

Connected in Christ:

Twelve Steps for the Rest of Us



The
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Greetings

The peace of God is with you.

Many of you heard about a new opportunity to engage our congregations on a spiritual journey of discipleship using the Twelve Steps as a model. This isn't just any journey; it is a journey that draws us closer to Jesus' call to love God, love neighbor, and love self. This is the Twelve Steps for the rest of us! Each month we will address one of the steps including a scripture, reflection and a few questions. Your communities will also have an opportunity to join Lauren Applegate and me on a zoom meeting where we can share ways that this step pertains to our individual and corporate lives. I hope you will join us on this year-long journey.

I promise it will change your life.

So, here is step one.

Step One

We admitted we were powerless over (you name it) – that our lives were unmanageable.



The apostle Paul gives us some insight into his own powerlessness in his letter to the Romans in chapter 7: 14-25

For we know that the law is spiritual, but I am of the flesh, sold into slavery under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I who do it but sin that dwells within me. For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

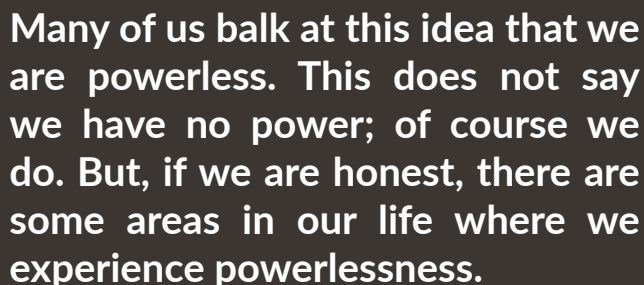
So I find it to be a law that, when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched person that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am enslaved to the law of God, but with my flesh I am enslaved to the law of sin.



The Twelve Steps – A Spiritual Journey, pg.33

I am powerless over...



1. Looking at this word cloud. What do you relate to?
2. If you could change one of these things in your life, which would it be?
3. How would your life be different without it?
4. Write down your answers; it makes them more real.