



Recovery Ministry

Step Eleven: Keep in Touch

iFOLLOW

Working with Jesus

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 11

Keep in Touch

*This is the tenth in a series of eleven 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 Eleven.
2. Learn specific skills and assignments to help the mentee accomplish this Step.
3. Remember H. O. W. the method works for Step Eleven.
4. Recheck the six attitudes and actions.
5. Learn the specific goals of Step Eleven.

Content Outline

- A. Introducing Step Eleven
- B. Recap H. O. W. for Step Eleven
- C. Backup assignments
- D. Review the Six Attitudes and Actions
- E. Step Eleven Summary and Goals
- F. The Eleventh Step Prayer

Background Material for the Presenter

Each Step takes about four weeks to complete. The entire 12 Steps take about nine to 12 months. Each mentee will move at their own 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

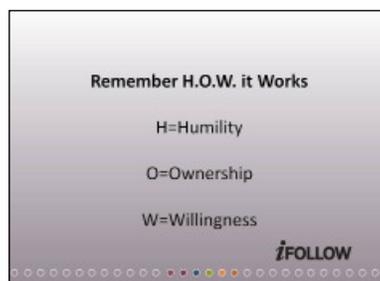


Step. Each Step has Goals to help you decide on the mentee's readiness to move on.

This unit introduces Step 11. The assignments are broken down into four weekly segments. You can give fewer assignments during that week 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 schedule 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.

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 the first ten Steps, we have practiced this new attitude; humility without humiliation or shame. It could truly be said that Step 11 is the essence of finding the unending, bottomless source of that humility. When a human being seriously and honestly comes face to face with the Creator of the universe, pride is not even an option!



O=Ownership—Acknowledging our problem is also primary to recovery. Owning our actions, attitudes, past and present, and accepting the fact that we are the only ones who can change who we are on the inside, is key to any lasting change. We've 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.

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.

These three keys should be second nature to the mentee by now. S/he should be gaining experience and self-respect in the practice of keeping the list short, dealing with issues as they arise.

Some Things to Watch For

Does he or she remain open to correction? There may be a temptation sometimes at this point to heave a sigh of "Whew, that's over!" Watch for any cockiness. This would be a discouraging time to fall off the wagon. They must



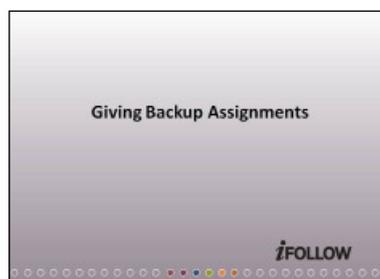
remember we are never immune from relapse, and humility is still in force.

They are clear when expressing the new insights and what they have meant to them in terms of new attitudes and new actions. They should be starting to think about becoming a mentor, eager to share what they have learned and give back help to another as they have received it.

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.

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. This is the Step where they learn in more detail what it means to surrender to God daily and to have personal guidance from Him.



Now a steady diet of Bible study on prayer, meditation, and the ways God spoke to people in the Bible will help them see that He cares for them just as much, and will come to them. They are learning to tap into the Source they need in order to see the problem themselves. God dispenses His wisdom freely. If they are willing, He will walk with them all the way to the Kingdom.

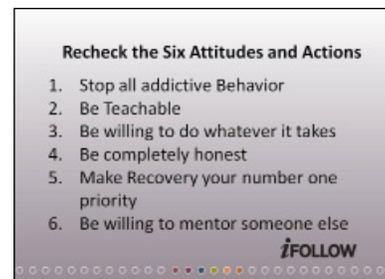
It is still important not to rush the program. You and the mentee are both scenting freedom on the horizon, but there is still no time limit and you never graduate from the 12 Step program. God works with us and through us right where we are and He never stops. One of the most important lessons a recovering 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

These six attitudes and actions are hard enough to initiate. They are much harder to maintain, in the drama and minutiae of daily life and with the enemy of our souls pulling out all the stops to make us fall back into old, unhealthy patterns. 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. Keep it gently.

2. Be teachable. Stay teachable. You never graduate, and you never outgrow the need for counsel and support from your friends and mentors. 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. Nothing changes if nothing changes. God has indeed changed you. Looking back now, the price seems amazingly low, doesn't it? But He's not finished with you.

4. Be completely honest. Step Ten taught you to move that "rigorous honesty" into every day of your life. Step Eleven concentrates on learning 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. It's more true to you now than it ever was.

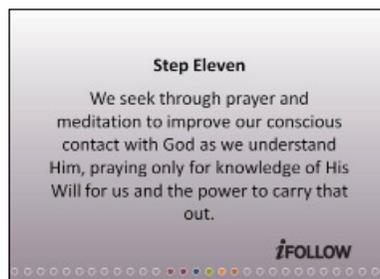
5. Make recovery your number one priority today and tomorrow. Your year of not making any major changes in your life circumstances in order to have maximum time and energy for your recovery work is coming close to its end. Perhaps for you it's been longer, or shorter. Be sure not to short-change yourself now. Your family and church friends, the people with whom you work can see the change in you by now, and most of them are cheering you on. Those who aren't have their own issues. As for you, you're still choosing to serve the Lord. "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've figured out by personal experience that giving up your life brings it back to you in greater capacity than you ever could have imagined.

6. Be willing to mentor someone else. You're almost ready. Look around you. Are there new people in the meetings now, hardly able to tell their heads from holes in the sand, people looking as desperate and terrified and disabled as you used to be? Is there one you can imagine leading by the hand as your mentor led you, taking no nonsense, but strong enough to stand by when they need it?

Step 11

We seek through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His Will for us and the power to carry that out.

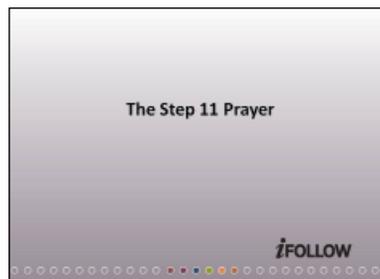
In Step 11 we seek to improve our conscious contact with God. We use prayer and meditation to do this. Prayer is not a one-way street; we speak and we listen. We have found the times we say to God, “Good morning, how are you?” and then actually listen for the response to be an amazing experience. God is near and He wants us to know it. Through meditation we seek to understand God’s ways, His thoughts. We seek to immerse ourselves in His love for us and come to know Him more fully.



Goals: In order to move on to Step Twelve, the mentee must: (1) Practice all of the disciplines learned in Steps 1 through 11. (2) Understand that one never “graduates” from the 12 Steps and never grows beyond the danger of relapse into addiction. (3) Understand that Steps 10 and 11 give the tools to maintain the healthy spiritual condition necessary to remain sober.

The Step 11 Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen. (*Twelve Steps and Twelve Traditions*, p. 99)



Recovery is all about the journey; our goal is progress, not perfection. 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 is health, nothing more and certainly nothing less. 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.

Handouts in this Package

1. The Step 11 Inventory
2. The Step 11 Prayer
3. Step 11 Assignments Schedule



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Additional Resources

- AA Services (2002). *Twelve Steps and Twelve Traditions*. New York City: AA World Services, Inc.
- AA Services (2001). *Alcoholics Anonymous Big Book Fourth Edition*. New York City: Works Publishing.
- Andrews University Department of Social Work (1997). *Helping Hurting Members*. Lincoln, NE: AdventSource.
- Cannon, Carol (1993). *Never Good Enough*. Nampa, ID: Pacific Press.
- Gates, Hal (1995). *Regeneration Manual*. Silver Spring, MD: American Health and Temperance Association.
- Kearney, Joseph (2008). *A Christian 12 Step Recovery Program*. Orlando, FL: Recovered Through Christ, Inc.
- McQ., Joe (1990). *The Steps We Took*. Atlanta: August House Publishers, Inc.
- Miller, Keith (1992). *A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth*. New York City: HarperCollins Publishers.
- Miller, Keith (1992). *A Hunger for Healing Workbook*. New York City: HarperCollins Publishers.
- Shoemaker, Samuel; Pittman, Bill and B., Dick (1994). *Courage to Change: The Christian Roots of the 12-Step Movement*. Grand Rapids: Fleming H. Revell Company.
- Williams, Don (2004). *12 Steps with Jesus*. Ventura, CA: Regal Books.

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 web site 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

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Discussion Questions

1. Using a concordance, find passages which command meditation in the Bible and discuss the details and implications.
2. Share things you have learned in your personal devotional life. Do you have certain rituals or routines that help you remain faithful?
3. In your opinion, is it or is it not important to have a certain place set aside for prayer and meditation? Why or why not? What is your special place like?
4. Share some times you have “heard” God speak to you. What were the results?
5. Share some times you have felt that God was silent and wouldn’t answer you. How did you feel? What did you do? Did this experience increase or decrease your faith in the long run?

Group Exercise

Purpose: To drive home the concept that prayer is a two-way conversation.

Preparation: Choose two people in advance and instruct them each in private. Tell one person to ask the other all kinds of questions and ask for advice about various things, but never to let the other get in a word edgewise, and then to say something like, “It’s been nice talking to you!” and walk away. Tell the other that the first person will be asking for help and advice and they are to try to help as well and wisely as they can. You may also have the first person complain loudly to the group, after walking away, that the other person never helped them. Also choose a short story of any one of Jesus’ miracles and read it several times so it is fresh in your mind as the Bible tells it.

Agenda: As soon as all are gathered, have the skit begin without introduction. Allow the emotions that develop to be expressed. The person who couldn’t give any help or advice will be frustrated, perhaps irritated. If the other person also complains that they didn’t help, they might get a little angry. There may also be laughing, as everyone knows this isn’t serious. But then lead a discussion about what we might call “hit-and-run” prayers, and what God’s feelings might be on the subject.

2. Next, say the group will get a chance to practice two-way prayer with a Biblical meditation. They will imagine they are personally present at the scene of [whatever miracle you have chosen] and will be able to talk to Jesus about it and see what insights or blessings are revealed to them. Read the following sentence by Ellen White from *Thoughts from the Mount of Blessing*: “Let us in imagination go back to that scene, and ... enter into the thoughts and feelings that filled their hearts. Understanding what the words of Jesus meant to those who heard them, we may discern in them a new vividness and beauty, and may also gather for ourselves their deeper lessons.” (Page 1)

3. Have them get comfortable and close their eyes. Tell them to try to imagine they are in Palestine in the time of Jesus. If the story you have in mind is in a particular season or place, let them know that. If they wish to try to imagine what it might have been like to be some particular person at the scene, they may do so, or they may simply be themselves, observing the miracle. Allowing them time to think about it, ask them to imagine what they might see (wait) hear (wait), touch (wait), smell (wait), and (if applicable) taste. Give a minute between each, for them to set the scene in their minds. Then, tell the story simply. Ask them to have a two-way conversation with Jesus about what they’ve just experienced, and remain silent for at least five minutes.

Debrief: Allow those who wish, to share what insights or blessings they have gained. Discuss how it feels to wait and see what God may have to say back to us, rather than simply praying and leaving.

Time: The skit will only take 3-5 minutes, with perhaps five minutes of discussion to follow. The Biblical meditation will take 10-15 minutes, with 15 minutes of discussion to follow.

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Group
Activities

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Handout 1

Step 11 Inventory

Step 1

- A. What was I powerless over, or what was unmanageable in my life today?
- B. Were my boundaries effective today? If not, why not? What do I need to change for tomorrow?

Step 2

- A. What was God to me today (loving, distant, powerful, capricious, etc.)?
- B. Do I believe today that God can (and is willing to) handle my pain and restore me to sanity?
- C. What do I need/want from God today?

Step 3

- A. Did I call on God and surrender myself to Him today?
- B. What did I surrender to Him today?
- C. What didn't I surrender to Him today?
- D. Pray now to surrender myself, my will, my troubles, and my desires. Invite God into my pain, joy, etc.

Step 4

- A. Inventory of today's fears
- B. Inventory of today's resentments
- C. Inventory of today's harms
- D. Inventory of today's sexual harms

Step 5

- A. Was I thorough and honest in Step Four?
- B. Confess today's inventory to God. [Share this inventory with my mentor at our next meeting.]

Step 6

- A. What character defects were involved or present today?
- B. Am I entirely ready to have God remove these defects?

Step 7

- A. Think about what role these defects serve in my life: Why did I use or tolerate these defects today?
- B. Humbly ask God to remove my defects and shortcomings.

Step 8

- A. List all persons I harmed today. What was the harm?
- B. If I haven't already made amends, am I ready and willing to do so? If not, pray for willingness to do so.
- C. Do I need to discuss this with my mentor? If so, what and why?

Step 9

- A. Did I make any amends today? To whom, what, how?
- B. If I owe any amends, when and how will I do so?

Step 10

- A. Is there anything else I need to document, disclose, or get out?
- B. What did I do to draw near to God or to let Him speak or minister to me today?
- C. How did I see or feel God's presence or provision today?
- D. Was I thoroughly honest in this inventory today?

Step 11

Quiet my heart, enter into God's presence, seek His will, and allow Him to be my strength to do His will. (Do likewise to begin the day tomorrow.)

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HANDOUT

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Handout 2

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HANDOUT

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Step 11 Prayer

Prayer for Peace, attributed to Francis of Assisi, 13th century

*Lord, make me a channel of thy peace—
that where there is hatred, I may bring love—
that where there is wrong, I may bring the spirit of forgiveness—
that where there is discord, I may bring harmony—
that where there is error, I may bring truth—
that where there is doubt, I may bring faith—
that where there is despair, I may bring hope—
that where there are shadows, I may bring light—
that where there is sadness, I may bring joy.*

*Lord, grant that I may seek rather to comfort than to be comforted—
to understand, than to be understood—
to love, than to be loved.*

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to eternal life.

Amen.

Handout 3

12 Step Assignments Schedule—Step 11

Completed	Week 1
	Monthly review of Boundaries with your mentor
	Review work from previous steps. Continue the amends process.
	Review Step 10 Version 4 inventories. Begin Version 5.
	Read from the last paragraph on page 85 through page 88 in <i>Big Book of Alcoholics Anonymous</i>
	Write five insights from the reading above
	Read the section on Step 11 in <i>The Steps We Took</i>
	Write five insights from the reading above
	Read the section on Step 11 in <i>12 Steps and 12 Traditions</i>
	Write five insights from the reading above
	Read the section on Step 11 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 Step 10 Version 5 inventories. With your mentor, determine which Step 10 inventory version to complete in the upcoming weeks. You may also create one of your own to use instead, combining what you like best from each.
	Research various methods of prayer and meditation

Completed	Week 3
	Review work from previous steps. Continue to check in on the amends process.
	Review weekly Step 10 inventories

Completed	Week 4
	Review work from previous steps. Continue the amends process.
	Review weekly Step 10 inventories

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