

## **The Twelve Steps – a Spiritual Journey: Step Twelve: Help Others**

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We finally arrive at the twelfth step of our journey:

**“Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.”**

I remember when I first became a Christian. I received Jesus Christ as my Lord and Saviour at the age of 18, at the house of a friend one hot summer evening. On that day, when I was adopted into God’s family, and my sins were forgiven, my life was transformed. I couldn’t find enough people to tell the good news about Jesus! I would preach to a dog if it would stand still long enough.

In the same way, people who have gone through the 12-step program have experienced a spiritual awakening. Once we have experienced freedom in Christ through the discipleship process we call the twelve-step program, our natural response is to want to share this message with others.

The Biblical basis for this step is found in Galatians 6:1: *“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.”*

Whatever addiction, compulsion, sin or bad habit that we have found freedom from, we can now turn around and help others who are trapped in that same situation. Like the Apostle Paul wrote in Second Corinthians 1:4: *“God comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.”* Someone who has recovered from alcoholism is going to have great compassion and empathy for another alcoholic, and is ready to help them find freedom from their addiction.

What does this look like? Start sharing your story of freedom with others. Tell it to your 12-step group. Share it with your family and your friends. Write it out, possibly even publish it online. Maybe consider becoming a sponsor for someone else in the program. But do something, and start helping others today!

The final part of step #12 is to commit to practicing these principles in every area of our lives. The twelfth step isn’t the end of the journey, but the beginning of a new and exciting life of freedom, helping others, and making a difference in the world wherever we go!

### **Twelfth Step Prayer:**

*“Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say. I need you, my friends, and the program every hour of every day. This is a better way to live.” Amen!*  
*(Prayers for the Twelve Steps – A Spiritual Journey).*