

The 12 Steps in Christian Counseling – Steps 9 through 12

We have examined how relevant Christianity is in the first eight steps of the 12-step program. The following is an analysis of the next four steps:

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

God Himself has set the example for forgiveness, in that He is willing to forgive our many transgressions. We must ask the same of those in our lives and be willing to also forgive them.

“You can pray for anything, and if you believe, you have it; it’s yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too.” Mark 11:24-25

10. Continued to take personal inventory and when you were wrong, promptly admitted it.

Confessing wrongs is incredibly liberating. Not only do you transfer the weight of these faults from you to God, but He promises to forgive and provide cleansing. It’s humbling to be wrong and courageous to admit it. With courage comes strength and emancipation from shame. With strength comes recovery.

“But how can I ever know what sins are lurking in my heart? Cleanse me from these hidden faults. And keep me from deliberate wrongs; help me to stop doing them. Only then can I be set free of guilt.” Psalm 19:12

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

To know God is to be truly blessed. Additionally, the Lord’s Prayer specifically says, “Thy will be done.” This is because His will is perfect.

“If you want better insight and discernment, and are searching for them as you would for lost money or hidden treasure, then wisdom will be given you, and knowledge of God Himself; you will soon learn the importance of reverence for the Lord and of trusting Him.” Proverbs 2:3-5

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.

This step encourages you to not only share these doctrines with others who need them, but live them too in every capacity of your being.

“Quietly trust yourself to Christ your Lord and if anybody asks why you believe as you do, be ready to tell him, and do it in a gentle and respectful way.” I Peter 3:15



Timberline Knolls is a residential treatment center for females, ages 12 and older, nestled in a wooded area in a southwestern suburb of Chicago. Christian counseling with Meier Clinics staff is available to those residents who request it. For more information about our facility and program, call 877-257-9611 or visit www.timberlineknolls.com.