

“Having had a spiritual awakening, we sought to carry this message to others and to practice these principles in all our affairs.”

In the final step of this programme, we are called to two separate causes. Firstly, we are encouraged to *carry this message to others*, and secondly, we are instructed to *practice these principles in all our affairs*. However, both the message that we are to carry and the principles that we are to practice originate out of the *spiritual awakening* that we have experienced in recovery.

The analogy of a lamp, that we read about alongside in Matthew 5, is a good illustration to use when thinking about Step 12. In this step, we work to let the internal *light*, that we have gained through the recovery process, shine for all to see and benefit from.

In this step, we move from *being helped* to taking on a *helper role* as well. What this means is that we enlarge our outward focus and begin to look for opportunities to not only receive help but also to extend it to others. As we do this, we add another vital dimension to our recovery process: that of serving, mentoring, and discipling others walking a similar journey.

In Step 12, we also enlarge our application of spiritual principles. Consolidating the spiritual principles that we have practiced in the steps so far, we consider how we can best apply these across all areas of our lives.



You are the light of the world – like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

Matthew 5:14-16 NIV

HAVING HAD A SPIRITUAL AWAKENING

A *spiritual awakening* may sound like something that is accompanied by lightning bolts and angels descending from the sky. However, a *spiritual awakening* simply refers to a transformative shift in our perspectives, values, and levels of awareness. This is most often a subtle process that takes place incrementally and that is best appreciated with hindsight.

In this regard, Step 12 is a time to consider our progress. Without an awareness of the ways that we have changed and grown, we are unlikely to think ourselves worthy or capable of being a *light* to others.

On the other hand, awe and gratitude around the personal transformation that has taken place in our lives is motivating and gives us confidence. Authentic thankfulness inspires us to want to share our journey with others and compels us to pass on the help that we have received as an expression of our genuine appreciation.

- How has your life improved since you began working a recovery programme?

- Describe the positive personal transformation that you have experienced in recovery.

- What paradigm shifts (i.e., shifts in your perspectives and values) have supported your personal transformation?

- How would you describe or explain your spiritual awakening?

- What has contributed towards you experiencing a spiritual awakening?

- What are you grateful for today?

WE SOUGHT

Like Step 11, Step 12 incorporates the phrase, *we sought*. This implies that carrying the message to others is something that we should each take responsibility for and intentionally pursue.

As we seek out opportunities to do this, we will come to better understand how *carrying the message* is inseparable from *service*. This is because carrying the message is not a once-off event but an ongoing practice that requires servant-heartedness. It is a commitment that takes time and energy and calls us to make some personal sacrifices for the sake of our fellows, as we commit to journeying with others, and then others, and then others. At the same time, any form of service, no matter how seemingly insignificant, can be used to carry the message, as we display the principles of recovery through our actions and attitudes.

Service to others is an extremely important part of our continued spiritual growth, that is also an indicator of our spiritual composition. Not only do our efforts benefit the lives of others, service also blesses us with sustained humility, ongoing thankfulness, and a sense of purpose that can profoundly benefit long-term recovery.

- Describe a time when you were able to be of meaningful help to another person. How did the experience make you feel?

- How could you pursue opportunities to be of service and carry the message?

- Think of some practical ways that you can verbally carry the message.

- Think of some practical ways that you can carry the message through your actions and attitudes.

Keep in mind that, in speaking our message and mentoring others, testimony is always more effective than theory. This means that we should always try to share from our own experience, rather than giving advice or telling others what to do. We should also be careful not to slip into arrogance or impatience as we deal with others in different stages of the recovery process.

- What does this scripture alongside say to you about how we should carry the message?



If another believer is overcome by sin, you who are godly should gently and humbly help that person back onto the right path.

Galatians 6:1

TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS

The fundamental truths and foundational values that have played an integral role in our spiritual awakening are *these principles* that we are to practice in all of our affairs.

- What fundamental truths have played an integral role in your spiritual awakening?

- Which foundational values have played an integral role in your spiritual awakening?

- Which areas of your life are included as part of *all your affairs*?



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

Philippians 4:8-9 NIV

ONWARDS AND UPWARDS

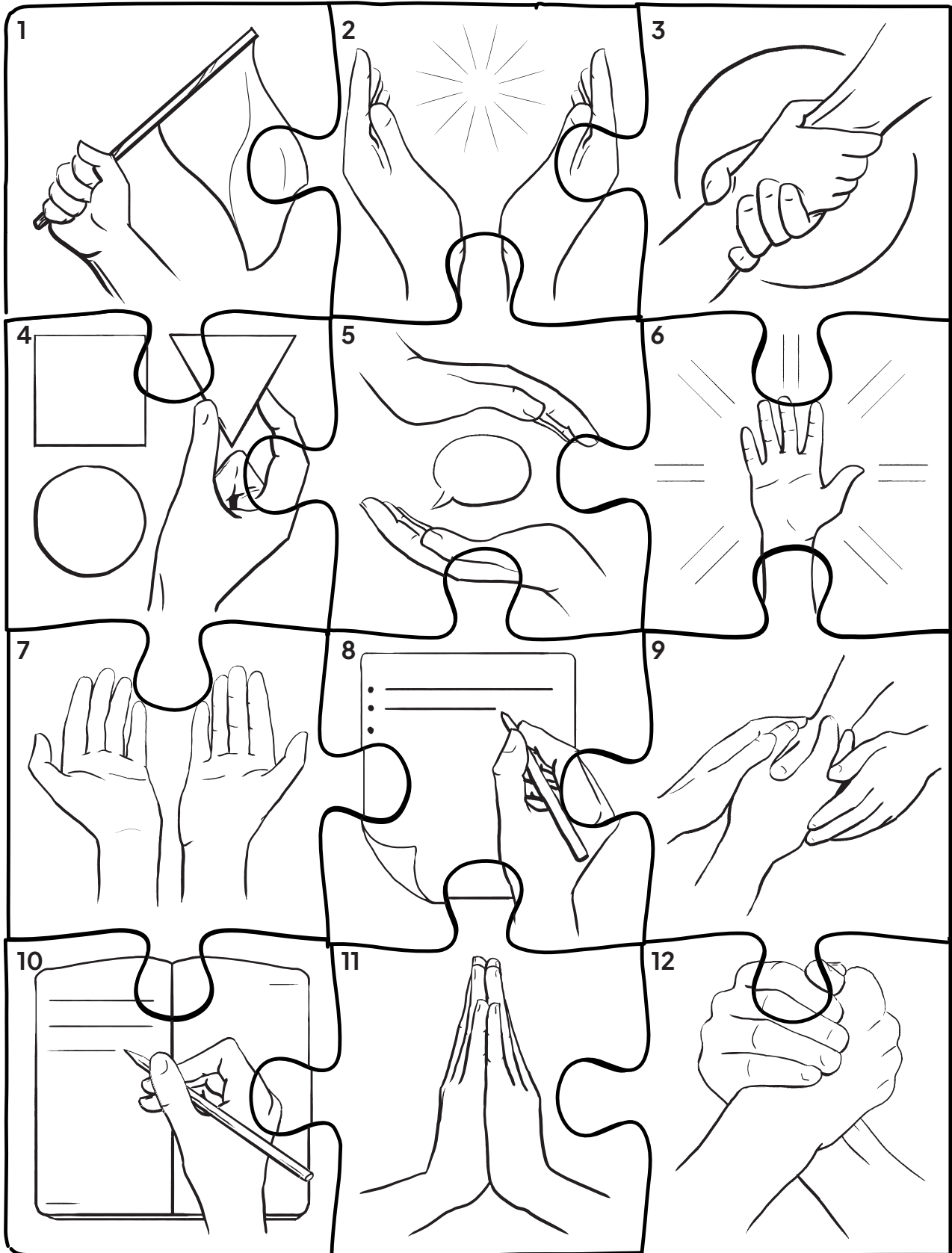
Once we have begun to be of active service to others in recovery and are making a concerted effort to practice the principles of our spiritual awakening in all of our affairs, we can consider ourselves working Step 12.

- What have been your most significant realisations in Step 12?

- What do you think are the main principles of Step 12?

- How could you apply these principles to help you **throughout** your recovery journey?

12 STEPS



WELL DONE! You have completed Project Exodus's adaptation of the 12 Step Programme. We pray that it has been a transformative experience.

If you like, colour the illustration above and write in the main principle of each Step, or what each Step means to you.

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