

12 Steps to Serenity

Talk-bits

Steps #8 & 9: Making Amends

We became willing to make amends to all persons we had harmed, and made direct amends to such people wherever possible, except when to do so would inure them or others.

(Note: Read this daily.)

Sunday, February 19

Luke 6:37-38

"Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

Talk-bit: What are you missing out on by not making amends with someone you've hurt?

Prayer: God, I see that sometimes I need to forgive before I can experience forgiveness. Give me courage to make amends.

Monday, February 20

Matthew 6:14-15

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Talk-bit: Who do you struggle to forgive? How does this interfere with your relationship with God?

Prayer: God, help me to see that I'm the one who's hurt the most when I withhold forgiveness.

Tuesday, February 21

(Don't forget to read "Step #8&9" at the top of the page each day.)

Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Talk-bit: Consider how your forgiveness through Jesus Christ gives reason for you to make amends with people in your life.

Prayer: Jesus, I don't deserve what you've done for me! Inspire me to work at making amends even when it seems very difficult.

Wednesday, February 22

Mark 11:25

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."

Talk-bit: How does unforgiveness affect a person's prayers?

Prayer: God, make me see how my need to make amends with others is affecting my relationship with you.

Thursday, February 23

Romans 13:8

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law.

Talk-bit: Why would your love for the people in your life be thought of as a "continuing debt"? In what way does making amends affect your love-debt?

Prayer: God, give me the ability to love people in ways that bring healing.

Friday, February 24

Philippians 2:3-4

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to our own interest, but also to the interests of others.

Talk-bit: Even though making amends is personally difficult, is it something you might choose to do for someone else's sake?

Prayer: God, as I think about making amends, guide me to see how this is important for the sake of others as well as important for me.

Saturday, February 25

1 John 4:19-20

We love because he first loved us. If anyone says, "love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen.

Talk-bit: How has making amends been a demonstration of your love for God?

Prayer: Lord God, make me consistent in loving both you and the people you've put in my life.