

21 STEPS to a SPIRITUAL A

1. RECOGNIZING OUR NEEDS

We have recognized the spiritual emptiness of our lives, and admitted our powerlessness, by our own strength, to correct our personal shortcomings. Sincerity has been the foundation of our spiritual search, and essential for progress.

2. BELIEVING IN GOD

We came to believe in God's existence, and recognized his goodness. We came to believe that he indwells us as our spiritual Father and loving Friend.

3. ACCEPTING GOD'S GRACE

We have recognized that we cannot produce spiritual reactions to life in the absence of divine power. We have seen that all spiritual qualities result from grace, and are free gifts of God which we can do nothing to earn, but must only be willing to accept.

4. ADMITTING OUR SHORTCOMINGS

We have acknowledged and sincerely repented our misdeeds. We have confessed these wrongs to God and confided in a trusted friend.

5. FORGIVING OTHERS

With God's help, we have forgiven each person who has ever wronged us.

6. ASKING OTHERS' FORGIVENESS

Without consideration of the emotional or financial cost involved, we have asked forgiveness of those we have wronged, and have done our best to make full amends to each of them, except where to have done so might have further injured them.

7. ACCEPTING GOD'S FORGIVENESS

Having forgiven all others, holding back nothing, we have accepted the fullness of God's forgiveness and his spiritual eradication of all our misdeeds and shortcomings.

8. LIVING NEW LIVES

We have resolved to live new lives, and to abandon anger, anxiety, impatience, pride and fear. We are refusing to cling to or nurture these relics of our pasts, and have asked God to remove them. We are promptly admitting our wrongs and refusing to harbor feelings of guilt.

9. COMMITTING OURSELVES

We have counted the cost and determined that the only life worth living is one based on truth and dedicated to our loving heavenly Father. We have wholeheartedly committed every aspect of our lives to God and to doing his will.

10. PRAYING

Through faith, prayer, meditation, worship and spiritual communion, we are improving our conscious contact with God, and are sharing our inner lives with him.

11. BALANCING PHYSICAL WITH SPIRITUAL

We have passed through conflict as God gradually empowered us to become more willing to exchange material for spiritual goals. We are better balancing our human needs with our lives in the spirit.

WAKENING



12. PERSISTING IN OUR SEARCH

We are persisting in our search, trusting in God's schedule for our spiritual enlightenment. We are seeking the wisdom to know and the courage to do God's will in all things.

13. GAINING PERSPECTIVE

We are coming to appreciate the inevitabilities and compensations of life, realizing that we are part of a gigantic creation. We are being strengthened by our spiritual assurance that we have embarked on an eternal life in which we will grow progressively more like God.

14. GAINING FAITH

We are gaining faith that God's plan for us is incomparably better than any of our own devising, and that our highest happiness and adventure consist in seeking to do his will. We are experiencing the spiritual liberty of accepting our Father's responsibility for the outcome of events we undertake in faith.

15. EXPERIENCING ASSURANCE

We are better appreciating God's ceaseless fostering of our spiritual growth. We are becoming more fully assured of our Father's unconditional love, and have begun to experience that inner peace which passes

understanding.

16. DEEPENING FELLOWSHIP

We are sharing our spiritual lives more fully with each other. We are growing more unified in friendship and increasingly appreciate, enjoy, respect, trust and rely on each other.

17. SERVING OTHERS

We are working together with greater initiative and enthusiasm to serve our fellows in lasting ways, recognizing that we thus serve and honor our Father in heaven.

18. SHARING OUR SPIRITUAL EXPERIENCE

We more willingly accept our obligation and privilege to help share the good news, and are striving to carry this knowledge of God's love to our fellows.

19. LOVING EACH OTHER

We are increasingly valuing others as beloved sons and daughters of God, and are striving to love each of them as does our Father in heaven.

20. LOVING JESUS

We are coming to know and love Jesus, and our friendship with him gives our lives energy, enthusiasm, warmth and purpose.

21. LOVING GOD

As a result of sincerely striving to live these principles of the spiritual life, we are growing in our knowledge, love and worship of the heavenly Father, the Source of that infinite love which created and ever sustains us.