the Pastor's DVD or customized and played from a computer. There are also several group activities and discussion questions to choose from as well as printable student handouts.

Usage

The lessons are designed to be used in small groups, pastor's Bible classes, prayer meetings, seminars, retreats, training sessions, discussion groups, and some lessons may be appropriate sermon outlines.

Credits

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Recovery Ministry: Step Twelve A New Way of Life

This is the last in a series of 11 units on how to lead a 12 Step addiction recovery ministry.

Learning Objectives

1. Review the needs of the mentoring relationship as it relates to Step Twelve.
2. Learn specific skills and assignments to help the mentee accomplish this Step.
3. Remember H.O.W. the method works for Step Twelve.
4. Recheck the six attitudes and actions.
5. Learn the specific goals of Step Twelve.
6. How to work toward letting go.

Content Outline

1. Introducing Step Twelve
2. Recap H.O.W. for Step Twelve
3. Backup assignments
4. Review the Six Attitudes and Actions
5. Step Twelve Summary and Goals
6. Mentoring a New Mentor

Background Material for the Presenter

Each Step takes about four weeks to complete. The 12 Steps require nine to 12 months. But each mentee will move at his or her individual pace. A mentee may move more quickly or slowly through the Steps depending on the level of commitment and honesty, the amount of time dedicated to homework, number of outside commitments, etc. It is up to you as the mentor to determine whether or not the mentee is ready to move to the next Step. Each Step has goals to help you decide on the mentee's readiness to move on.

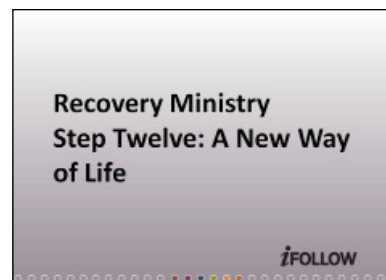
This unit introduces Step 12, the final step in the process. The assignments are broken down into four weekly sections. You can give fewer assignments during that week

iFollow
Discipleship
Series:
Working
with Jesus

Action Plan
& Presenter
Notes

**Recovery
Ministry**
Step Twelve:
A New Way of
Live

1



if the mentee needs more time, or give more assignments if the mentee is effectively completing the work with the appropriate level of commitment and emotion—the four-week breakdown is just a guideline. Using the H.O.W. method will help you to determine a mentee’s state of mind and readiness to take the next Step in recovery. Step 12 is the last Step you will be guiding your mentee through. From this point, the relationship will change. As you make these final assignments, begin the transition to allowing the mentee to take over the responsibility more and more.

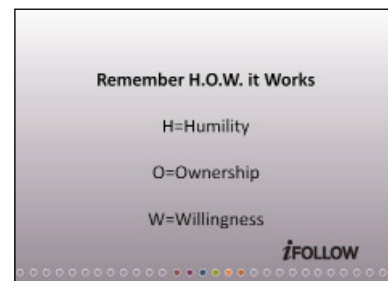
Remember H.O.W. It Works

H=Humility—Humility is foundational to recovery; admitting our need is the only way we can receive help from God for our problems. In working through these 12 Steps, we have experienced every extreme from no humility at all to false humility to humiliation and shame to pride in our humility. We have tried them all at one point or another, even after beginning Recovery. From our own, personal experience we have learned that when a human being seriously and honestly comes face to face with the Creator of the universe, pride is not even an option! We will now make the life choice of remaining permanently in that face-to-face relationship, and teaching another how to do so as well.

O=Ownership—Acknowledging our problem is also primary to recovery. Owning our actions and attitudes, past and present, and accepting the fact that we are the only ones who can change who we are, is key to any lasting change. We have learned how to do that, not only for a long, sorry list of past actions and attitudes, but on a day-to-day basis, learning that facing our sins is much easier than trying to cover them up forever. We’re getting ready now to help another learn to see clearly. We know how to own our own “stuff,” and we will guard against trying, as a mentor, to own someone else’s “stuff” or do their work for them. We will strive to lead our new mentee in the same thorough, tough, gentle way we’ve been led, and in so doing, will re-cement our own learning and stability.

W=Willingness—Willingness is the third key to the door of progressive victory over our addiction. Willingness is our response to the challenge to face any obstacle; complete any task set before us; to do whatever it takes to achieve freedom from addiction. As we make the shift to watching for and cultivating this willingness in another, we will be as willing to do the hard work it takes to encourage another to work hard as we were and are to do our own hard work.

As the mentor, you have seen these three keys grow into a way of life for your mentee. You are almost ready to hand over the reins, not only for their own life, but for the life of the stumbling, terrified addict they are going to try to help. Remind yourself that you, too,



need to be humble enough to let them go, able to own your own feelings and attitudes toward this new shift, and willing to turn to give another fallen brother or sister a hand up the path. However, your mentorship is not quite over.

Some Things to Watch For

Does your mentee remain open to correction? You will be helping and overseeing the first few times your mentee meets with his/her mentee, and you will especially watch for the huge temptation (for anyone, but especially for a recovering addict) to slide into people-pleasing. It is also possible that they'll try to over control. Either is hazardous.

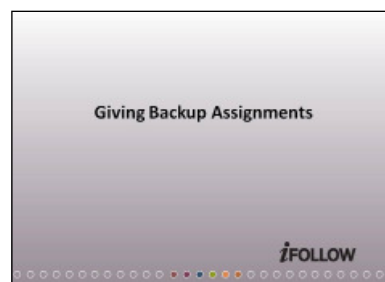
They can now express all their new insights and learning in a way that translates to helping another start to see them, but not preaching at their mentee or allowing the mentee to parrot things back to them.

They have faced down their beasts and have no illusions about themselves or their ability to be in control. They know how to keep track of their progress on a daily, even hourly basis, and where to turn for help and encouragement when they need it. They know that just because they will now be a mentor, it still doesn't make them immune from failures or mistakes, or mean they do not need help, support, and guidance anymore.

The most important thing of all is that they must be strongly cemented into a daily, dependent relationship with God. They will learn for themselves that they will be praying for their mentee even harder than they did for themselves in their own hard times, and that they will learn things from being a mentor that they never did while they were your mentee. They will still look up to you and sometimes ask for your guidance. And of course, they'll always stay on your prayer list.

Giving Backup Assignments

What if you have given your mentee the primary assignments and still don't perceive your mentee is ready to proceed to the next Step? Pray for wisdom. God knows exactly what they need, and He will tell you what you need to do. Be creative. After God, you probably have the best picture of the mentee's current state of mind. Coming to the place where they are willing to pass on what they've learned to others does not necessarily mean they are immediately ready to become a mentor themselves. Don't let them dither too long, but don't let them rush themselves, either.



There are other ways they can give back, in meetings and so forth, for awhile.

Let them study the ways people helped, led, taught, and supported each other in the Bible. There are lots of leadership styles, and even this program, with its strict guidelines, has room for individuality in method. They have learned to tap into the Source they need to make their own choice. God dispenses His wisdom freely, and will let them know when they are ready and whom they should lead.

It is still important not to rush the program. We never graduate from the 12 Step program. God works with us and through us right where we are and He never stops. One of the most important lessons a recovering addict can learn is that *a/ways*, throughout life, we must never try to move on until He is done with us on any given lesson. Continue to pray for wisdom and ask questions.

In any assignments you give, whether primary or backup, the emphasis should remain on honesty and action. The mentee should not sermonize, quote the readings back to you or, analyze the finer points of recovery as a third person narrative. The mentor should see honest reflection—"what this means to me"—in all the writing the mentee does. After all, you can read the books, too. The mentor should look for what the mentee got from the assignment, and what they intend to do about it.

If necessary, you may go back to Handouts included in earlier units and repeat or adapt certain backup assignments.

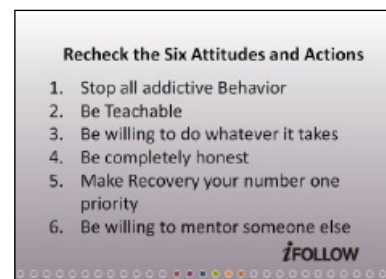
Recheck the Six Attitudes and Actions

Mentees about to become mentors are now in the habit of periodically returning to recheck the Six Attitudes:

1. *Stop all addictive behavior.* And stay stopped. Counting down to the sobriety anniversary! Or perhaps it's passed already. Who would have thought God could lead you so far and so well. Serenity is in your hand. Hold it gently, but don't let go!

2. *Be teachable.* Stay teachable. You never graduate, and you never outgrow the need for counsel and support from your friends and mentors. When you are a mentor yourself you will find yourself needing that counsel even more, sometimes. As the 12 Step slogan goes, "Ya gotta wanna." As Hebrews 13:17 says: "Be responsive to your pastoral leaders. Listen to their counsel. They are alert to the condition of your lives and work under the strict supervision of God. Contribute to the joy of their leadership, not its drudgery. Why would you want to make things harder for them?" (The Message)

3. *Be willing to do whatever it takes.* Again and again. God has indeed changed you.



Looking back now, the price seems amazingly low, doesn't it? But He's not finished with you, and you will be stunned at the new insights you will gain when you help to teach another.

4. *Be completely honest.* Step Eleven shows how to find the clear and present truth by remaining in constant touch with the One who *is* the Truth, not to mention the Way and the Life. Having learned this, you can't wait to pass it on.

5. *Make recovery your number one priority today and tomorrow.* Your year of not making any major changes in your life circumstances, in order to have maximum time and energy for your recovery work, is now ending. Perhaps for you it's been longer (or shorter) than a year. Your family and church friends, the people with whom you work can see the change in you by now. Maybe they didn't believe you would stay the course, but you have, and now you are about to make an important change. You will become a mentor yourself. This means you'll still go to meetings and still be involved with daily calls, though on the receiving end. You may wish to begin looking at the decisions that may have been on hold since your old life. There could be some changes ahead. But you, once and for all, are a disciple of Jesus. "For whoever wishes to save his life shall lose it, but who ever loses his life for my sake shall find it." (Matthew 16:25) You have given up your life and found it, and nothing will ever be the same.

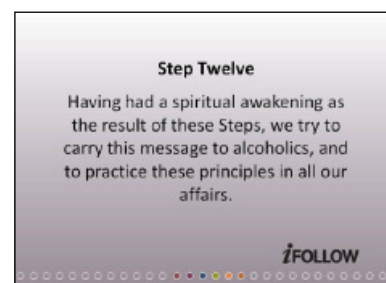
6. *Be willing to mentor someone else.* Begin asking God to show you whom you can help find their footing on the stony, bloody road to Wholeness.

Step Twelve

Having had a spiritual awakening as the result of these Steps, we try to carry this message to alcoholics, and to practice these principles in all our affairs.

The 12 Steps are not a set of tools or skills we add to our repertoire of tricks that mask our pain and dissatisfaction with our lives. They are the gateway to a new life, a life free of the "bondage of self" as the *Big Book of Alcoholics Anonymous* states. By working the Twelve Steps we strip away the lies we have used to avoid the pain of loneliness, guilt and shame. We enter into a life of acceptance and peace. We come to experience peace with ourselves, our past, others around us and God.

Now we are prepared, in fact we are eager, to share these new principles with others. We see brothers and sisters in the gutter of life, desperately hiding their own shame and pain, acting out in ways that hurt themselves and others, often clearly *wanting* to be different, perhaps trying solution after solution, and we long to offer them the same hand up we have received.



Goals: In order to be ready to mentor others, the mentee must: (1) Have at least six months of sobriety; (2) Have an established discipline of daily reading, prayer, and meditation; (3) Have an established discipline of completing the daily written inventory; (4) Show evidence of a new and vital relationship with God; (5) Understand and embrace the grace of God; (6) Be able to discern God's leading through prayer and meditation.

Things to Review With the Mentee

The Inventories from Steps 10 and 11 are a way for the mentee to monitor behavior on an ongoing basis. The mentee should continue to evaluate progress and determine ways to improve. You can help to do this, while at the same time preparing the mentee to self-monitor from now on. In your last few mentor's meetings, carefully evaluate the mentee's inventory sheets. Help **them** identify the patterns that the Inventory captures: resentments toward the spouse, people-pleasing, etc. Then give additional assignments

that involve taking action to overcome old habits. For example, practicing tolerance and not reacting the next time the spouse says something critical, or directly addressing an issue at work that has caused resentment. Help the mentee broaden the application of the principles learned in the program by asking thought-provoking questions and sharing your own experiences where appropriate.

Help them see that they can do this work on an ongoing basis themselves, though they must also always remain ready and willing to ask for help if they need it. Others can often see where we're missing the mark more easily than we can.

Be careful not to assume that you are qualified to address every issue the mentee is struggling with. You are not a therapist. You may suggest the help of a trained professional if you feel it may be necessary for the mentee to work with a counselor. Now that much of the debris and detritus of the addiction itself is cleared away, it's easier to see older or deeper issues that may require a different kind of help. Prayerfully determine together whether these issues preclude their becoming a mentor yet. Ask them to discuss this with their therapist also.

If the mentee is ready, talk to him/her about becoming a mentor. This is one of the commitments each person makes upon entering the recovery journey. Explain that passing on what we have experienced is a crucial way to maintain sobriety and continue to grow spiritually. Often, mentees who decline to become mentors eventually drop out of recovery. Usually, though, the person is so happy about the changes in his/her life that s/he is eager to help someone else.

Discuss any concerns the mentee has about becoming a mentor and work to prepare



him or her to take on that role. When your mentee takes on his or her first mentee, do it together, the three of you meet for the first couple of weeks, this gives the mentor opportunity to make sure that the mentee is not getting sucked into people pleasing or over-controlling, with this new charge. This practice also gives the mentee the support to set the bar high for the new person in the mentoring program.

Letting Go

Recovery is all about the journey; our goal is progress, not perfection. Your mentee may have thought you kept reciting this mantra only during the year of going through the Steps the first time. He or she may have assumed that after the first year, he or she would be “well” or “fixed.” Surprise! No matter how many years we have remained clean and sober, no matter how experienced we are at seeking God daily, a crisis that is big enough or shocking enough can throw us right back to seeking the comfort in the bad old ways. We are never immune from relapse, and we never grow strong enough to not need each other. God made us in community and He said from the very beginning that **it is not good for people to be alone.** (Genesis 1)



Throughout this long year of hard work, we have given a fallen brother or sister a hand up, healing and a ride back to Recovery Town. Our goal has been health, nothing more and certainly nothing less. And we are rejoicing as we see that goal being met. We have tried never to forget that this person is the Lord's, not “mine,” and we have found God able and willing to give us the grace to see this one through His infinitely patient eyes, as a person in process, a person who has learned to take as his/her own the God of the Second Chance.

During this time, we have forged a close relationship, one that, at times, has seemed almost like a parent/child one, though if we have kept the mentoring process healthy, we have steered clear of thinking or acting that way. Now it's graduation day, and you may even want to have a ceremony of celebration. Go out and do something together, or in a group. Throw the ashes of the past off a cliff. Burn some more character defects. Thank each other. You have both given and both received. Now you will turn to the next person who needs your helping hand. **Keep coming back!**

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Series:
Working
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Action Plan
& Presenter
Notes

Recovery
Ministry
Step Twelve:
A New Way of
Live

7

Handouts in this Package

1. Reviewing Daily 12 Step Inventories
2. Mentoring a New Mentor
3. Step Twelve Assignments Schedule



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Discipleship
Series:
Working
with Jesus

Action Plan
& Presenter
Notes

Recovery

Ministry

Step Twelve:
A New Way of
Live

Additional Resources

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Websites

Adventist Regeneration Ministries is an official ministry of the Seventh-day Adventist Church sponsoring 12 Step groups in local churches, schools and community service centers: www.adventistregenerationministries.org

Alcoholics Victorious is a national network of groups that use the 12 Steps in the framework of Evangelical Christian theology: www.alcoholicsvictorious.org

Bridge to Recovery is a private, supporting ministry of Seventh-day Adventists recognized by the Health Ministries Department of the North American Division and a member of ASI: www.bridgetorecovery.org

Christian Recovery International is a website listing many national networks of Christian 12 Step groups, recovery ministries and resource organizations around the world helping the Christian community become a safe place for people recovering from addiction, abuse or trauma: www.christianrecovery.com

National Association for Christian Recovery is a non-denominational parachurch organization connecting 12 Step groups and other recovery ministries in local churches across the U.S.: www.nacronline.com

iFollow
Discipleship
Series:
Working
with Jesus

Action Plan
& Presenter
Notes

**Recovery
Ministry**
Step Twelve:
A New Way of
Live

Discussion Questions

1. Share a time when you “graduated” from one phase of your life to another. What were your feelings? What did you do?
2. What does the old saying mean, “If you love something, let it go”? Does this have implications for the ending or changing of a mentor-mentee relationship?
3. Why do we want to share new things we learn, or conversely, why are we sometimes afraid to share new things?
4. Why is it important for us to share?
5. Long ago, God made a decision to let us help clean up the sin mess we’ve made in His world. He gave us the gospel commission and the ministry of reconciliation. In your opinion, how is this like and unlike Step Twelve?

Group Activity

Purpose: Commissioning ceremony to send out the members of this seminar to share what they have learned with others.

Preparation: During the week prior to the event, have each person write a short statement of what they have learned during this series on how to lead a Recovery Ministry. Tell them they will be asked to share this statement. Those who are addicts in recovery and ready to be mentors or to start a 12 Step program in their church or community may be ready to commit to doing those things; some may not be ready as yet. They may simply commit to taking this idea back to their churches and beginning to cast the vision, or any action step they prayerfully come up with. There may be some who recognize that they need the 12 Steps themselves and want to commit to finding a 12 Step group and becoming a mentee.

Bring a large candle and enough small candles for each person to have one. Light the large candle before the meeting begins. Choose a song of commitment from a hymnal, making the choice prayerfully, based on the needs and personalities you have seen during these weeks together. Have the words prepared on a screen or on a large board or flipchart, or make it a familiar song most can sing without words. You might also have accompaniment, either live or recorded.

Agenda: Stand beside the large, lit candle. Begin with a reading of the exhortation from Isaiah 58:6-8 and a brief statement of the desire of this group of people to break the chains of addictions of any and every kind and set people free into a healthy, working relationship with God and each other. Then invite each person stand before the group and read his/her statement of commitment. Ask solemnly, "Do you promise, by the grace of God, to fulfill this promise?" When the person answers "yes," have them step to your side, so that when all have read and committed to their statements, there is a line beginning with you at the candle and stretching down the center of the room. Light your own candle from the large one and turn and light the candle of the person next to you. Each one lights the next until all are lit, then they join in a circle and sing the chosen song of commitment. Close with prayer, preferably an open prayer in which all who wish may join. You may also wish to divide into small groups and pray more intensely for each other's plans.

Time: The time for this exercise will depend on how many people you have, but it should be a slow, solemn, joyous occasion, not rushed. You will probably need at least 30 minutes to an hour.

Handout 1—for the mentee

Reviewing Completed Daily 12 Step Inventories

The Step 10 inventories are a way for you to monitor behavior on an ongoing basis. You should continue to evaluate progress and determine ways to improve. Every day fill out an inventory and each week take them to your meeting with your mentor. Your mentor will help you to evaluate and then to identify the patterns that the inventory captures: resentments toward your spouse, people-pleasing, etc. You must now begin to learn to do this for yourself, taking action that will overcome the old habits, even if it takes awhile.

For instance, if you are having difficulty with resentment against your spouse, proactively (before the triggering actions and events occur) practice tolerance of his or her opinions and attitudes. You don't have to react at all when he or she says something critical, even of something that has nothing to do with you. If the person makes a snide remark about a neighbor and you let it go, it will be easier to let it go, too, when s/he says something about or to you.

If you are having resentment issues at work, address directly the underlying cause. Speak to people as if they are reasonable beings who want things to work out in a way that is productive for everyone. Expect to see what you hope to see, and you may help it happen, **but you cannot make it happen**. You are only responsible for your own actions, attitudes, and behaviors.

HANDOUT

Recovery

Ministry

Step Twelve:
A New Way of
Live

Handout 2—for the mentor

Mentoring a New Mentee

One of the commitments each person makes upon entering the recovery journey is to pass on what is learned to others, by becoming a mentor themselves. As your mentee comes to the point where they will be a mentor to someone else, there are several things you need to discuss with your mentee to prepare them for the role of mentor.

Discussion Items

1. Explain that passing on what we have experienced is a crucial way to maintain sobriety and continue to grow spiritually. Often, mentees who decline to become mentors eventually drop out of recovery.
2. Discuss any concerns the mentee has about becoming a mentor and work to prepare him or her to take on that role.
3. When your mentee takes on his or her first mentee, do it together. The three of you will meet for the first couple of weeks. This gives you opportunity to make sure that your mentee (the new mentor for the third person) is not getting sucked into either people pleasing or being too controlling with the new mentee. This practice also gives your mentee the support to set the bar high for their new mentor role.

Handout 3

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12 Step Assignments Schedule—Step 12

Completed	Week 1
	Monthly review of Boundaries with your mentor
	Review work from previous steps. Continue the amends process.
	Review weekly Step 10 inventories. Analyze previous inventory sheets for patterns and discuss with mentor.
	Read Chapter 7 in <i>Big Book of Alcoholics Anonymous</i>
	Write five insights from the reading above
	Read the section on Step 12 in <i>The Steps We Took</i>
	Write five insights from the reading above
	Read the section on Step 12 in <i>12 Steps and 12 Traditions</i>
	Write five insights from the reading above
	Read the section on Step 12 in <i>Hunger for Healing</i>
	Write five insights from the reading above

Completed	Week 2
	Review work from previous steps. Continue the amends process.
	Review insights from previous week's assignments
	Review weekly Step 10 inventories
	Discuss steps to become a mentor

Completed	Week 3
	Review work from previous steps. Continue the amends process.
	Review weekly Step 10 inventories
	Discuss steps to become a mentor

Completed	Week 4
	Review work from previous steps. Continue the amends process.
	Review weekly Step 10 inventories
	Take steps to become a mentor

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**Recovery
Ministry**
Step Twelve:
A New Way of
Live