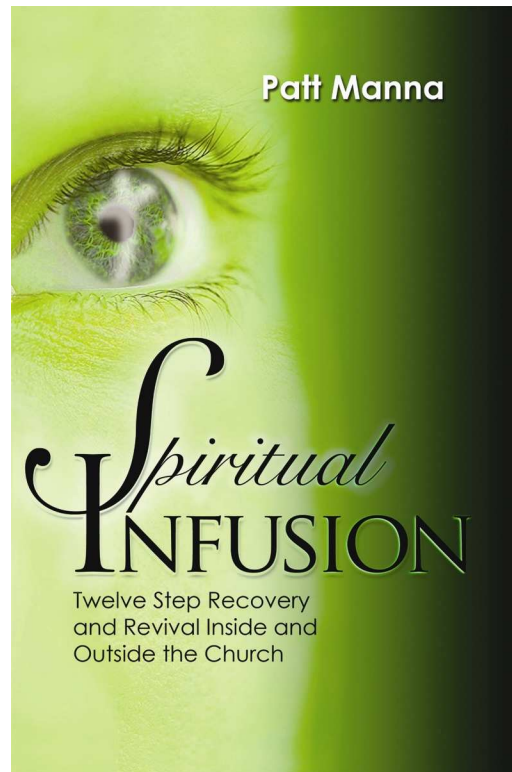


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Spiritual Infusion

Recovery Revival



Work-Book

*“Having had a spiritual awakening as a result of these **steps**...!”*

*“Here are the **steps** we took, which are suggested as a program of recovery:”*

It is all in the steps!

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“Antecedent” - synonyms are precursor, forerunner, predecessor, and forebear. So to understand what “antecedent” means is to accept the fact that something has to exist before something else can happen!

*Alcohol/Drug/Pornography/Gambling
“Use”
Is The Antecedent of Addiction*

*Addiction is the Antecedent
Of Crime*

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Introduction

One consistent variable within the onset of criminality is the existing antecedent of alcohol/drug/pornography/gambling use, abuse, and addiction. Society at large can only build so many prisons and jails to house a symptom of the real problem. Crime is a symptom. Alcohol/drug/pornography/gambling “use” is the antecedent of “addiction” and addiction is the antecedent of “crime”. Without God successful recovery is nearly impossible.

It is important to make a clear distinction between *use* (make use of, avail yourself of) and *abuse* (misuse). The term *addict* should only be used if the individual is abusing and dependent on alcohol or drugs or pornography or gambling. Scientifically it should be noted that it is impossible to become an addict unless one is first a user. Therefore, use is the first step toward *addiction*. Addiction is a separate and even more self-defeating force that abuses a person’s freedom and makes them do things they really do not want to do.

Addictions are never single problems. Each of our major addictions consists of multiple others that have been affected by it. Breaking an addiction requires changes in many areas of our lives. The struggle of trying to stop smoking will be greater, for example, after eating, or at other times that have become associated with cigarettes. An alcoholic is likely to slip if he or she frequents their old drinking well. A narcotic addict will relapse if he or she continues to associate with the same old friends. A gambler will relapse if he or she eats in a casino just because the food is good. The over-eater won’t get better by obsessing over food commercials on television.

Regardless of how an addiction begins, the longer it stays out of control the more powerful it becomes. Stress and chaos build another addiction around our major addictions to protect the death grip it has, like a spreading disease steadily invading (entering by force) and encompassing one’s surroundings, including our families.

It is here that I want to give you an invitation to transformation. I have written for you my personal commentary and study of the recovery tool of “How It Works” and more. Before each 12 Step meeting, a particular portion of Chapter 5 out of the Big Book, called “How It Works,” is read by one of the members of the group as everyone else listens and savors (take pleasure in, relish, enjoy) every word. I personally would soak in this process of “How It Works” as I tried to grasp “It”. Several months went by before I could remember any part of “It” to quote “It”. I only remembered how good I felt when hearing “It” read. More months past by before I could quote the steps as well, but I loved every minute while listening to them being read. Nevertheless, I knew that what I read and heard was going to restore what my addiction had taken from me and I would find my purpose in life.

I am a believer in “How It Works” who has struggled with alcohol, prescription drugs and co-dependency. The first time I was introduced to the 12 Step program of Alcoholics Anonymous (AA), it gave me sobriety (abstinence, clear-headedness) from alcohol. Before I began the 4th step of this program I balked from the pain that was oozing out of me. My sponsor sent me to Adult Children of Alcoholics (ACA) and Co-dependents Anonymous (Coda) to find myself and identify where this pain was coming from. There was a definition of “depression” that was

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repeated around the recovery rooms and it was not pleasant. The definition goes like this: "Depression is like self pity oozing from every pore." In other words, my sponsor recognized her limitations and I recognized her frustration in working with me. The last thing my sponsor told me was to attend my chemically dependent meeting daily. So, I went to three or four or more meetings every day. First I went to meetings for my primary addiction of alcohol then I started to attend other 12 Step programs. I am still grateful to this day for what I learned about myself in all 12 Step arenas because it was the same method and course of action in the process of peeling this onion one layer at a time. Another big lesson I learned right away was that it was not my sponsor's responsibility to fix me, but my responsibility to make my recovery happen through God's mercy and grace. So, the sooner I stopped feeling sorry for myself and got into action, the sooner I would get to the promises that this 12 Step Program claimed were mine to have.

I am an "old timer" in the program and I desperately want to have a personal meeting with you to share my experience, strength and hope through "How It Works". Come join me now as we drink from the existing well of the 12 Step recovery revival on our journey to another level of recovery and release the revival in you. You will read excerpts of the text and proceed to study it with me line upon line, precept (principle, instruction) upon precept, directly following the text.

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Simple Study Approach

A Simple Study Approach to “How It Works” and more!

Anyone can use this inductive study method. I learned it when using an Inductive Bible Study course. It involves three basic skills: **observation, interpretation, and application.**

Observation answers the question: What does the text say?

Interpretation answers the question: What does the text mean?

Application answers the question: What does the text mean to me personally? What truths can I put into practice? What changes should I make in my life?

When you know what it says, what it means, and how to put its truths into practice, you will be equipped for every circumstance of life. These tools helped me transform my life and gain a deep and abiding relationship with a power greater than myself, and I know they will help you to do the same.

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13. Step 1. We admitted we were powerless over _____ - that our lives had become unmanageable.

Romans 7 and 8

Romans 7:18-19

Psalm 32:3-7

Romans 3:9-10, 23

Have you ever experienced the phenomenon of craving?

Does your life seem normal?

In your past, did you ever seek not wanting to feel?

14. Step 2. Came to believe that a Power greater than ourselves could restore us to sanity.

Psalm 27:4-5

Mark 10:26-27

Philippians 2:13

Romans 8:9

Ezekiel 36:27

Did you ever entertain the thoughts that you were crazy?

Did your mind race thinking over and over again the same scenario?

Did you feel fear and anxiety?

15. Step 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Joshua 1:8-9

Jeremiah 29:11-14

Jeremiah 32:27

John 14:6

John 10:30

Mark 10:27

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What were your feelings toward religion, the church, and God?

Are you willing to believe there is a power greater than yourself?

16. Step 4. Made a searching and fearless moral inventory of ourselves.

Psalm 139:23-24

Lamentations 3:40

Jeremiah 23:24

Romans 8:26-27

The number one offender is resentments. Do you still have some?

Webster's Dictionary defines resentment to be "a feeling of displeasure or indignation, from a sense of being injured or offended".

Do you realize this is tied to bitterness and un-forgiveness?

Do you have a sponsor or group you work with to get this inventory done?

17. Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Psalm 119:9-11

Acts 13:38-39

1 Timothy 1:15

James 5:13-16

Ephesians 5:13-14

Hebrews 9:14

1 John 1:7

Review your inventory so that you try and not leave anything overlooked.

Have you left out your go-to-the-grave secrets?

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18. Step 6. Were entirely ready to have God remove all these defects of character.

James 4:10

1 John 1:8-9

1 John 2:1-2

Psalm 27:13-14

Psalm 118:18, then 17

What are some of your defects that stand in the way of helping others?

What are you going to do about it?

19. Step 7. Humbly asked Him to remove our shortcoming.

John 5:14

John 8:10-11

Job 11:13-19

Ezekiel 18:30-32

Romans 5 and 6

Romans 12:1-2

1 John 2:3-6

2 Corinthians 10:5

Colossians 3:17

Do you understand how to acquire humility?

20. Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Ephesians 4:29-32

Hosea 11:1-4

Ephesians 5:1-2

Luke 6:31

Matthew 5:43-44

Matthew 18:15

Leviticus 19:17-18

Mark 12:31

Matthew 5:9

Did you have a list of people who harmed you from your inventory?

Are you willing to list those you have harmed?

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21. Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Matthew 5:23-24

Isaiah 1:18-20

How do you feel about making amends to this list of people?

Do you realize that until you clean your house that this is a blessing blocker?

Do you expect praise for completing this step?

Do you understand about not making new wreckage in the present by not using wisdom on this step?

22. Step 10. Continued to take personal inventory and when we were wrong promptly admitted it.

Matthew 26:41

James 1:13-15

Matthew 6:11-13

Proverbs 30:8-9

Ephesians 5:15-18

Ephesians 4:22-28

Psalms 4:3-5

Colossians 3:13

Why do you think they used the word "promptly" in this step?

23. Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

Acts 2:42

Mark 12:28-33

Matthew 6:33

Psalms 89:15

Joshua 1:8

1 Kings 8:56-61

Colossians 3:12-17

Do you plan to practice this step of prayer and meditation?

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Has your attitude changed toward prayer and meditation since you began to work these steps?

Do you know believe "How It Works"?

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

Micah 6:8

Ephesians 5:8

Psalms 40:8-10

Galatians 5:1

Revelation 12:11

2 Corinthians 3:17

Ephesians 6:10-18

Do you now believe these are spiritual truths that apply to all of us?

Do you believe that we only have to trust God and clean house in order to get well and reach out and help another person?

25. "Many of us exclaimed, "What an order! I can't go through with it."

26. "Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles."

*** *The How and why of "IT"* ***

1. Chapter 5, page 62, paragraph 3, of the Big Book: "This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life. God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone (foundation, basis, bedrock) of the new and triumphant arch through which we passed to freedom."

2. Chapter 6, Into Action, page 84, paragraph 3, of the big Book: "We have entered the world of the Spirit. As a Believer, our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."

3. Chapter 6, Into Action, page 85, 3rd paragraph of the Big Book: "If we have carefully followed directions, we have begun to sense the flow of His Spirit into us."

*** *Promises* ***

1. Chapter 6, Into Action, page 83, of the Big Book: “If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

2. Painstaking – synonyms are thorough, careful, and meticulous.

Matthew 16:26 *1 Corinthians 7:23* *Romans 12:2*

3. Development – synonyms are growth, training, and change.

2 Timothy 2:15 *2 Peter 3:18* *1 Timothy 4:15*

4. Amazed – synonyms are astonished, shocked, and surprised.

1 Corinthians 1:9 *Matthew 21:22* *Psalms 91:15*

5. Freedom – synonyms are liberty, independence, and choice.

John 8:32-36 *James 4:7* *2 Corinthians 3:17*

6. Happiness – synonyms are contentment, cheerfulness, and gladness.

Psalms 118:24 *Galatians 5:22-23* *John 15:9-11*

7. Regret – synonyms are be sorry, be disappointed, and remorse.

Proverbs 28:13 *1 John 1:9* *2 Peter 3:9*

8. Comprehend – synonyms are understand, grasp and figure out.

Proverbs 2:6-7 *Ephesians 1:8* *James 1:5*

9. Peace – synonyms are calm, freedom from strife, reconciliation.

Psalms 4:8 *Proverbs 12:20* *Proverbs 17:1*

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10. Uselessness – synonyms are hopelessness, pointlessness and vainness.

Romans 2:8-9

James 3:16

Titus 2:12-13

11. Self-pity – antonyms are self discipline, self control, and self possession.

2 Corinthians 4:8-9

Galatians 6:9

Psalms 31:24

12. Self-seeking – synonyms are egotistic, self centered, and self absorbed.

Galatians 5:19-21

Romans 2:8-9

James 3:16

13. Attitude – synonyms are approach, way of thinking, mind-set.

Psalms 119:2-3

Proverbs 19:16

Matthew 7:24-27

14. Intuitively – synonyms are instinctively, spontaneously, and naturally.

Romans 4:20-21

Proverbs 3:5-6

Proverbs 10:8

**** Acceptance ****

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate no so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.”

1. Acceptance – synonyms are approval, tolerance, and acknowledgement.

Proverbs 12:14 *Jeremiah 31:14* *Joel 2:26*

2. Answer – synonyms are solution, key, and way out.

Jeremiah 33:3 *Romans 8:28* *Romans 8:31*

3. Problems – synonyms are evils, troubles and harms.

2 Timothy 1:7 *James 1:5* *Psalms 119:165*

4. Disturbed – synonyms are bothered, worried, and uneasy.

2 Timothy 1:7 *James 1:5* *Psalms 119:165*

5. Life – synonyms are existence, living, and time.

Romans 6:23 *Ephesians 2:8-9* *1 John 5:11-13*

6. Concentrate – synonyms are think, focus, and give attention to.

Psalms 32:8 *Psalms 119:105* *Proverbs 3:5-6*

*** A Vision for You ***

1. Page 153 of the Big Book: “Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of “Love thy neighbor as thyself.””

2. “The age of miracles is still with us. Our own recovery proves that!”

3. Page 164 of the Big Book: “Still you may say: “But I will not have the benefit of contact with you who write this book.” We cannot be sure. God will determine that, so you must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave.”

4. “Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.”

5. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then.”

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6. Reliance – synonyms are dependence, confidence and trust.

Psalm 125:2 *Ezekiel 36:27* *Isaiah 52:12*

7. Fellowship – synonyms are association, companionship, group.

1 Corinthians 1:10 *Galatians 6:2,10* *Romans 12:9-10*
Philippians 1:2, 27

8. Crave – synonyms are desire, hunger after, and ask humbly for.

Matthew 5:6 *Psalm 37:4*

9. Fact – synonyms are reality, truth, information.

Proverbs 10:9, 31 *Colossians 3:9* *Ephesians 4:25*
Romans 8:26

*** *Serenity Prayer* ***

The Serenity Prayer is actually a problem-solving tool. Let us take a look at the deeper meaning of key words in this prayer.

1. Study Excerpt: "God grant me the serenity..."

Grant: Synonyms include "to award," "to present," "to bestow," and there are many more.

Serenity: Synonyms are "tranquil," "calmness," and "contentment."

Isaiah 16:3

John 14:27

Philippians 4:9

2. Study Excerpt: "... to accept the things I cannot change..."

Accept: Synonyms are "to agree to," "to recognize," and "to understand."

Change: Synonyms are "to transform," "to revolutionize," and "to alter."

Jeremiah 33:3

Isaiah 55:8

Things: Synonyms are "possessions," "happenings," and "details."

Romans 8:28

3. Study Excerpt: "...the courage to change the things I can..."

Courage: Synonyms are "bravery," "guts," and "daring."

4. Study Excerpt: "...and the wisdom to know the difference."

Wisdom: Synonyms are "good judgment," "insight," and "good sense."

Proverbs 16:16

Proverbs 4:4-7

Know: Synonyms are "to identify," "to recognize," and "to understand."

Difference: Synonyms are "distinction," "discrepancy," and "change."

5. Study Excerpt: "Living One day at a time, enjoying one moment at a time..."

Living: Synonyms are "alive," "active," and "existing."

Day: Synonyms are "day of the week," "time," and "date."

Matthew 6:11

Proverbs 27:1

Enjoying: Synonyms are “to take pleasure in,” “to like,” and “to get pleasure from.”

6. Study Excerpt: “... Accepting hardship as a pathway to peace...”

Hardship: Synonyms are “suffering,” “difficulty,” and “adversity.”

2 Corinthians 4:8-9

Psalm 138:7

Pathway: Synonyms are “way,” “conduit,” and “trail.”

Peace: Synonyms are “calm,” “reconciliation,” and “harmony.”

Philippians 4:6-7

7. Study Excerpt: “...Taking, as Jesus did, this sinful world as it is, not as I would have it...”

Taking: Synonyms are “winning,” “captivation,” and “attracting.”

Psalm 147:11

Sinful: Synonyms are “corrupt,” “immoral,” and “wicked.”

Romans 3:23

World: Synonyms are “mankind,” “humanity,” and “the human race.”

John 3:16

8. Study Excerpt: “...Trusting that You will make all things right if I surrender to Your will...”

Trusting: Synonyms are “to hope,” “to have faith in,” and “to depend on.”

Philippians 3:9

Right: Synonyms are “correct,” “appropriate,” and “just.”

Romans 10:10

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Romans 8:10

Surrender: Synonyms are “to give in,” “to relinquish,” and “to submit.”

9. Study Excerpt: “...So that I may be reasonably happy in this life and supremely happy with you forever in the next.”

Reasonably: Synonyms are “sensibly,” “logically,” and “realistically.”

Happy: Synonyms are “contented,” “joyfully,” and “pleased.”

Supremely: Synonyms are “completely,” “absolutely,” and “totally.”

Forever: Synonyms are “evermore,” “ceaselessly,” and “without end.”

Psalms 23:6

Appendix B

Suggested Books to Read Subject of Prayer

- _____. *God's Promises for Your Everyday Needs*: Word Publishing 1988
- Bounds, E.M. *The Complete Works of E.M. Bounds*: Baker Books 1990
- Bynum, Juanita. *Praying From The 3rd Dimension*. Queens, NY: Holman Bible Publishers 1998
- Christenson, Evelyn. *A Time to Pray God's Way*. Eugene, OR: Harvest House Publishers 1996
- Copeland, Germaine. *Prayers That Avail Much*. Tulsa, OK: Harrison House 1997
- Cornwall, Judson. *Praying the Scriptures*. Lake May, FL: Creation House 1988
- Donihue, Anita Corrine. *When I'm on My Knees*: Uhrichsville, OH: Barbour Books
- Dunn, Ronald. *Don't Just Stand There, Pray Something*. Nashville, TN: Thomas Nelson Inc 1992
- Goll, Jim W. *Intercession*. Sheppensberg, PA: Destiny Image Publishers 2003
- Goll, Jim W. *The Lost Art of Intercession*. Sheppensberg, PA: Destiny Image Publishers 1997
- Goll, Jim W. *Kneeling on the Promises*. Grand Rapids, MI: Chose Book 1999
- Hinn, Benny. *Prayers That Get Results*. Dallas TX: Clarion Call Marketing 2005
- Munroe, Myles Dr. *Prayer*. New Kensington, PA: Whitaker House 2002
- Murray, Andrew. *With Christ in the School Of Prayer*: Whitaker House, 1981
- Murray, Andrew. *The Secret of Intercession*. New Kensington, PA: Whitaker House 1995
- Omatian, Stormie. *The Power of a Praying Woman*. Eugene, OR: Harvest House Pub 2002
- Pierce, Chuck D. *Prayers That Out Wit the Enemy*. Ventura, CA: Regal Books 2004
- Tenny, Tommy. *Prayers of a God Chaser*. Bloomington, MN.: Bethany House Publishers 1987

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Towns, Elmer L. *Praying the 23rd Psalm*. Minneapolis, MN: Billy Graham Evangelistic Association in cooperation with Regal Books, Ventura Ca. 2001

Van Arsdall, LaNora. *40 Days to Freedom*. Gilbert, AZ: Fountain Gate Ministries 2006

Wagner, C. Peter. *Prayer Shield*. Ventura, CA: Regal Books 1992

Wilkerson, Bruce. *The Prayer of Jabez*: Multnomah Publisher 2000

Sheets, Dutch. *Intercessory Prayer*, Ventura, CA: Regal Books 1996

Other Suggested Reading

I found that when I read a book that was suggested to me, I would also find many references to books by that author, and then that book would refer me to more books, and so on. I suggest that you do the same.

Alcoholics Anonymous. *A.A. Big Book 3rd Ed.* New York City, NY: A.A. World Services 1976

Alcoholics Anonymous. *Dr. Bob and the Good Oldtimers*. New York City, NY: A.A. World Services 1980

B., Mel. *New Wine*: Hazelden Foundation 1991

Barnett, Tommy. *There's A Miracle in Your House*. Lake Mary, FL: Charisma House 1993

Bosworth, F.F. *Christ The Healer*. New Kensington, PA: Whitaker House 2000

Bynum, Juanita. *The Threshing Floor*. Lake Mary, FL: Charisma House 2005

Cook, Jerry. *Love, Acceptance & Forgiveness*. Ventura, CA: Regal Books 1979

Doe, Father John. *Sobriety and Beyond*. Center City, MN: Hazelden 1955

Doe, Father John. *Sobriety Without End*. Center City, MN: Hazelden 1957

Graham, Billy. *How To Be born Again*. Waco, TX: Word Books Publisher 1977

Graham, Franklin. *The Name*. Nashville, TN: Thomas Nelson, Inc. 2002

Hess, Tom. *The Watchmen*. Washington, DC: Progressive Vision International 1998

Hill, Stephen. *A Time To Weep*. Lake Mary, FL: Creation House 1997

Huch, Larry. *Free At Last*. Portland OR: Larry Huch Ministries 2000

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Lake, John G. *Spiritual Hunger and other Sermons*. Dallas, TX: Christ For The Nations, Inc. 1987

May, Gerald G. *Addiction & Grace*. San Francisco, CA: Harper Collins Publishers 1988

Tenney, Tommy. *Chasing God Serving Man*. Shippensburg, PA. Destiny Image Publishers 2001

Warren, Rick. *The Purpose Driven Life*. Grand Rapids, MI: Zondervan 2002

Yoder, Barbara J. *The Breaker Anointing*. Ventura, CA: Regal Books 2002

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