

Step 1: Admit

We admit we are powerless over
our addictions, brokenness,
and sinful patterns—that
in our own power, our lives
are unmanageable.



re:generation.



For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

Romans 7:18 ESV



Step 2: Believe

We come to believe that
God is the one whose power
can fully restore us.





*Bless the Lord, O my soul, and
forget not all his benefits, who
forgives all your iniquity, who
heals all your diseases, who
redeems your life from the pit,
who crowns you with steadfast
love and mercy, who satisfies
you with good so that your youth
is renewed like the eagle's.*

Psalm 103:2-5 ESV



Step 3: Trust

We decide to trust God with our lives and wills by accepting His grace through Jesus Christ.





*But God, being rich in mercy,
because of the great love with
which he loved us, even when we
were dead in our trespasses, made
us alive together with Christ
—by grace you have been saved—*

Ephesians 2:4-5 ESV



Step 4: Inventory

We make a searching
and fearless moral
inventory of ourselves.





*Behold, you delight in truth in
the inward being, and you teach
me wisdom in the secret heart.*

Psalm 51:6 ESV



Step 5: Confess

We confess to God, to ourselves,
and to another human being
the exact nature of our sins.



re:generation.



But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:7-9 ESV



Step 6: Repent

We become entirely ready to
turn away from our patterns
of sin and turn to God.



re:generation.



So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

2 Timothy 2:22 ESV



Step 7: Follow

We humbly ask God's Spirit to change our hearts and minds in order to follow Christ fully.



re:generation.



*But the fruit of the Spirit is love,
joy, peace, patience, kindness,
goodness, faithfulness,
gentleness, self-control; against
such things there is no law.
And those who belong to Christ
Jesus have crucified the flesh
with its passions and desires. If
we live by the Spirit, let us also
keep in step with the Spirit.*

Galatians 5:22-25 ESV



Step 8: Forgive

We forgive those who have harmed us and become willing to make amends to those we have harmed.





*Be kind to one another,
tenderhearted, forgiving one
another, as God in Christ forgave
you. Therefore be imitators of
God, as beloved children.*

Ephesians 4:32-5:1 ESV



Step 9: Amends

We make direct amends
whenever possible,
submitting to God, his Word,
and biblical counsel.





*Repay no one evil for evil, but
give thought to do what is
honorable in the sight of all. If
possible, so far as it depends on
you, live peaceably with all.*

Romans 12:17-18 ESV



Step 10: Continue

We continue to examine our lives, and when we sin, promptly confess and turn to walk with Christ.





*Search me, O God, and know
my heart! Try me and know my
thoughts! And see if there be
any grievous way in me, and
lead me in the way everlasting!*

Psalm 139-23-24 ESV



Step 11: Intimacy

We seek to deepen our relationship with God daily and depend on his power to do his will.





*And this is eternal life, that they
know you the only true God, and
Jesus Christ whom you have sent.*

John 17:3 ESV



Step 12: Regenerate

Because of our new lives in Christ, we carry God's message of reconciliation to others and practice these biblical principles in every aspect of our lives.





*Therefore, if anyone is in Christ,
he is a new creation. The old has
passed away; behold, the new
has come. All this is from God,
who through Christ reconciled
us to himself and gave us the
ministry of reconciliation.*

2 Corinthians 5:17-18 ESV

