

# **TWELVE-STEP “OPEN” MEETING FORMAT**

## **12-STEP “OPEN” MEETING FORMAT**

**OPEN MEETINGS** are open to the public to get people involved in their growth, healing, and recovery. They are also a great way to bring others into the process.

Open meetings can lead to smaller group meetings which may or may not be **CLOSED** after they start (usually after the first 3 meetings). Many times people want to have meetings to begin deeper sharing, fellowship, and prayer. Here you can do meetings for sexual abuse, addictions, basic Christianity, Christian growth, etc. as qualified leaders become available. Some of these meetings will be called **CLOSED MEETINGS** because people will stay in the same group for 6-12 months and it is disruptive to have someone join mid-stream because they are behind in the study or deep bonds have been created and people aren't open to newcomers after that happens. After 6-12 months it is important to break up the group, discern leadership, & begin new groups in order to multiply yourselves.

For the first meeting, have people share on what the 12-steps mean to them, their history with the 12-steps, and general comments on the 12-steps. You can also have people share on the **SERENITY PRAYER**. The next meetings can be used to share on a single step/bible verse and then a devotional in the second half of the meeting.

For some resources for meetings see: [www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)

## TWELVE STEP "OPEN" MEETING (INTRODUCTION)

**L: Welcome everyone. It is great to see everyone here!! This is going to be a non-threatening time for people to share, learn, and grow in Christ. To begin with let's prepare our hearts with a few moments of "silent prayer" followed by saying the Serenity Prayer together.**

### THE SERENITY PRAYER

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
& wisdom to know the difference.

Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as Jesus did, this sinful world as it is,  
not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him forever in the next.  
In Jesus' Name I pray. Amen.

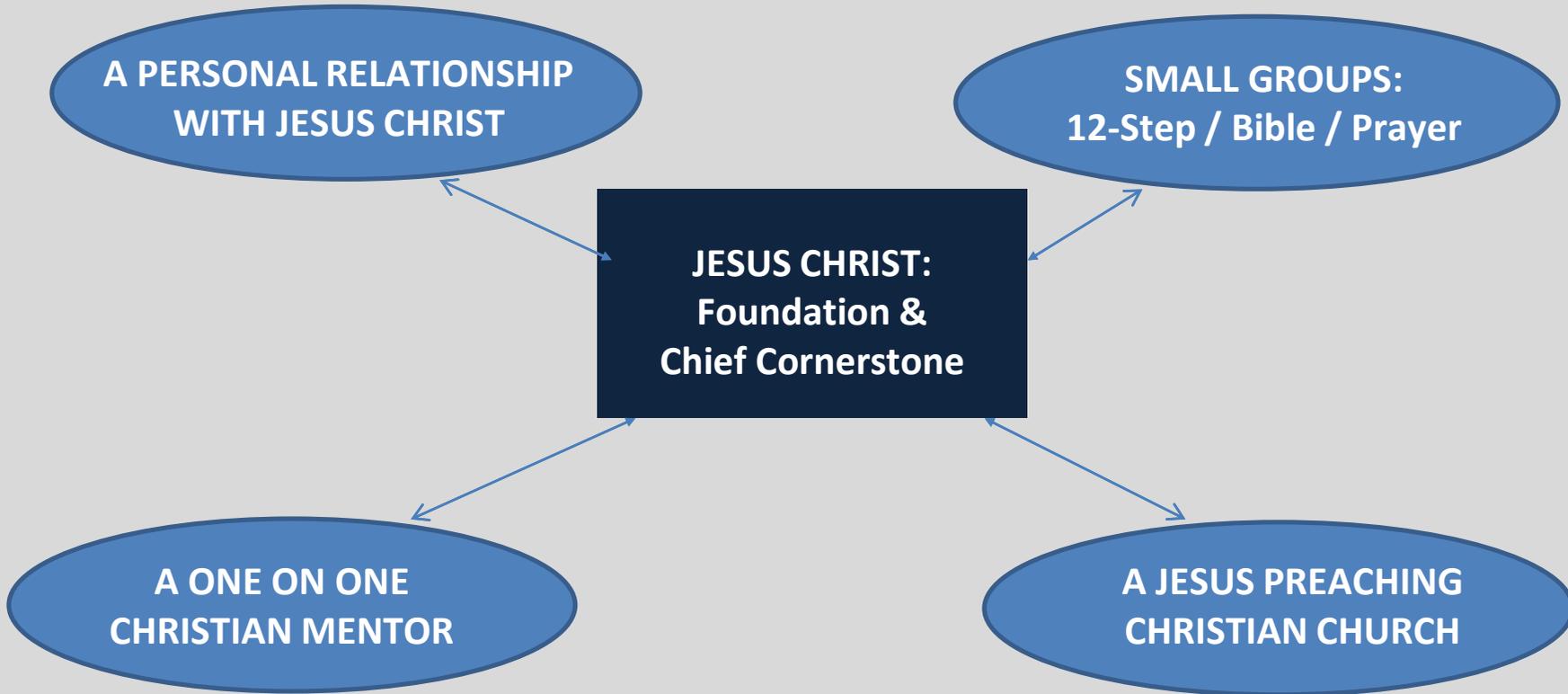
**L: My name is \_\_\_\_\_ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. As people share, we should listen and pray for them. It is the Holy Spirit who changes us, heals us, guides us, and empowers us. Non-Judgmental Listening is the best thing we can do. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said here .... stays here.**

We would encourage each person who comes to these meetings to do four things. Those who have these four things in place usually change, grow, and heal.

- 1) Have a personal relationship with Jesus Christ through faith with prayer, Bible reading, & the filling of the Holy Spirit.
- 2) Find a mature Christian to mentor/disciple you.  
[provides sharing, growth, prayer, & accountability – helps get your 5<sup>th</sup> step in place]
- 3) Find support thru small groups: Bible Study, 12-Step, & Spirit-led prayer groups.
- 4) Find a Jesus-preaching Christian church supporting your growth in Christ & your spiritual gifts.

**In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, and sharing.**

# FOUNDATIONAL RECOMMENDATIONS



**Having these foundations in place SIGNIFICANTLY increases your likelihood of being set free from your past and growing in Christ Jesus!!**

**L: Now, let's have someone read the Step & someone read the Bible Verse.**

## **THE TWELVE STEPS with SCRIPTURES**

**1. We admitted we were powerless over our addictions, dysfunctions, 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)*

**2. 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)*

**3. Made a decision to turn our will and our lives 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. (Rom.12:1)*

**4. 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)*

**5. 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 5:16)*

**6. 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)*

**7. Humbly asked Him to remove all our shortcomings.**

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)*

**8. 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)*

**9. 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)*

**10. Continued 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 Cor.10:12)*

**11. 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)*

**12. Having had a spiritual experience as the result of these steps, we tried 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 him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)*

**L: This will now be a time to share on one of the 12-Steps with the associated bible verse. Today, we will do Step \_\_\_\_\_ and the accompanying verse. Would someone read the Step & Bible verse please:**

**L: (First name), would you like to share about your week, something you are struggling or finding victory with, what is on your heart about this above step and bible verse, and how you found the Steps helpful to you through the week.**

**Remember, we are not here to preach but to share our experience, strength, and hope. I would remind everyone that you are allowed to pass if you wish.**

**L: Let's take a short 5 minute break before the second half of our meeting.**

## **SECOND HALF: DEVOTIONAL (see devotionals in this booklet)**

**L: Welcome back. For our second time of sharing we are going to take turns reading the verses on the devotional called (\_\_\_\_\_).**

**L: (First name), would you like to share what is on your heart about the devotional. Remember, we are not here to preach but to share how this devotional has spoken to us personally sharing our experience, strength, & hope.**

### **CLOSING THE MEETING:**

**L: Thank you for coming. Let me remind you that what has been said here – stays here. In this way we can continue to create a safe environment for our walk with Jesus as well as our recovery and growth. One of our goals is to move from being carnal Christians to being spiritual Christians. From being fed on “milk” to being fed “meat”. From being “childish” to becoming “childlike”. Remember, to pray for people God has led you to pray for. Also, work towards having a relationship with Jesus, finding a Christian mentor, a small group, and a “Jesus-preaching” Christian church.**

**L: We will now worship our Lord by singing \_\_\_\_\_:**

**L: Now, let’s bow our heads and pray for someone or something in general as God prompts you. Let’s see how the Holy Spirit leads us.**

**L: Please pray about bringing someone you believe would benefit from this meeting. I am also available to pray for people after this meeting.**

**Remember, Jesus loves you!!**

# **MORE BLESSINGS**

## **A Prayer For A Person's Salvation**

Dear Heavenly Father, I bring my (sons and/or daughters) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to my family and all that You have entrusted to me, Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the minds of my children (2 Corinthians 10:5). I tear down those strongholds and bring their minds into captivity in order to obey Christ. By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the minds of my children so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to my (sons and/or daughters). I pray that You would enable me to be the kind of parent that You want me to be. May I never be the kind of parent that would be a stumbling block to my children. Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.

## WHERE TO FIND HELP WHEN..... (part 1)

<b>AFRAID</b>	<b>Psalm 34:4; Matt.10:28; 2 Tim.1:7; Heb.13:5-6</b>
<b>ANXIOUS</b>	<b>Psalm 46; Matt. 6:19-34; Phil.4:6; 1 Peter 5:6-7</b>
<b>BACKSLIDING</b>	<b>Psalm 51; 1 John 1:4-9</b>
<b>BEREAVED</b>	<b>Matthew 5:4; 2 Corinthians 1:3-4</b>
<b>BITTER/CRITICAL</b>	<b>1 Corinthians 13</b>
<b>CONSCIOUS OF SIN</b>	<b>Proverbs 28:13</b>
<b>DEFEATED</b>	<b>Romans 8:31-39</b>
<b>DEPRESSED</b>	<b>Psalm 34</b>
<b>DISASTER</b>	<b>Psalm 91; 118:5-6; Luke 8:22-25</b>
<b>DISCOURAGED</b>	<b>Psa.42:6-11; 55:22; Matt.5:11-12; 2 Cor. 4:17; Phil.4:6-7</b>
<b>DOUBTING</b>	<b>Matthew 8:26; Hebrews 11</b>
<b>FACING A CRISIS</b>	<b>Psalm 121; Matthew 6;25-34; Hebrews 4:16</b>
<b>FAITH FALLS</b>	<b>Psalm 42:5; Hebrews 11</b>
<b>FRIENDS FAIL</b>	<b>Psa.41:9-13; Luke 17:3-4; Rom.12:14-21; 2 Tim.4:16-18</b>
<b>GOD'S PROTECTION</b>	<b>Psalm 27:1-6; Psalm 91; Philippians 4:19</b>
<b>GUIDANCE</b>	<b>Psalm 32:8; Proverbs 3:5-6</b>

## WHERE TO FIND HELP WHEN..... (part 2)

<b>LEAVING HOME</b>	<b>Psalm 121; Matthew 10:16-20</b>
<b>LONELY</b>	<b>Psalm 23; Hebrews 13:5-6</b>
<b>OVERCOME</b>	<b>Psalm 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9</b>
<b>PEACE</b>	<b>John 14:1-4; John 16:33; Rom.5:1-5; Phil. 4:6-7</b>
<b>PRAYERFUL</b>	<b>Psa.4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14-15</b>
<b>PROTECTED</b>	<b>Psalm 18:1-3; Psalm 34:7</b>
<b>RULES FOR LIVING</b>	<b>Romans 12</b>
<b>SICK or in PAIN</b>	<b>Psalm 38; Matt. 26:39; Romans 5:3-5; 2 Cor.12:9-10</b>
<b>SORROWFUL</b>	<b>Psa.51; Matt. 5:4; John 14; 2Cor. 1:3-4; 1 Thess.4:13-18</b>
<b>TEMPTED</b>	<b>Psalm 1; 139:23-24; Matt. 26:41; James 4:7; 2 Pet.2:9</b>
<b>THANKFUL</b>	<b>Psalm 100; 1 Thess. 5:18; Hebrews 13:15</b>
<b>TRAVELING</b>	<b>Psalm 121</b>
<b>TROUBLED</b>	<b>Psalm 16; Psalm 31; John 14:1-4; Hebrews 7:25</b>
<b>WEARY</b>	<b>Psalm 90; Matt. 11:28-30; 1 Cor.15:58; Gal.6:9-10</b>
<b>WORRIED</b>	<b>Matthew 6:19-34; 1 Peter 5:6-7</b>

**PRAYER JOURNALIZING**: One of the best ways to heal is a **DAILY PRAYER JOURNAL**. They are writing your prayers instead of saying them. Writing gives less time for our minds to wander. It allows the Holy Spirit to minister more deeply. Writing puts our thoughts on paper and helps **RELEASE** them to God. We encourage you to spend 5 – 10 minutes doing a **DAILY PRAYER JOURNAL**.

- i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:**  
Father, I come to You through the blood of Your Son, Jesus Christ. Jesus, thank You for dying for me and that I am God's child. Forgive me for (confess your sins). Now, come and fill me with Your Holy Spirit. Father, I pray that nothing would disturb this time I have with You. Father, would You quiet all demonic activity here in the name of Jesus Christ. Thank You Father. Now give me the power to write what YOU put on my heart. Fill me with YOU. You are so gentle, loving, and want nothing but the best for me. I love You, Father God. In Jesus' Name I pray.
- ii) Wait on God (absorb Him) and allow Him to fill your heart with what to write.**
- iii) Allow God to bring up whatever HE wants. Remember, He is gentle.**
- iv) When you sense God's leading, begin to write from your heart.**
- v) Don't overwrite. Do what you feel you can do. Get to know yourself.**
- vi) When you finish, put your paper in a safe place OR throw it away.**
- vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.**

**FOR INFO/TRAINING/RESOURCES/DISCIPLESHIP CONTACT:**

**Freedom In Christ Ministries (Canada)**

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**“It is for freedom that Christ has set us free;  
Therefore, keep standing firm  
and do not be subject again to a yoke of slavery.” (Galatians 5:1)**

**FOR RESOURCES SEE:**

**[www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)**

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