

WHAT IS LIFE RECOVERY?

Life Recovery is a Biblical approach to the Twelve Steps bringing scriptural principles into personal focus and making them come alive for transformation living.

WHO CAN BENEFIT FROM LIFE RECOVERY?

We all have struggles in life. We get impatient with those we love, we may struggle with finances, or feel down some days and unmotivated. Everyday life has its difficulties. But some of these struggles are deeprooted and can lead to feelings of being stuck in life. Life Recovery is for those who struggle with addictions, difficult emotions, relational struggles, and issues with life.

Life Recovery brings Christian recovery to you – right where you're at.

newlife.com

newlife Recovery Groups

**A CHRIST-CENTERED
12 STEP RECOVERY
PROGRAM**



A LIFE-CHANGING CURRICULUM FOR THE TWELVE STEP JOURNEY

We believe everyone can benefit from a Life Recovery experience. We all have struggles in life; addictions, struggles with food, depression, anxiety, relationships, just to name a few. But everyone approaches recovery from different angles. Some people want a formal recovery meeting that has a traditional recovery experience. Others may want a recovery experience in a small informal group, or an existing group they're comfortable with at their church. And some may want to learn about recovery at their own pace before they jump into a group or meeting experience. This is the beauty of Life Recovery. It is completely customizable, flexible and scalable to meet the needs of your community, right where you're at.

**For more information about
STARTING A GROUP
Call 800-639-5433**

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

THE 12 STEPS & SCRIPTURES OF LIFE RECOVERY

1. We admitted that we were powerless over our problems and that our lives had become unmanageable.
"I know that nothing good lives in me...I want to do what is right, but I can't." – Romans 7:18
2. We came to believe that a Power greater than ourselves could restore us to sanity.
"God is working in you, giving you the desire and the power to do what pleases him." – Philipians 2:13
3. We made a decision to turn our wills and our lives over to the care of God.
"Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable." – Romans 12:1
4. We made a searching and fearless moral inventory of ourselves.
"Let us test and examine our ways. Let us turn back to the Lord." – Lamentations 3:40
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
"Confess your sins to each other and pray for each other so that you may be healed." – James 5:16
6. We were entirely ready to have God remove these defects of character.
"Humble yourselves before the Lord, and he will lift you up in honor." – James 4:10; see also Romans 6:5–11; Philipians 3:12–14.
7. We humbly asked God to remove our shortcomings.
"If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness." – 1 John 1:9
8. 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 like them to do to you." – Luke 6:31
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
"If you are presenting a sacrifice at the altar and...someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." – Matthew 5:23
10. We continued to take personal inventory, and when we were wrong, promptly admitted it.
"If you think you are standing strong, be careful not to fall." – 1 Corinthians 10:12
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 it out.
"Devote yourselves to prayer with an alert mind and a thankful heart." – Colossians 4:2
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.
"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself." – Galatians 6:1