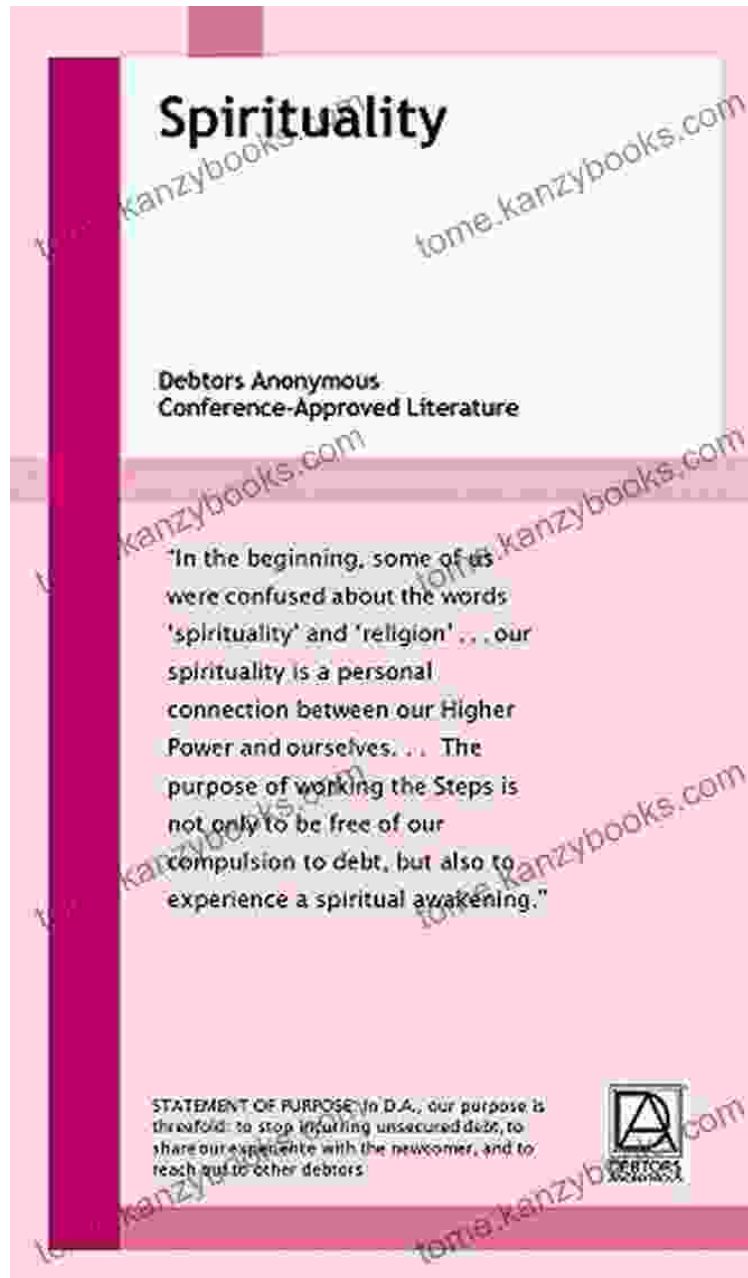


# Spirituality Debtors Anonymous Conference Approved Literature: A Guide to Recovery



Spirituality Debtors Anonymous Conference Approved Literature is a book that provides guidance and support for those struggling with addiction and seeking recovery through spirituality. The book is written by a group of

recovering addicts who have found success in their own recovery through the principles of Spirituality Debtors Anonymous (SDA).



## Spirituality: Debtors Anonymous Conference-Approved Literature by Debtors Anonymous

★★★★★ 5 out of 5

Language	: English
File size	: 482 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 14 pages
Lending	: Enabled



SDA is a 12-step program that is based on the principles of Alcoholics Anonymous (AA). However, SDA has a more explicitly spiritual focus than AA. The program emphasizes the importance of a Higher Power in recovery and encourages members to develop a personal relationship with God.

The book Spirituality Debtors Anonymous Conference Approved Literature is a valuable resource for anyone who is struggling with addiction and seeking recovery through spirituality. The book provides practical guidance on how to work the 12 steps of SDA, how to develop a relationship with a Higher Power, and how to live a sober and fulfilling life.

### **The 12 Steps of Spirituality Debtors Anonymous**

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

## **The Importance of a Higher Power in Recovery**

The 12 steps of SDA emphasize the importance of a Higher Power in recovery. The program teaches that we cannot recover from addiction on our own. We need the help of a Higher Power to guide us and give us strength.

For some people, the Higher Power is God. For others, it may be a different concept, such as nature, the universe, or a spiritual guide. Whatever our concept of a Higher Power, it is important to have faith that there is a power greater than ourselves that can help us recover from addiction.

## **Developing a Personal Relationship with God**

The 12 steps of SDA also encourage us to develop a personal relationship with God. This relationship is based on trust, faith, and love. It is a relationship that can help us to grow spiritually and to live a sober and fulfilling life.

There are many different ways to develop a personal relationship with God. Some people find it helpful to pray, meditate, or read spiritual books. Others find it helpful to attend religious services or to connect with nature. Whatever way we choose to connect with God, it is important to be open to His presence and guidance in our lives.

## **Living a Sober and Fulfilling Life**

The 12 steps of SDA can help us to recover from addiction and to live a sober and fulfilling life. The program teaches us how to develop a relationship with a Higher Power, how to make amends for our past mistakes, and how to live a life based on honesty, integrity, and service.

If you are struggling with addiction, I encourage you



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by Debtors Anonymous

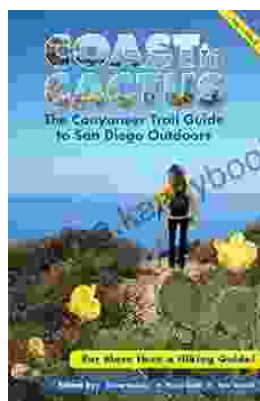
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