

12 STEPS TO LIVING A FULL LIFE AS AN ORTHODOX CHRISTIAN

We are all addicts — addicts to sin and its self-destructive behavior. Therefore, as AA and other groups struggling to overcome their addictions and self-destructive behaviors use 12-step-programs, here is a suggested Orthodox Christian 12-step-program for those who would like to overcome their addiction to sin, to stop their self-destructive behavior, and to live a full life, with inner peace, love and joy as Orthodox Christians. Of course, the first preliminary step to overcoming any addiction is admitting to ourselves that we are not "OK," and indeed are addicted.



1. Spend time in prayer everyday.

2. Read the Bible and other spiritual reading everyday.

3. Live a clean, moral, Christ-centered, humble life everyday.

4. Be honest and truthful, and flee from lies and deception everyday.

5. Discern the icon of Christ in everyone, and treat each person with respect, and have a reverence for life everyday.

6. Attend Church Services every Saturday evening, Sunday morning and feastdays.

7. Receive Christ's Body and Blood in Holy Communion at every Liturgy, having prepared yourself by forgiveness, repentance, Confession, prayer and fasting.



8. Observe the Church's fasting days and seasons, and also obey the Church's other disciplines.

9. Give alms regularly of what you have — money, time and talents — to help people, and to serve God and His Church.

10. Let your heart be filled with God's Love, Peace and Compassion, and let it flow out to embrace those around you.

11. Open the door of your heart to God — Father, Son and Holy Spirit — for the Lord to dwell in you.

12. Practice the Presence of God continually, and let your heart's desire be — above all else — to always be in communion with the Lord, making Him the Center of your life.

