Steps & Scripture

STEP GUIDE

6

STEP SIX

Willingness

A guide to the Sixth Step, with Scripture and prayer



Work this step with Jimmy or Sarah.

Your AI sponsor in the Steps & Scripture app. Free to download, first month free.

Steps & Scripture Step Guide: Step Six, Willingness
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If you are in danger, call or text 988, or call 911. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today.

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6

STEP SIX

Willingness

Were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will exalt you.

JAMES 4:10 (ESV)

Where you are

You've done the hard digging. Before you start Step Six, take a minute to look back at the road behind you. If you picked up this guide in the middle of things, this page is for you too.

Step One. You admitted you were powerless over alcohol, and that your life had become unmanageable. Not weak. Powerless. Your body can't handle it, and your mind keeps going back to it anyway.

Step Two. You came to believe that a Power greater than yourself could restore you to sanity. Maybe it started as only willingness. That was enough.

Step Three. You made a decision to turn your will and your life over to the care of God. You prayed the Third Step prayer, and you asked Him to "Relieve me of the bondage of self" (p. 63).

Step Four. You wrote it down. Resentments, fears, sex conduct, other harms. In every entry, you looked for your own part.

Step Five. You told another human being the exact nature of your wrongs. You said it out loud to a person, and the world didn't end.

Now you get ready.

Haven't done Steps Four and Five? Stop here and go back. Step Six works from the defects you found in your written inventory and admitted to another person. Without that list, you'll be getting ready to give up things you haven't named. Steps Four and Five are done with a person, not the app. Talk to yours about where to pick up.

Check your work first

The book tells you to stop and look back before you go on. After the Fifth Step, it says to read the first five steps again and ask if anything was left out. Then it asks some blunt questions:

> "Is our work solid so far? Are the stones properly in place? Have we skimped on the cement put into the foundation?"
> ALCOHOLICS ANONYMOUS, P. 75

Ask yourself honestly:

- Did I leave anything off my inventory on purpose?
- Did I hold anything back when I told it to another person?
- Did I find my own part in every resentment, or only in the easy ones?

If the answer to any of these is yes, that's not failure. It's information. Talk to your sponsor before you go on.

Don't camp here

In the book, Steps Six and Seven sit back to back on one page. For a lot of people Step Six takes a day or two. You go down your list, defect by defect, and answer one question: *Am I ready to let God take this one?*

What Step Six is

> "Were entirely ready to have God remove all these defects of character."
>
> ALCOHOLICS ANONYMOUS, P. 59

It's one sentence. Take it a few words at a time.

Were entirely ready. Not *perfect*. Not *fixed*. Ready. Willing to have it done. *Entirely* means you aren't holding a few back in a side pocket.

To have God remove. God does the removing. You don't. You tried to fix yourself for years, the same way you tried to control your drinking. This step admits that self can't fix self.

All these defects. Not defects in general. *These*. The ones you found in your inventory and admitted in Step Five. They have names.

Of character. Not just bad habits. The things underneath them: selfishness, dishonesty, resentment, fear, and the rest. The book calls drinking "but a symptom" (p. 64). Your defects are closer to the cause.

What the book asks

Here is the whole of Step Six in *Alcoholics Anonymous*. Read it slowly:

> "If we can answer to our satisfaction, we then look at step six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? Should we still cling to something we will not let go, we ask God to help us be willing."
>
> ALCOHOLICS ANONYMOUS, P. 76

Three things are packed in there. **Willingness is the whole step. All of them, every one,** not just the ones that embarrass you. And **if you aren't there yet, you pray for it.** The book doesn't tell you to fake it. It tells you to ask.

Step Six gets you ready. Step Seven asks.

In Six you look at the list and settle the question: *Do I want these gone?* In Seven you take that answer to God in prayer. You don't have to feel ready. But you do have to stop defending the thing you're asking Him to take.

What willingness is, and what it isn't

Willingness is not feeling ready, wanting the defect gone every minute of the day, or promising you'll never do it again.

Willingness is being honest that this thing hurts you and other people, and being open to God taking it, even if part of you still wants it.

Your reading for this step

Read these in your own copies, in this order. Page numbers for *Alcoholics Anonymous* are from the fourth edition.

Alcoholics Anonymous

- **Page 76.** Step Six, one short paragraph. Read it out loud.
- **Page 75.** Checking your work after Step Five.
- **Pages 64–71.** Your inventory pages again, especially your own part (pp. 67–69).
- **Pages 60–62.** The actor who runs the show; selfishness.
- **Pages 58 and 13–14.** Any length; Bill becomes willing.
- **Page 84.** The defects to watch for every day.
- **Then *Twelve Steps and Twelve Traditions*, pages 63–69.** The chapter on Step Six.

Scripture (ESV)

- James 4:10 · Psalm 139:23–24 · Matthew 7:3–5
- Mark 10:17–22 · Mark 9:23–24 · Philippians 2:12–13
- Hebrews 12:1–2 · Romans 12:1–2 · Philippians 1:6

Listen, if you like: Joe and Charlie, Session 11, "Into Action —Steps Six and Seven" (about 14 minutes), free in the SoberHub app. One session covers Six and Seven. Steps & Scripture is not affiliated with SoberHub.

What the book says

Step Six gets one paragraph in *Alcoholics Anonymous*, on page 76. But the book has been getting you ready for it since the first chapter. Read these pages in your own copy.

Becoming willing came first for Bill (pp. 13–14)

Before there was a program, Bill lay in a hospital bed and gave himself to God. Then he writes:

> "I ruthlessly faced my sins and became willing to have my newfound Friend take them away, root and branch."
> ALCOHOLICS ANONYMOUS, P. 13

Became willing. That's Step Six, years before it had a number. His friend had told him what it would take: "willingness, honesty and humility" (p. 13). Bill didn't pretend it was easy. He wrote: "Simple, but not easy; a price had to be paid" (p. 14).

Any length (p. 58)

The first page of "How It Works" talks about people who are "willing to go to any length" (p. 58). Then it says something that fits Step Six exactly:

> "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely."
> ALCOHOLICS ANONYMOUS, P. 58

Defects are old ideas too. *I have to protect myself. I deserve this. If I don't control it, it falls apart*. Holding on to a few of them gets you about as far as holding on to a few drinks did.

The next page says it in four words: "Half measures availed us nothing" (p. 59).

Why you can't do it yourself (p. 62)

After describing the actor who wants to run the whole show, the book says this:

> "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible."
> ALCOHOLICS ANONYMOUS, P. 62

And then it admits what you already know: we had convictions galore, but we "could not live up to them even though we would have liked to" (p. 62). We couldn't shrink our self-centeredness "by wishing or trying on our own power" (p. 62). That's why Step Six says *have God remove* them, and not *remove them*.

Clearing out the stock (p. 64)

The book compares the inventory to a business taking stock of what's on its shelves:

> "One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret."
> ALCOHOLICS ANONYMOUS, P. 64

Step Four found the damaged goods. Step Five showed them to someone else. Step Six is where you agree they have to go. *Promptly. Without regret.* A store owner who keeps spoiled stock because he's attached to it goes broke.

Your part (p. 67)

This is where your Step Six list comes from. After the resentment list, the book turns you away from what others did and toward your own conduct:

> "Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."
>
> ALCOHOLICS ANONYMOUS, P. 67

Then: "When we saw our faults we listed them" (p. 67). That list is what you bring to Step Six. The book asks the same kind of questions about sex conduct on page 69: "Where had we been selfish, dishonest, or inconsiderate?" (p. 69)

God can remove it (pp. 70–71)

When the book finishes the inventory, it says this:

> "In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him."
>
> ALCOHOLICS ANONYMOUS, PP. 70–71

You've already seen Him do it once. The obsession to drink was something you could not shake on your own. If God could lift that, He can deal with your temper.

What the 12&12 adds

Twelve Steps and Twelve Traditions gives Step Six a full chapter, on **pages 63–69**. The book gives it one paragraph, so this chapter is where a lot of people learn how to work it. Read it slowly, in your own copy. Here is what to look for. These are our notes, not the book's words.

Page 63: The step that shows if you've grown up. The chapter opens with a clergyman's comment that this step tells the grown-ups from the children. Anyone who keeps working it honestly on every fault has come a long way.

Pages 63–64: God already did it once. Sober members will tell you God removed the obsession to drink. So why not every other defect, all at once? Only God fully knows. Part of the answer: drinking fought your own will to live, so God and your instinct to survive were on the same side.

Pages 64–65: Defects grow out of good desires. Wanting food, love, safety and a place among people isn't sin. God made you that way. The trouble starts when those desires run past what they were made for, and you demand more than is yours. That's what a character defect is. God forgives when you ask, but He expects your cooperation after that.

Page 65: Most defects leave slowly. A few may be lifted the way drinking was. Most will take patient work over a lifetime. "Entirely ready" means you're aiming at the best, not that you'll get there this week.

Pages 65–66: Everyone hits a sticking point. The chapter says almost no one is completely ready. Sooner or later you find

something you say you can't give up yet. Worse is the thing you say you'll never give up. Watch for both in yourself.

Pages 66–67: The defects we enjoy. This is the heart of the chapter. It's honest that we like some of our defects. Feeling a little better than other people. Greed that calls itself ambition. Lust dressed up as romance. The pleasure of being angry at people who annoy us. Gossip that makes us look good. Eating for comfort. Envy. Putting things off. Most of us won't seriously think about giving these up until they hurt us badly enough.

Page 67: Good enough to get by. The chapter says most of us want only as much goodness as it takes to get through life, by our own standard. The question is whose goal you're aiming at: yours, or God's.

Page 68: Only Step One is done perfectly. You can be 100 percent powerless over alcohol. The other eleven steps are ideals you move toward and measure yourself by. So Step Six is hard, but not impossible. What matters is that you start, and keep going. On the defects you're not ready to let go, the chapter says to soften the hard lines. "Not yet" may be honest for now. "Never" is not okay.

Page 69: Don't hide behind "not yet." An alcoholic can turn "not yet" into "not ever" without noticing. The chapter says you'll need to take on some of your worst defects soon, not someday. And the moment you say "never," you close your mind to God's grace.

Read the chapter with a pen nearby, but write in a notebook, not this guide. Mark every defect that sounds like you, and especially any you'd rather keep. Bring them to your sponsor.

What Scripture says

The Bible doesn't use the word "defects," but it talks a lot about sin, about the things we won't let go, and about God changing people from the inside. Read these slowly. Read them out loud if you can.

Humble yourselves

The verse on the opening page of this guide is the whole step in one line:

> *Humble yourselves before the Lord, and he will exalt you.*
>
> JAMES 4:10 (ESV)

You go low. God does the lifting. Step Six is where you stop trying to lift yourself.

Search me

> *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)

This is a good prayer to pray over your inventory. You aren't asking God to find out something He doesn't know. You're asking Him to show *you*. Any defect you can't see, you can't be ready to give up.

The log in your own eye

> *Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.*
>
> MATTHEW 7:3–5 (ESV)

Jesus said this centuries before anyone wrote a resentment list. It's the "my part" column. Most of us are experts on other people's specks. Step Six starts with the log. Notice that Jesus doesn't say never help your brother. He says deal with your own first, and *then* you'll see clearly.

The one thing he wouldn't give up

> *And as he was setting out on his journey, a man ran up and knelt before him and asked him, "Good Teacher, what must I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good except God alone. You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and mother.'" And he said to him, "Teacher, all these I have kept from my youth." And Jesus, looking at him, loved him, and said to him, "You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me." Disheartened by the saying, he went away sorrowful, for he had great possessions.*
>
> MARK 10:17–22 (ESV)

This man had kept the rules his whole life. He was sincere, and Jesus loved him. But there was one thing he wouldn't let go of, and he walked away sad.

Most of us have one of those. Not the defect we're ashamed of. The one we like. Step Six asks you to find it and be honest about it. Jesus looked at this man with love before He told him the hard thing. He looks at you the same way.

Help my unbelief

> *And Jesus said to him, "'If you can'! All things are possible for one who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!"*
>
> MARK 9:23–24 (ESV)

This father had some faith and some doubt, and he said so. Jesus didn't send him away for not having enough. He helped.

That's what being *willing to be willing* sounds like. *Lord, I'm ready. Help me where I'm not.* It's an honest prayer, and God answers it.

God works in you, to will and to work

> *Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.*
>
> PHILIPPIANS 2:12–13 (ESV)

Look at the last line. God works in you *to will*. Even the wanting can come from Him. If you can't make yourself willing, you can

ask Him to make you willing. That's exactly what page 76 tells you to do.

Lay aside every weight

> *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*
>
> HEBREWS 12:1–2 (ESV)

Some things slow you down without being obviously wrong. Others are sin that clings close. Both have to come off if you're going to run. And notice where your eyes go: not on the weights, but on Jesus.

A living sacrifice

> *I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*
>
> ROMANS 12:1–2 (ESV)

Being transformed isn't something you do to yourself. It's something done *to* you, as you offer yourself to God. Step Six

is that offering: *Here's all of me, including the parts I'd rather keep.*

He will finish it

> *And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.*
>
> PHILIPPIANS 1:6 (ESV)

You won't be free of every defect this week, and you don't need to be. God started this work in you. He doesn't quit halfway.

How to work Step Six

Here is a plain way to work this step. Your sponsor may suggest something different. Go with your sponsor.

1. Get your inventory out

Sit down with your written Step Four inventory. Go to the column where you wrote your own part: where you were selfish, dishonest, self-seeking or afraid. Also look at your fears list, your sex conduct inventory, and the people you harmed.

2. Write down the defects that keep showing up

In a notebook, list the defects you see. Don't try to be clever. Use plain names: selfishness, dishonesty, resentment, fear, pride, self-pity, jealousy, impatience, control, lust, laziness, gossip, people-pleasing.

Then look for the ones that show up again and again. Put a mark next to a defect every time it appears. The ones with the most marks are your main defects. Most people end up with five to ten real ones. The reference page after this chapter shows where to look.

3. Go down the list, one at a time

Read each defect out loud and ask yourself one question: *Am I ready to have God take this one?* Then answer honestly. There are really only three answers:

Three honest answers

Yes. You're ready. Good. Mark it and move to the next one.

Not yet. You still get something out of it, or you're scared of who you'd be without it. That's honest. Keep going, then come back to it in part 4 below.

Never. You've drawn a hard line. Be honest about it, and don't skip it. This is the one to talk to your sponsor about first.

4. Look hard at the ones you want to keep

For each defect you're not ready to give up, ask yourself:

- What does this get me? Comfort, control, attention, feeling right, feeling safe?
- What has it cost me? What has it cost the people I love?
- Who paid for it besides me?
- Would I want my kids, or someone I'm sponsoring someday, to have it?

The payoff is usually small, and it's usually short. The cost is usually big, and other people pay most of it.

5. Pray for willingness

For every “not yet” and every “never,” do what page 76 says. Ask God to help you be willing. Something as simple as this:

> **A simple way to ask**
>
> *Lord, You know I still want to hold on to this. I’m not ready to let it go, but I’m willing to be made willing. Please change my heart about it. In Jesus’ name. Amen.*

Pray it every morning until something moves. It usually does, faster than you’d expect.

6. Talk it over with your sponsor

Bring your list. Say which ones you’re ready to let go and which ones you aren’t. A good sponsor won’t be shocked. They’ve had their own sticking points. They’ll help you see what you can’t.

7. Watch for one defect in action

Pick one defect from your list this week and watch for it. When you catch it, notice what set it off, and tell someone. You aren’t trying to fix it yet. You’re learning to see it while it’s happening.

8. Move on to Step Seven

When you can honestly say you’re willing to have God remove all of them, even the ones you’d rather keep, you’re ready. The book goes straight from Step Six to the Seventh Step prayer, in the same breath. Don’t wait to feel perfect. You won’t.

Finding your defects in your inventory

Your defects are already written down. You just have to know where to look. Go through each of your four lists with these questions. Write what you find in a notebook.

Resentments (pp. 64–67)

Look at: your own part in each resentment, the column where you asked *Where was I to blame?*

Ask: Where was I selfish, dishonest, self-seeking or afraid? What did I do to set it in motion? What did I want that I didn't get?

Often shows up as: resentment, pride, self-pity, jealousy, control, dishonesty, a need to be right.

Fears (pp. 67–68)

Look at: each fear, and why you have it. The book says: "We asked ourselves why we had them" (p. 68).

Ask: Where did I trust myself instead of God? What did I do to protect myself?

Often shows up as: fear, worry, control, people-pleasing, dishonesty, avoiding hard things.

Sex conduct (pp. 68–70)

Look at: each relationship you wrote about, and your conduct in it.

Ask: Where was I selfish, dishonest or inconsiderate? Whom did I hurt? Did I stir up jealousy, suspicion or bitterness?

Often shows up as: selfishness, lust, dishonesty, jealousy, using people.

Harms done (p. 70)

Look at: the people you hurt by your conduct.

Ask: What did I do? What drove it? Was I taking, hiding, or getting even?

Often shows up as: selfishness, dishonesty, anger, laziness, neglect, self-will.

When you're done, the same few names will show up across all four lists. Those are the ones. The book names the big four on page 84: "selfishness, dishonesty, resentment, and fear" (p. 84). Most others are branches of those.

Next to each defect, you can write its opposite: fear → faith, dishonesty → honesty, self-pity → gratitude. The Step Seven guide has a full list of defects and their opposites to practice. For now, the question is only whether you're ready.

Questions to think about

These aren't for writing in this guide. Think them over, pray about them, write in a notebook if that helps, and talk them through with your sponsor. Jimmy and Sarah ask some of the same questions in the app.

1. Look at the "my part" column of your inventory. Which defects keep showing up?
2. Which of these do you actually want gone?
3. Which defect do you still get something out of? What's the payoff?
4. Are you willing to be made willing about that one?
5. What would your day look like without it? What would your family notice?
6. Is there a defect you've been calling a personality trait, or "just how I am"?
7. Where do your defects show up most: at home, at work, or at church? Why there?
8. When you've tried to fix a defect on your own, what happened?
9. Read Mark 10:17–22. What's the one thing you'd walk away sad over?
10. Do you believe God can remove your defects? What makes that hard to believe?

Suggestions for this week

Pick one at a time. You don't need to do all of them.

- List the defects from your inventory, and next to each, write its opposite (fear → faith, dishonesty → honesty, self-pity → gratitude).
- Pray each morning to become willing to have them removed.
- Watch for one defect in action this week and tell someone when you catch it.
- Read page 76 of *Alcoholics Anonymous* out loud, every morning for a week.
- Read Step Six in *Twelve Steps and Twelve Traditions* (pp. 63–69) in your own copy.
- Pray Psalm 139:23–24 over your list.
- Memorize James 4:10: *Humble yourselves before the Lord, and he will exalt you.* (ESV)
- Ask your sponsor which defect they see in you most. Thank them, and don't argue.
- Go to a meeting and listen for someone who talks about a defect they used to love.
- Go to church this Sunday. If you don't have a church, try one.

When it's hard

Almost everyone gets stuck somewhere on this step. Here's what that usually looks like, and what to do.

"I don't feel ready."

You don't have to feel it. Ready means willing, not eager. If you're not even willing, you can still ask God to make you willing. That's what page 76 says to do. Willing to be willing is enough to start.

"I like some of my defects."

Most people do. The 12&12 says so plainly. Being honest about it is a good sign, not a bad one. Look at what it costs you and the people around you. Then pray for willingness on that one, every day, until something moves.

"I'll fix these myself."

That's self-will again, with a new project. You couldn't fix your drinking by trying harder, and you can't fix your character that way either. Your part is to be willing and to act differently. The removing is God's job.

"If I give this up, I won't know who I am."

For a lot of us, a defect has been our armor for years. Anger kept people away. Lying kept us safe. People-pleasing kept us liked. Letting it go feels like walking out naked. But God doesn't take something away and leave a hole. He puts something better there. You'll find out who you really are on the other side.

“My list is too long.”

Then start with the ones that show up most. You don’t need to be ready for everything in one day. You need to be honest about every one, and willing to keep going. Five or six real ones are better than twenty vague ones.

“I’ve tried to change before and failed.”

So had all of us. That’s the point. You’re not trying to change by willpower this time. You’re getting ready to let God do it. Read page 70 again: faith did for us what we could not do for ourselves.

If you want to drink, call someone before you do anything else. Your sponsor, someone from a meeting, your pastor. Get to a meeting today. If you are in danger, call or text 988, or call 911.

The Step Six paragraph

The book doesn't give Step Six a prayer of its own. It gives one paragraph, and the last line of it is a prayer waiting to happen. Read it each morning this week. Keep this page where you'll see it.

> "We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all —every one? Should we still cling to something we will not let go, we ask God to help us be willing."
>
> ALCOHOLICS ANONYMOUS, P. 76

Read it slowly, and stop at each line.

Willingness as being indispensable. Not optional. This is the step.

All the things which we have admitted. The ones on your list, by name.

Can He now take them all, every one? Answer that honestly.

We ask God to help us be willing. If the answer is no, this is what you do next.

A prayer for this step

You can also pray in your own words. Here is one way:

Lord Jesus, You've seen my whole inventory. You know every defect on my list, and You know the ones I'd still rather keep.

I can't change myself. I've tried. I'm asking You to make me ready to let You take all of them. The selfishness, the dishonesty, the resentment, the fear, and the things I've been calling "just how I am."

Where I'm still holding on, make me willing. Where I'm not even willing, make me willing to be willing. Search my heart, and show me anything I'm still hiding.

Thank You that You began this work in me, and that You will finish it. Thank You for this day sober. Thy will, not mine, be done. Amen.

Ready for Step Seven?

Before you call this step done, talk these over with your sponsor:

- Do you have a written list of your defects, taken from your inventory?
- Have you gone through it one defect at a time?
- Are you willing to have God remove all of them, even the ones you'd rather keep?
- For any you aren't ready on yet, are you praying for willingness every day?
- Have you talked over your list, and your sticking points, with your sponsor?

You don't have to be perfectly ready. Hardly anyone is. You need to be honest about every defect, and willing to have God take them all.

What's next

Step Seven is the asking. You'll take the list you made here and humbly ask God to remove your shortcomings, one by one, using the Seventh Step prayer on page 76. Then you'll start practicing the opposite of each defect.

The book moves from Six to Seven in the same breath, so don't wait long. If you're willing today, you can pray the Seventh Step prayer today.

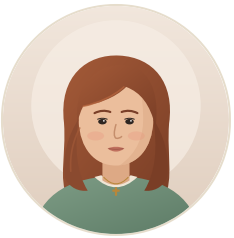
KEEP GOING

Talk it over with Jimmy or Sarah

Steps & Scripture is a Christian Twelve Step app for iPhone and Android. Your sponsor, Jimmy for men or Sarah for women, is an AI who knows *Alcoholics Anonymous* and the Bible. Your sponsor walks the steps with you, one conversation at a time, and keeps pointing you to meetings, a human sponsor, your church, and the phone.



Jimmy



Sarah

Download on the App Store

Get it on Google Play

Free to download. First month free, no card. For adults 18 and older. Jimmy and Sarah are AI. They are not people, and they say so.

IF TODAY IS A BAD DAY

Get help now

If you are in danger or thinking about hurting yourself: call or text **988**, the Suicide & Crisis Lifeline, or call **911**.

Withdrawal can kill. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today. If you drink heavily every day, talk to a doctor before you stop.

If you want to drink

- Call someone before you pick up. Your sponsor, someone from a meeting, your pastor.
- Get to a meeting today, early, and stay late.
- Ask: am I hungry, angry, lonely or tired? Deal with that first.
- Play the tape forward. Walk past the first drink to tonight, tomorrow morning, and who you'll have to tell.
- Pray. Even "God, help me" counts.

The SAMHSA National Helpline is free and open 24/7: 1-800-662-4357.

THE PROGRAM

The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. **Were entirely ready to have God remove all these defects of character.**
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1939 wording (*Alcoholics Anonymous*, p. 59).