

Recovery Scriptures for DBS

Steps for a Discovery Bible Study

1. **Welcome** them
 2. What are you **thankful** for?
 3. What did you obey? (**'I will'** statements)
 4. Who did you **tell**?
 5. Read Bible **passage**, re-tell, re-read.
 6. What did you learn about **God**?
 7. What did you learn about **people**?
 8. Other questions ...
 9. How will I obey? **'I will ...'**
 10. Who am I going to **tell**?
 11. Share **struggles**—how can the group help?
 12. Prayer
1. **Honesty**. We admitted that we were powerless over our problems, that our lives had become unmanageable (Rom 7:18, see also John 8:31-36; Romans 7:14-25).
 2. **Faith**. Before God can begin to help us recover, we must first believe that He can (Philippians 2:13; also Romans 4:6-8; Ephesians 1:6-8; Colossians 1:21-22; Hebrews 11:1-10).
 3. **Surrender**: We can only change our self-destructive decisions by recognizing we can't recover on our own; only by turning our wills and lives over to God and relying on His help can we do it (Romans 12:1; also Matthew 11:28-30; Mark 10:14-16; James 4:7-10).
 4. **Soul searching**: We must examine our habits and see clearly how our behavior affected ourselves and others around us, and turn to the ways of the Lord (Lamentations 3:40; also Matthew 7:1-5; 2 Corinthians 7:8-10).
 5. **Integrity**: We must admit the exact nature of our wrongs to God and to someone else (James 5:16; see Psalms 32:1-5, 51:1-3; 1 John 1:2-6).
 6. **Acceptance**: We should be entirely open and ready to let God remove our character defects (James 4:10; also Romans 6:5-11; Philippians 3:12-14).
 7. **Humility**: We humbly ask God to remove our shortcomings – something we can't do by self-will or mere determination. (1 John 1:9; also Luke 18:9-14; 1 John 5:13-15).
 8. **Willingness to make amends**: We must make a list of those we've harmed and be willing to make amends to them all (Luke 6:31; also Colossians 3:12-15; 1 John 3:10-20).
 9. **Forgive and make amends**: We should make amends no matter how difficult it may be. We should start forgiving those who have hurt us in the past, and ask forgiveness from those we've hurt (Matthew 5:23-24; also Luke 19:1-10; 1 Peter 2:21-25).
 10. **Maintenance**: We continue to take note of our shortcomings, and promptly admit it and confess it to God. Nobody likes to admit to being wrong, but it is a necessary to grow closer to God and make progress in our recovery. (1 Corinthians 10:12; also Romans 5:3-6; 2 Timothy 2:1-7; 1 John 1:8-10, Psalm 1:1-3 *don't walk in the counsel of the wicked*).
 11. **Get in closer contact with God**: Through Bible study and prayer we should keep on seeking to gain knowledge of God's will for us, and keep asking Him for the power to carry it out (Colossians 4:2; also Isaiah 40:28-31; 1 Timothy 4:7-8, Isaiah 59:1-2 *God can hear, but your iniquities have built barriers*).
 12. **Service**: Having had a spiritual awakening as the result of these steps, we try to carry this message to others and practice these principles in all our affairs (Galatians 6:1; also Isaiah 61:1-3; Titus 3:3-7; 1 Peter 4:1-5).

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