



## Meditations for the Twelve Steps - A Spiritual Journey

By Friends in Recovery

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### **Meditations for the Twelve Steps - A Spiritual Journey** By Friends in Recovery

“Meditations for the Twelve Steps - A Spiritual Journey” can be used alone or as a companion to the “The Twelve Steps for Christians” or “The Twelve Steps - A Spiritual Journey.” It provides a one-page story for each of the 137 meditations in this rich devotional book. Each story is written within the context of the Twelve Steps, and reflects the experience, strength, and hope of people on their recovery journey.

Using stories from daily life, the authors help us to open our hearts and minds to the possibility that a loving and forgiving God wants us to give up control and let him take over; that we can tell ourselves the truth; that we can make amends to ourselves and others for past wrongs; and that we can live one day at a time with the help of God.

The book adapts the Twelve Steps that were written over seventy five years ago when Alcoholics Anonymous was founded. This program teaches us how God uses the healing power of the Twelve Steps as a way to restore the lives of countless individuals. Members of Alcoholics Anonymous carry the healing message to others, acknowledging that they know what it feels like to be broken by life and mended by God.

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