



12 Steps With Biblical Parallels

1. We admitted that our lives had become unmanageable and uncontrollable.

For I have the desire to do what is good, but I cannot carry it out. Romans 7:18

2. We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to God's good purpose. Philippians 2:1

3. We made a decision to turn our lives and our wills over to the care of God.

Therefore, I urge you in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Romans 12:1

4. We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16

6. We were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and the Lord will lift you up. James 4:10

7. We humbly asked God to remove all our shortcomings.

If we confess our sins, God is faithful and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

8. We made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. Luke 6:31

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that another has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:23-24

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! 1 Corinthians 10:12

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of God's will for us, and power to carry that out.

Let the word of God dwell in you richly. Colossians 3:16

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

... if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. Galatians 6:1

Fresh Start



Service of Worship and
Recovery

Sundays at 6pm



SARATOGA SPRINGS
UNITED METHODIST
CHURCH



What is Fresh Start?

The purpose of Fresh Start is to encourage fellowship and to celebrate God’s healing power in our lives as we work our way along the road to recovery spiritually.

By working together, we grow spiritually, and are freed from our hurts, habits, and hang-ups. Thus freedom creates peace, serenity, joy, and most important, a strong relationship with others and the loving and forgiving higher power of Jesus Christ.

This is achieved through Praise, Worship, informative lessons, personal testimonies, and fellowship.

1. Fresh Start is forward looking.
2. Fresh Start encourages a spiritual commitment.
3. Fresh Start addresses all types of hurts, habits, and hang-ups.
4. Fresh Start can be added to any other recovery process or group that you are currently attending.

Join us to Every Sunday Evening at 6pm to make your Fresh Start

What is a HURT, HABIT, or HANG-UP?

A hurt, habit, or hang-up is something that hinders your walk with God.

HURTS: The feeling of being hurt is an emotional reaction to another person’s behavior or to a disturbing situation (i.e. abuse, abandonment, codependency, divorce, or relationship issues).

HABITS: A habit is an addiction to someone or something. (i.e. alcoholism, drugs, food, gambling, sex, shopping, or smoking)

HANG-UPS: Hang-ups are negative mental attitudes that are used to cope with people or adversity (i.e. anger, depression, fear of unforgiveness) These life problems can be stumbling blocks or stepping stones. Healing is available through applying the principles of a Bible based recovery process in your life.

God’s Vision for Fresh Start At SSUMC

To partner with God in transforming people with Hurts, Habits, and Hang-ups, by drawing them into a deeper relationship with God and people of faith. So that they might transform others.



Personal Quote...

“We were convinced that the answer to our problems was in the Good Book. To some of us older ones, the part that we found absolutely essential was the Sermon on the Mount, the 13th chapter of First Corinthians, and the Book of James.”

Dr. Bob S., Co-founder of Alcoholics Anonymous from his last major talk made December of 1948.

Prayer for Serenity

God, grant me the serenity to accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You in the next. Amen.

-Reinhold Niebuhr

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