

From the Bible ~ New International Version

Isaiah 40:30-31

*Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

John 16:33

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. ~ JESUS*

Jeremiah 29:11

*For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.*

*If you would like to talk with someone, please contact one of the following people:*

Dave 216-470-1379  
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## PRINCIPLES OF THE 12 STEPS

### SURRENDER STEPS

- Step 1 Honesty
- Step 2 Hope
- Step 3 Faith

### ACTION STEPS


- Step 4 Courage
- Step 5 Trust
- Step 6 Willingness
- Step 7 Humility
- Step 8 Responsibility
- Step 9 Reconciliation

### MAINTENANCE STEPS

- Step 10 Perseverance
- Step 11 Spirituality
- Step 12 Service

### HOW IT WORKS...

- Honesty
- Openmindedness
- Willingness

*If you wish to overcome any hangup or obsession, join us and take the first step into freedom.* 

# STEP INTO FREEDOM

**freedom from life's hurts, hangups, and habits**

*You are welcome!*

 **grace**  
CHURCH

where the love of God brings hope, healing, and freedom.

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[www.graceob.org](http://www.graceob.org)



# What is STEP INTO FREEDOM?

This is a Christ-centered recovery group which uses the Bible, 12-step literature, and other resources to promote healing from life's hurts and pain.

## Who is it for?

All of us have experienced hardships in life that have left us hurting and searching for God, for healing, and for sobriety. We have tried everything to cope with these hurts:

- low self esteem
- depression
- food dependency
- anxiety
- codependency
- drug use
- emotional abuse
- verbal abuse
- physical abuse
- sexual abuse
- family and parenting difficulties
- marriage and relationship issues
- religious misconceptions

*Please come and journey with us as we seek healing, true identity, and, ultimately, a new and abundant relationship with God.*

## 12 STEPS TO RECOVERY

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable. *I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.* Romans 7:18 NIV
2. We came to believe that a power greater than ourselves could restore us to sanity. *For it is God who works in you to will and to act according to his good purpose.* Philippians 2:13 NIV
3. We made a decision to turn our lives and our wills over to the care of God. *Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship.* Romans 12:1 NIV
4. We made a searching and fearless moral inventory of ourselves. *Let us examine our ways and test them, and let us return to the Lord.* Lamentations 3:40 NIV
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *Therefore confess your sins to each other and pray for each other so that you may be healed.* James 5:16a NIV
6. We were entirely ready to have God remove all these defects of character. *Humble yourselves before the Lord, and he will lift you up.* James 4:10 NIV
7. We humbly asked Him to remove all our shortcomings. *If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness.* 1 John 1:9 NIV
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 have them do to you.* Luke 6:31 NIV
9. We made direct amends to such people whenever possible, except when to do so would injure them or others. *Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.* Matthew 5:23-24 NIV
10. We continue to take personal inventory and when we were wrong, promptly admitted it. *So, if you think you are standing firm, be careful that you don't 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 power to carry that out. *Let the word of Christ dwell in you richly.* Colossians 3:16a NIV
12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs. *Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted.* Galatians 6:1 NIV



Join us...

- Every Monday**  
**at Grace Church**  
 2503 Broadview Road  
 Old Brooklyn
- 6:00 Dinner & Fellowship**  
 in the Cafe in the basement
- 7:00 Worship**  
 in the Sanctuary upstairs
- 8:00 Discussion Groups**  
 men with men  
 women with women

*and may the peace of God, which surpasses all understanding, guard your hearts and minds through Christ Jesus.*

Philippians 4:7