

## Step Study Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.



**Riverview Church**  
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Bonsall, CA 92003  
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**12 Step Meetings: Monday and Friday at 7**  
**Foundations: Wednesday at 7**  
**Parents of Addicted Loved Ones: Thursday at 7**

### Accountability Team Phone Numbers

Sponsor \_\_\_\_\_

Accountability Partners

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# STEP STUDY

## What Is It?



## 12 Steps



### **Are you ready to take your recovery to the next level?**

Refuge Recovery uses The Twelve Steps and Related Scriptures as the biblical model for living your life. A Step Study is a personal journey through each of the 12 Steps in community with a group led by a facilitator who has completed a study.

### **Who can benefit from a Step Study?**

Many think that recovery is only for those with alcohol or drug problems. The truth is that only some of those attending the Refuge Recovery 12-Step program are dealing with chemical dependencies. Whether the struggle is emotional, financial, relational, or chemical, there is hope. Refuge Recovery offers a way to move forward ... beyond destructive thoughts, beliefs, and behaviors ... by offering the tools needed to experience emotional health and peace in the midst of life's stresses. One of the most powerful tools in the recovery tool kit is a step study.

Whatever the issue might be, people honestly working through the material in step study groups are able to form strong bonds and support teams, find accountability partners, sponsors and friends through sharing and caring.

Most importantly, they are able to be freed from the shame, guilt and pain of their issues by learning to let go and let God take over – one day at a time! When you finish the study you will have worked your destructive thoughts, beliefs, and behaviors through each step.

### **How does a Step Study work?**

Step groups start periodically and last, typically, for several months, perhaps as long as a year. Group meetings are held weekly and generally last around 2 hours. Any particular step study group will be either all men or all women with a facilitator of the same gender. The group works through the participant step study materials based on the twelve steps and their biblical comparisons. They follow the Small Group Guidelines during meetings. Groups are facilitated by the gentle and loving guidance of a trained leader and/or co-leader to let Christ help them reveal and deal with issues in their lives that have become heavy baggage.

A Step Study is a long-term commitment to the members of the group. If you join a Step Study, you are expected to continue with your group until you complete it. As with any endeavor, the more effort you put into recovery, the more benefit you will gain.

It is possible to join a step study group until the group begins Step 4. After that the group is closed to new people. New groups start periodically, so let us know if you're interested in joining a step group.

### **Materials**

The study uses readings from one of the recovery Bibles (The Celebrate Recovery Bible or the Life Recovery Bible) along with associated participant materials. There is homework for each session including reading to be done along with questions to be answered in writing. Participants' responses are discussed during the sessions.

If the cost of a recovery Bible or the step study materials are an issue, they can be made available at reduced or no cost.