

JESUS, NOT THE STEPS

WHY CHRIST, NOT AA, IS THE TRUE PATH TO
BREAKING ALCOHOL ADDICTION



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Chapter 1: Sobriety Isn't Salvation

Why Staying Dry Isn't the Same as Being Set Free

For a long time, I thought the goal was simply to stop drinking.

If I could just quit, I believed I'd be okay. I wouldn't ruin relationships. I wouldn't lose people I loved. For a little while, I would try. I'd go a few days, maybe a week. But deep down, I knew the truth:

I could not stop on my own. I loved drinking too much.

It was more than a habit—it was my identity. Sometimes, when someone asked me, “What do you do?” I wanted to say, “I drink.” That's what I thought about all the

time. I loved the feeling, and no matter
how hard I tried, I always went back.

I remember one cold winter night in
Minnesota, standing outside smoking a
cigarette and yelling at God: **'Why can't I
just quit? Why do I always go back?'**

That's when God opened my eyes to a
greater truth:

I didn't just need to stop drinking—I
needed a Savior.

Not Drinking Doesn't Mean You're Free

Some people get sober but still feel lost
inside.

They attend meetings, earn chips, and stop
drinking.

But their hearts remain empty.

Sobriety is not salvation.

You can clean up the outside of your life,
but if your heart is still broken, you are not
truly free—you are only dry.

Jesus said in John 8:36,

**“So if the Son sets you free, you will be
free indeed.”**

Freedom does not come from sitting in a
circle and saying,

“Hi, I’m ____, and I’m an alcoholic.”

True freedom comes from kneeling before
Jesus and saying,

“Lord, I cannot save myself. I need You.”

I Couldn’t Rely on Me

I tried being strong.

I tried doing it on my own.

I tried what the world told me:

“Take it one day at a time.”

“Find a higher power.”

“Work the steps.”

But none of that saved me.

I didn’t need a “higher power” of my own

choosing. I needed the true and living

God—the One who made me.

AA told me I could choose any higher

power I wanted—even if it made no sense

to me.

That is not freedom. That is a denial of the

true God—Jesus Christ.

There is only one God.

Only one who died for me.

Only one who can break the chains of sin
and set me free.

**Jesus Didn't Make Me Sober — He
Made Me New**

When I finally surrendered to Jesus—not
to a program, not to a meeting—He did
more than help me stop drinking.

He made me new.

He gave me peace that passes
understanding.

He gave me a new heart.

He gave me a new name—not alcoholic,
not failure, not lost—but **child of God**.

You Don't Need Another Step — You Need the Cross

If you're reading this and have been trying to stay sober by being strong, by following steps, by depending on a group or a sponsor—hear this clearly:

You don't need more steps. You need a Savior.

Jesus didn't die so you could manage your addiction.

He died to destroy the power of sin forever.

Staying sober is good. But being saved has eternal consequences.

Only Jesus can give you both.

Chapter 1 Prayer: Sobriety Isn't

Salvation

Lord Jesus, I admit I cannot stop on my own. I have tried and failed. I need You—not just to stay dry, but to be truly set free. Help me trust that only Your grace can break these chains. Teach me to look to You, not myself, for strength and salvation. Amen.

CHAPTER 2: Twelve Steps, No Cross

Many people know about the “twelve steps” from Alcoholics Anonymous. They talk a lot about turning their lives over to a “higher power.” But here’s the problem: in many cases, that higher power isn’t really God. It’s something vague, something you

can fill in yourself. Sometimes it's just
“the universe” or “goodness” or even just
your own idea of help.

But listen carefully: **No other power can
save you except the one true God who
made the heavens and the earth.** Only
Jesus, the Son of God, can truly heal your
heart and set you free. That's because real
healing isn't just about stopping bad
habits. It's about being made new inside,
and that only happens through the cross of
Jesus.

The cross is where Jesus took the
punishment for our sins. It's where He died
so we wouldn't have to. It's the only way

for anyone to be forgiven and made right with God.

The twelve steps without the cross leave out the most important part of the story.

They leave out the truth that **we are sinners who deserve God's judgment.**

One day, God will judge every person. The Bible teaches there is a real heaven and a real hell. Those who trust only in themselves or some vague higher power without Jesus will stand before God's judgment without forgiveness. That is a frightening reality.

But here is the hope: God, in His mercy, offers salvation through Jesus alone. When you trust Jesus, God sees you as forgiven

because Jesus took your punishment. This is grace—God’s free gift—and it is only by grace, not by works or steps, that we are saved.

We must be honest: no amount of self-effort, no spiritual “higher power” invented by us, can bring the peace and freedom that only Jesus gives. He is the true source of healing, and He alone can make us right with God.

So, when people say, “Turn your life over to a higher power,” ask this question: **Is this higher power the God of the Bible who sent His Son to die on the cross for your sins?** If not, then it’s not enough.

This book is about Jesus, not the steps. The cross, not just the program. Because the truth is, without Jesus, there is no true freedom. And without the cross, there is no true hope.

Chapter 2 Prayer: Twelve Steps, No Cross

Father, thank You that You are the one true God and the only source of healing. Forgive me for trying to find a “higher power” apart from You. Help me to surrender fully to Jesus, the Savior who alone can save my soul and heal my heart. May I never settle for less than Your cross. Amen.

Chapter 3: Powerless No More

How Christ Gives You Authority Over Sin and Addiction

When I was trapped in addiction, I felt powerless—like a slave chained to something stronger than me. Maybe you feel that way too. The battle with sin seems endless, and the struggle feels overwhelming. But here's the good news: **in Christ, you are powerless no more.**

The Bible teaches us that God does not leave His children to fight alone. In fact, He promises that the trials we face are never more than we can bear. In 1 Corinthians 10:13, it says:

**“No temptation has overtaken you
except what is common to mankind.
And God is faithful; he will not let you
be tempted beyond what you can bear.
But when you are tempted, he will also
provide a way out so that you can
endure it.”**

This means God knows your weakness. He knows the battles you fight. And He will strengthen you to endure and overcome.

This is not about your own strength. It is about His power working in you.

Paul wrote in 2 Corinthians 12:9 that the Lord said to him,

**“My grace is sufficient for you, for my
power is made perfect in weakness.”**

When you feel weakest, God's power
shines brightest. He is building you
stronger through this season—molding
you, shaping you, making you more like
Christ.

The addiction, the sin, the temptation—
they are not the end of your story. They are
the soil in which God plants growth.

Because Christ has authority over sin, He
gives you authority too. Not by your own
might, but by His Spirit living in you.

Romans 8:37 says:

**“No, in all these things we are more than
conquerors through him who loved us.”**

You are not helpless. You are not hopeless.

You have a Savior who fights for you and
lives in you.

If you feel trapped, remember: this is not a
punishment, but a refining process. God is
working all things together for your good
(Romans 8:28)—even your struggles with
addiction.

Hold on to hope. The same power that
raised Jesus from the dead lives in you
(Romans 8:11).

You are powerless no more.

You are a new creation, called and
empowered by God to live free.

Chapter 3 Prayer: Powerless No More

Jesus, You give me power over sin and addiction. I don't have to live powerless anymore. Strengthen me through every trial, and remind me that You will never let me be tempted beyond what I can bear. Fill me with hope and help me walk in the victory You've won for me. Amen.

Chapter 4: The Gospel Is Better Than Group Therapy

Why Talking About Your Past Isn't the Same as Living in Your Calling

Many people think that just talking about their past is enough to heal their life. You might have heard this a lot in programs like AA. They say, "Tell your story. Share

your pain. Keep coming back and talking about what happened.”

But here’s the truth: **talking about your past doesn’t make you free.**

Sure, sharing can help a little. But if all you do is keep looking back and remembering how bad things were, you’re stuck in the past. You’re wasting your time.

AA and other groups can help some people—but they don’t help everyone. They focus on *reminding* you of your failures and pain. They don’t give you real hope or purpose.

The Bible says we need to take responsibility for our lives and *move*

forward. Yes, we must take accountability for what we've done wrong. But that's just the start—not the finish line.

God gave you **free will**—the ability to choose. He made you on purpose, with a plan. You are not meant to stay stuck in shame or pain.

You need to stop spending your days talking about how bad things were.

Instead, listen to what God says about who you are now.

He designed you for something better!

Ephesians 2:10 says,

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

The gospel is not just about admitting you have a problem. It's about being made new and living the life God called you to live.

AA might help you manage your addiction, but it cannot give you new life or new purpose. Only Jesus can do that.

If you keep looking backward, you'll miss what God wants to do through you today.

Stop dwelling on your past mistakes. Take responsibility, yes—but then step forward in faith.

God's grace is bigger than your past. His power is stronger than your sin.

You were made for more than group therapy. You were made for God's calling.

Live for that.

If we are going to move forward and live in God's calling, we must understand something very important: **repentance**.

Repentance means more than just feeling sorry or saying "I'm sorry." It means turning away from your sin and turning toward God. It's a real change of heart and mind.

The Bible tells us in Acts 3:19,
"Repent, then, and turn to God, so that your sins may be wiped out."

When you repent, you admit that your sin—your addiction, your wrong choices—have hurt you and others, and you ask God to forgive you. But more than that, you

decide to stop living the way you used to and start living the way God wants.

Repentance is not a one-time thing. It's a daily choice. It means each day saying, "God, I want to follow You, not my old ways."

This is so important because without repentance, there is no real change. You might try to stop your sin, but if your heart doesn't change, you'll just go back to the same place.

God promises that when you truly repent, He will forgive you completely. His mercy covers all your sins, no matter how big or small.

But remember, repentance is not just about stopping bad things—it's about starting a new life with Jesus.

So don't waste your time feeling stuck or just talking about your past mistakes.

Repent. Turn to God. Receive His forgiveness. And walk in the new life He has given you.

God's grace is ready to help you. His power will make you strong.

Repentance is the key that opens the door to your new future.

Jesus Didn't Die So You Can Drink Freely

Some people think that because Jesus died for our sins, it means we can do whatever

we want—including keep drinking—and still be okay with God. But that is not true.

Jesus didn't die to give you permission to keep living in sin. He died to set you free *from* sin.

In Matthew 7:13-14, Jesus says:

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

Following Jesus means choosing the narrow road. It's not easy, and it's not for everyone.

You have been given free will—the ability to choose—but that doesn’t mean all choices lead to life. You can choose to keep drinking and living as you have, but that road leads to destruction.

God calls you to a different way—a better way—one that leads to true freedom and life.

Jesus calls you to turn away from addiction, not to keep walking in it.

If you keep drinking, you are not living in the freedom Christ died to give you.

You have a choice. God’s grace gives you power to say “No” to sin and “Yes” to Him.

Don't waste your free will on destruction.

Choose the narrow path. Choose life.

Chapter 4 Prayer: The Gospel Is Better Than Group Therapy

God, forgive me for getting stuck talking
about my past instead of living the future
You've called me to. Help me to stop
dwelling on my failures and start walking
in the purpose You have for me. Teach me
to repent and trust You fully, knowing that
Your grace is enough. Amen.

Chapter 5: Stop Sitting in Circles, Start Walking in Purpose

**Breaking Free from the Loop of
Confession and Claiming Your New
Identity**

In most recovery meetings, people sit in a circle and say the same thing every time:

“Hi, I’m ____ and I’m an alcoholic.”

And they say it over and over again. Week after week. Month after month. Year after year.

But here’s something you need to hear:

You are not called to sit in circles forever. You are called to walk in purpose.

Yes, confession matters. Telling the truth matters. Repentance matters. But the Bible doesn’t say, “Stay in guilt.” It says:

“If anyone is in Christ, he is a new creation. The old has passed away;

behold, the new has come.” — 2

Corinthians 5:17

If you belong to Jesus, you are not defined by your past. You are not stuck in a label. You are not forever “just” an alcoholic.

In Christ, you are **forgiven, clean, chosen, and loved.**

You are a child of God—picked by Him before the world even began. (Ephesians 1:4)

Circles Can Keep You Stuck

The problem with always sitting in a circle and confessing the same thing is that it can feel like a loop you can’t escape. You keep saying you have a problem but never start walking in the solution.

You were not saved just to confess.

You were saved to walk in **new life**.

You were saved for a purpose.

Ephesians 2:10 says,

**“For we are His workmanship, created
in Christ Jesus for good works, which
God prepared beforehand, that we
should walk in them.”**

God didn't save you just so you could keep
looking back. He saved you so you could
walk forward into the life He planned for
you.

You Have a New Identity

If you're in Christ, you are no longer who
you used to be.

Your new name is not “addict.”

It’s not “relapse risk.”

It’s not “failure.”

Your name is: **child of God.**

Your name is: **redeemed.**

Your name is: **free.**

God didn’t choose you so you could sit
around telling everyone how broken you
are. He chose you so He could show the
world how strong He is—**in you.**

Get Up and Walk

Jesus once told a paralyzed man,

“Get up. Take your mat and walk.” —

John 5:8

He didn't say, "Talk about how hard your past has been."

He didn't say, "Sit in this circle for the rest of your life."

He said, **"Walk."**

It's time to stop sitting in circles and start walking in purpose.

Yes, your story matters. But your future matters even more.

God is not done with you. He's just getting started.

You are not a slave to the past. You are a servant of the King.

So get up. Trust Him. And walk in the good works He made just for you.

Chapter 5 Prayer: Stop Sitting in Circles, Start Walking in Purpose

Lord, break the chains that keep me
trapped in endless confession and guilt.
Help me claim my new identity as Your
child. I don't want to stay stuck—I want to
move forward and live out the calling You
have prepared for me. Give me courage to
step out in faith. Amen.

Chapter 6: Forgiveness Over Fear

The Difference Between Managing Shame and Receiving Full Pardon

When you mess up, the world tells you to
manage it.
Try harder.

Hide your guilt.

Clean yourself up.

Even in recovery groups, you'll hear things
like:

“Take it one day at a time.”

“Just forgive yourself.”

“Let go of the guilt.”

But what if I told you that forgiveness isn't
something you earn—

It's something you receive?

Shame Tries to Stay in Control

Shame says, “*You'll never change.*”

Shame says, “*God's probably
disappointed in you.*”

Shame keeps you afraid—afraid of

messing up again, afraid of being found out.

So you try to manage your shame. You go to more meetings. You say all the right things. But deep inside, you still wonder:

“Am I really forgiven?”

The gospel gives a better answer.

The Gospel Is Not Shame

Management—It's a Full Pardon

The Bible says:

**“There is therefore now no
condemnation for those who are in
Christ Jesus.” — *Romans 8:1***

That means if you belong to Jesus, **you are not condemned.**

Not halfway forgiven. Not “better than before.”

You are completely clean.

Psalm 103:12 says,

“As far as the east is from the west, so far has He removed our sins from us.”

You don’t have to carry fear anymore.

You don’t have to wonder if you’ve done *enough*.

Jesus did enough—**on the cross**.

God Isn’t Waiting to Punish You

Some people think God is just watching and waiting for them to mess up again.

But that’s not who He is.

If you are in Christ, God has already poured out all His wrath—**on Jesus, in your place.**

You don't have to fear God's anger—because Jesus took it for you.

That's called **atonement**. It means the price has been paid.

Forgiveness Frees You

When you believe the gospel, you stop running from God and start running *to* Him.

You don't have to clean yourself up.

You don't have to perform.

You just need to come.

Jesus said:

**“Come to Me, all who are weary and
burdened, and I will give you rest.” —**

Matthew 11:28

Are you tired of trying to manage your
shame?

Are you scared you'll never be clean
enough?

Then come to Jesus. He already knows it
all. He already paid it all. And He's not
afraid of your mess.

He is not like the world. He forgives fully.

He doesn't keep records. He tears them up.

He doesn't say “prove it.” He says, **“It is
finished.”**

So today, stop choosing fear.

Stop managing shame.

Choose forgiveness.

Not the kind you earn—but the kind that
was bought with blood.

Christ's blood. For you.

Chapter 6 Prayer: Forgiveness Over

Fear

Father, I confess my shame and fear. But
today I receive Your full forgiveness, not
just a management plan. Thank You for
removing my sins as far as the east is from
the west. Help me to live free from guilt,
walking boldly as Your forgiven child.

Amen.

Chapter 7: Jesus Didn't Die for

Maintenance

How Recovery Culture Keeps You

Stuck in Survival, Not Victory

Let's be real—most recovery programs teach you how to **survive**, not how to **live**.

They teach you how to “maintain.”

Just get through the day. Just hang on. Just avoid drinking.

But Jesus didn't die so you could barely make it.

He didn't go to the cross just so you could stay in survival mode.

He died so you could live in victory.

You Were Made for More

God didn't rescue you just to have you sit in circles talking about how broken you are.

He saved you because **you were made for a purpose.**

Ephesians 2:10 says:

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

That means God had good plans for you *before you were even born.*

But if you keep living like recovery is your whole identity, you'll miss the life God meant for you to live.

Maintenance Isn't the Goal— Transformation Is

Recovery culture says, “Stay sober.”

Jesus says, “Be made new.”

There's a big difference.

Staying sober is not the finish line. It's just
the first step.

**“If the Son sets you free, you will be free
indeed.” — *John 8:36***

Not just free from drinking.

Free from shame.

Free from fear.

Free to walk boldly in your new identity.

Don't Waste Your Life

You have **free will**. That means every day,
you make real choices.

You can choose to stay stuck—or you can
choose to walk forward with Christ.

You don't have forever to figure it out.

James 4:14 says:

**“What is your life? You are a mist that
appears for a little while and then
vanishes.”**

Your life is like vapor.

A breath.

Here for a moment—then gone.

Don't waste it sitting in meetings talking
about the past.

Don't waste it waiting to "feel ready."

Don't waste it thinking your only goal is
not drinking.

Jesus Gives Victory, Not Just Survival

Christ didn't save you to manage sin.

He saved you to walk in victory.

Romans 8:37 says:

**"In all these things we are more than
conquerors through Him who loved us."**

That means you don't just "get by"—you
overcome.

Not because of how strong you are, but
because of how strong **He is** in you.

So don't settle for maintenance.

Don't settle for surviving.

**Step into your calling. Walk in victory.
And live like your life matters—because
it does.**

Chapter 7 Prayer: Jesus Didn't Die for Maintenance

Jesus, don't let me settle for just surviving
or “maintaining” my sobriety. I want more.
Help me live in the victory You died to
give. Remind me that life is short like
vapor, and that I must use every day to
serve You and fulfill Your purpose. Amen.

Chapter 8: Born Again — Not Just “In Recovery”

Understanding the Complete Spiritual Transformation Jesus Offers

In recovery groups, you'll hear a lot of
people say,

**“Hi, I’m so-and-so, and I’m in
recovery.”**

And they'll say that for the rest of their
life.

Even if they haven't touched a drink in 10
or 20 years.

But if you belong to Jesus, you're not just
in recovery.

You're something far greater:

You're born again.

**You're Not Being Slowly Fixed—You've
Been Made New**

The Bible doesn't say, "Try hard to recover."

It says,

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." — 2

Corinthians 5:17

That's not a slow self-help process.

That's not step-by-step improvement.

That is **spiritual rebirth**.

When Jesus saves you, you're not the same person anymore.

God doesn't just clean you up.

He gives you a new heart.

A new mind.

A new spirit.

You're not a better version of your old self.

You are completely made new.

“In Recovery” Keeps You in the Past

When you keep saying you're “in recovery,” you keep holding on to your old name.

But God has already given you a new one.

You're not what you used to be.

You're not a slave to addiction anymore.

You're not stuck in your past.

“You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ.” — *1 Corinthians*

6:11

That's what's true of you now—if you are in Christ.

You Don't Need a New Label — You Need New Life

Some people try to fix themselves with new habits or new routines.

But only Jesus gives new **life**.

Jesus said in John 3:3:

“Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God.”

Being born again means your heart is changed.

Your desires begin to change.

You start to love what God loves—and hate what He hates.

That doesn't mean you never mess up
again.

But it does mean you're not the same
inside.

You're Not Who You Were

Let the world call you what they want.

Let the old friends try to pull you back into
labels.

But God says you are chosen.

You are adopted.

You are sealed with the Holy Spirit.

You are born again—not just "in
recovery."

Live Like You're New

Recovery culture tells you to manage your
life.

Jesus tells you to **lose your old life—and receive His.**

“Whoever loses his life for my sake will find it.” — *Matthew 10:39*

You were not saved just to sit in rooms
talking about your past.

You were saved to walk in newness of life.

So stop calling yourself what you used to
be.

Start believing what God says is true of
you now.

**You are not in recovery. You are
reborn.**

**Chapter 8 Prayer: Born Again — Not
Just “In Recovery”**

God, thank You for making me new—not just “in recovery,” but born again. Change my heart, mind, and desires. Help me live in the reality of this new life, loving You and following You fully, no longer defined by my past. Amen.

Chapter 9: You Don’t Need a Sponsor, You Need a Savior

Why Mentorship Can’t Replace the Holy Spirit’s Leading

In most recovery programs, they tell you right away:

“You need a sponsor.”

And that sponsor is supposed to guide you. Call them when you’re tempted.

Follow their advice.

Let them help you stay on track.

Now let's be clear—**mentors can be helpful.**

It's not wrong to have someone to talk to.

It's not bad to get wisdom from people.

But here's the truth most people won't say:

Your sponsor can't save you.

And they were never meant to.

Your Sponsor Is Just a Sinner Too

A sponsor is just a human being.

They're flawed. They struggle. They sin.

They might give good advice—or bad advice.

They might help one day—and fail the next.

They are not perfect. They are not Jesus.
So don't build your life around them.

Only the Holy Spirit Can Truly Lead You

When you are born again, God puts His own Spirit inside you.

That means you don't need to depend on someone else to walk the path of truth.

You now have **the Holy Spirit**—
the Helper,
the Comforter,
the Teacher.

Jesus said in John 16:13:

**“When the Spirit of truth comes, He will
guide you into all the truth.”**

Not your sponsor.

Not your program.

The Spirit.

God doesn't need a middleman to speak to
His children.

He speaks to you directly through His
Word, by His Spirit.

Don't Outsource Your Faith

Some people act like their sponsor is their
savior.

But that's dangerous.

You can't borrow someone else's strength
forever.

You need the living power of God working
in **you**.

Philippians 2:13 says,

**“It is God who works in you, both to will
and to work for His good pleasure.”**

It doesn't say your sponsor works in you.

It says **God does**.

A Savior, Not a System

Recovery systems are not bad in and of
themselves.

But they are not salvation.

Jesus didn't go to the cross so you could
follow steps.

He went to the cross so you could be filled
with the Spirit and walk in power.

**“Not by might, nor by power, but by My
Spirit, says the Lord of hosts.” —**

Zechariah 4:6

You don't need someone to manage your
behavior.

You need Someone to **transform your
heart.**

And only the Savior can do that.

Trust the Shepherd, Not Just the Sheep

People may help you on the journey.

But they are sheep—just like you.

Jesus is the Shepherd.

Follow Him.

**“My sheep hear My voice, and I know
them, and they follow Me.” — *John*
10:27**

You don't need to chase a human voice.
You need to listen to the voice of the
Savior.

So yes, you can thank God for mentors.
But don't confuse them with the Messiah.

**Your sponsor didn't die for you. Jesus
did.**

Your sponsor can fall. Jesus never will.

**Chapter 9 Prayer: You Don't Need a
Sponsor, You Need a Savior**

Holy Spirit, guide me daily. Help me not to
rely on flawed people to lead me, but to
trust Your leading. Teach me to hear Your

voice above all others and to lean fully on Jesus—the only true Savior who transforms my heart. Amen.

Chapter 10: Leave the Meeting, Join the Mission

Moving Beyond Maintenance to the Life God Called You to Live

Some people think that recovery meetings are the goal.

They think if they can just keep going, keep staying sober, keep doing the steps—they've made it.

But Jesus didn't save you just to sit in a chair.

He saved you **to send you out.**

“Go therefore and make disciples of all nations...” — *Matthew 28:19*

That’s the mission.

Not just staying clean. Not just surviving.

Jesus called you to something bigger—

To serve. To love. To go.

You Were Saved for a Purpose

You weren’t rescued just to talk about your rock bottom.

You were rescued to show others **the Rock that held you up**—Jesus Christ.

You weren’t saved so you could always look backward.

You were saved to start moving forward.

Ephesians 2:10 says:

**“For we are His workmanship, created
in Christ Jesus for good works, which
God prepared beforehand, that we
should walk in them.”**

You were made for **good works**—
not to earn your salvation,
but to walk in the calling God already gave
you.

You are not called to hide.

You are called to **shine**.

You Were Loved So You Can Love

The world says, “Take care of yourself.”

Jesus says,

“Love one another as I have loved you.”

— *John 13:34*

You love others because He first loved
you.

He didn't wait for you to clean up your
life.

He came while you were still a sinner.
(Romans 5:8)

Now He's sending you to love people who
are still in chains—
the way **He** loved you when you were.

Get Up and Go

There's a world full of people who need
hope.

There are broken hearts who need the
gospel.

There are hurting souls who need to know
what real freedom looks like.

And guess what?

God wants to use you.

Your Life Matters

Your time is short. The Bible says:

“You are a mist that appears for a little time and then vanishes.” — *James 4:14*

So don't waste it.

Don't waste it sitting in a circle rehearsing your pain.

Don't waste it thinking “staying sober” is your highest goal.

You are part of God's mission now.

He chose you. He called you. He's filled you with His Spirit.

So leave the meeting...

and join the mission.

Go serve. Go give. Go speak. Go love.

Because Jesus first loved you.

Chapter 10 Prayer: Leave the Meeting,

Join the Mission

Lord, thank You for rescuing me from

darkness and calling me to a greater

mission. Help me to stop hiding in

meetings and start serving others with the

love You have shown me. Use me to shine

Your light and bring hope to a broken

world. Amen.

Chapter 11: From War Stories to Glory

Stories

How Your Testimony Should Point to Christ, Not Just the Pit You Came From

Let's be honest—

In recovery circles, people love to share
“war stories.”

The crazier the past, the louder the claps.
People talk about how much they drank,
how wild it got, how low they fell.

But that's not a **testimony**—
That's just a **story**.

A real testimony doesn't glorify the pit.
A real testimony glorifies the **God who
pulled you out**.

Don't Brag About the Darkness

Ephesians 5:11 says:

“Take no part in the unfruitful works of darkness, but instead expose them.”

You’re not supposed to entertain people with your sins.

You’re supposed to show them that God is holy—

and He rescued you from something deadly.

Don’t try to shock people with how far you fell.

Shock them with how far **grace** reached to get you.

Make Jesus the Hero

When you share your story, it should be clear:

Jesus is the hero. Not you.

You didn't climb your way out.

You didn't heal yourself.

You didn't "work the program" better than others.

"Salvation belongs to the Lord." —

Psalm 3:8

It was Jesus who saved you.

It was Jesus who changed you.

It is Jesus who keeps you.

The Past Is the Setup—Not the Point

Your past matters—but it's not the main part.

The pit just shows how great the **rescue** was.

Your story is about what God has done,
not just what you have done.

Psalm 40:2-3 says:

**“He drew me up from the pit of
destruction, out of the miry bog,
and set my feet upon a rock, making my
steps secure.**

**He put a new song in my mouth, a song
of praise to our God.”**

Notice that?

The pit is there—

but the story ends with **praise**.

Not shame. Not bragging. **Worship.**

Tell the Glory, Not Just the Gory

People need hope, not horror.

They don’t need another sad story—

they need to see that Jesus is strong enough
to save *anyone*.

So tell them the truth:

Yes, you were lost.

Yes, you were dead in sin.

But God—**rich in mercy**—brought you
back to life. (Ephesians 2:4–5)

That’s the story the world needs.

Not how wild your Friday nights were—
but how faithful your Savior is now.

So tell your story, but tell it the right way:

Point to the cross.

Point to grace.

Point to Christ.

Let your “war stories” become **glory**
stories—

stories that shine a spotlight on **Jesus**.

Chapter 11 Prayer: From War Stories to Glory Stories

Jesus, help me tell my story the right way—not to glorify the pit, but to point others to Your glory. Let my testimony shine as a powerful witness of Your grace and faithfulness. Use my life to lead others to You. Amen.

Chapter 12: The Final Step: Jesus

Why the Only True Healing Comes Through the Cross, Not a Program

You've heard a lot about steps.

Step One. Step Two. Step Three...

But let me tell you something clearly:

The final step is not a number. The final step is a Person.

His name is **Jesus**.

You don't get saved by working a program.

You get saved by coming to the cross—where Jesus bled and died for sinners like us.

**You Must Hear the Bad News Before
You Can Love the Good News**

The Bible says we were all born in sin.

We don't just make bad choices—we have bad hearts.

“There is none righteous, no, not one.”

— *Romans 3:10*

**“All have sinned and fall short of the
glory of God.” — *Romans 3:23***

God’s law isn’t a suggestion—it’s **perfect**.

It says: don’t lie, don’t lust, don’t covet,
don’t hate, don’t disobey.

And the truth is: **we’ve all broken His
law.**

Over and over again.

And because God is holy, He **must** punish
sin.

That means we deserve **hell**—not just a
hard life, but eternal judgment.

That’s the bad news.

And if you don’t feel the weight of it, you
won’t understand the beauty of grace.

Recovery Can't Save You — Only Jesus Can

No step, no meeting, no sponsor can take
away your sin.

Only the blood of Jesus can do that.

You don't need another sobriety coin or
chip.

You need a **cleansed heart**—washed by
the Savior Himself.

**“Without the shedding of blood there is
no forgiveness of sins.” — *Hebrews 9:22***

Jesus didn't come to help you cope.

He came to **die in your place**.

He took the punishment you deserve.

He fulfilled the law you couldn't.

He rose from the grave so you could live
forever.

The Cross Is the Final Step

When Jesus died, He didn't say "Now go
finish the steps."

He said,

"It is finished." — *John 19:30*

Every sin paid for.

Every shame lifted.

Every ounce of wrath satisfied.

You don't add to the cross.

You fall at its feet.

You repent. You believe. You follow.

**"Whoever believes in Him is not
condemned, but whoever does not**

believe is condemned already.” — *John*

3:18

This is not optional.

You must come to Jesus to be saved.

And when you do, He doesn't just patch
you up—

He makes you new.

You Were Saved for Something Bigger

This life isn't just about getting sober.

It's about being made holy.

It's about walking in obedience and
growing in faith until the day you see Him
face to face.

**“For by grace you have been saved
through faith. And this is not your own**

doing; it is the gift of God.” — *Ephesians*

2:8

Grace isn't cheap.

It cost Jesus everything.

But He gives it to you freely.

So stop chasing steps.

Stop trusting programs.

Run to Christ.

He is the final step.

He is the only Savior.

He is the way, the truth, and the life. (John

14:6)

Come to Him today.

Not halfway.

Not someday.

Now.

This is not recovery.

This is **redemption.**

Chapter 12 Prayer: The Final Step:

Jesus

Lord Jesus, You are the final step—my only hope and true healer. Forgive me for trusting programs or steps more than You. Help me fully surrender to Your cross, knowing that in You alone is salvation, freedom, and new life. I trust You now and forever. Amen.

Conclusion: Choose This Day

Let's not dance around it anymore.

You cannot be saved by Alcoholics

Anonymous.

You cannot be born again by working

twelve steps.

You cannot be set free by choosing a
“higher power” that fits your preferences.

**There is one God. His name is not The
Universe. His name is not the Ocean. His
name is not Group Conscience.**

His name is **Jesus Christ**, the risen Lord,
the Judge of all, and the only Savior of
sinners.

AA tells you that any “higher power” will
do.

That is a lie.

A damning, dangerous, and deceptive lie.

There is only **one name** that can save you:

**“There is no other name under heaven
given among men by which we must be
saved.” — *Acts 4:12***

The Real Problem Isn’t Alcohol

It’s **sin**.

Drinking was never your deepest issue.

Your heart was.

You didn’t just have a “habit” — you had
a **hostile heart** toward the God who made
you.

You didn’t just need healing — you
needed to be **reborn**.

And only one Person offers that kind of
salvation: **Jesus Christ**.

AA Can Help You Sit in a Room

But only **Jesus** can give you a **new heart**.

AA gives you a never-ending loop of steps
and slogans.

Jesus gives you a **cross** and an **empty
tomb**.

AA tells you to say “I’m an alcoholic”
forever.

Jesus says,

“You are My child.”

AA leaves the door open to any god you
choose.

Jesus says,

**“I am the way, the truth, and the life. No
one comes to the Father except through
Me.” — *John 14:6***

Choose This Day Whom You Will Serve

Don't be fooled.

You cannot walk both paths.

You cannot cling to Christ while clinging
to a man-made program that **denies His
Lordship.**

You cannot worship a false god one day
and try to pray to Jesus the next.

You cannot honor the world's recovery
system and think God will overlook it.

Jesus doesn't ask for your partnership.

He demands your surrender.

“No one can serve two masters.” —

Matthew 6:24

So the question is simple:

**Will you trust a system, or will you trust
the Son?**

You Were Made for More

You were not created to sit in meetings for
the rest of your life, managing behavior.

You were created for worship.

You were created to serve the King.

You were created to glorify God and enjoy
Him forever.

The steps didn't die for you.

Jesus did.

The program didn't rise from the grave.

Jesus did.

So why would you bow to anything else?

Stop Delaying. Surrender Now.

If you are still trying to do both—

Jesus *and* AA,

the Bible *and* the Big Book,

the cross *and* the coin—

then hear this:

**There is no such thing as divided loyalty
in the Kingdom of God.**

Repent.

Believe.

Be born again.

Not halfway. Not partially. **Fully.**

You don't need another meeting.

You need the **Messiah.**

You don't need a group.

You need **God.**

You don't need the steps.

You need **the Savior**.

“Choose this day whom you will serve...

But as for me and my house, we will

serve the Lord.” — *Joshua 24:15*

This is your moment.

Choose Christ.

About the Author

Hi, I'm Eric Matthew Anderson (please don't say "Hi, Eric") — a man set free from alcohol, not by a program, but by the blood of Jesus Christ.

I didn't get sober because I worked the steps.

I was made new when God opened my eyes, broke my chains, and saved me by grace.

I live in Los Angeles with my beautiful wife and daughter.

