

MARK TWELVE RECOVERY

A Christian Path to Sobriety

MEETING FORMAT

Welcome to Mark Twelve Recovery. My name is _____, and I am a grateful believer in Jesus Christ.

Mark Twelve Recovery is a Christ-centered fellowship of men and women who share their experience, strength, and hope with each other so that they may find healing and help others recover. Our program is founded on the Great Commandment given by Jesus in Mark 12:30-31:

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: "Love your neighbor as yourself."
There is no commandment greater than these.*

We believe that recovery is possible through the transforming power of God's grace. We do not view addiction as a moral failure but as a struggle that requires healing of the whole person—heart, soul, mind, and strength.

The only requirement for membership is a desire to stop our destructive behaviors and to grow in our relationship with Christ. There are no dues or fees. We are fully self-supporting through our own contributions.

The primary purpose of Mark Twelve Recovery is to find freedom from our struggles and to help others who suffer find the same freedom through Christ.

Let us begin with a moment of silence for our Savior's sacrifice.

I've asked _____ to offer an opening prayer for us.



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LOVE GOD

"Love the Lord your God with all your heart." — Mark 12:30

Recovery begins with surrender. For too long, we placed ourselves, our addictions, our fears, and our pain at the center of our lives. We tried to control what we could not control. We trusted in our own strength, and we failed.

To love God with all our heart means to give Him first place. It means acknowledging that we are powerless over our struggles and that only He has the power to restore us. When we surrender our hearts to God, we exchange our brokenness for His wholeness, our despair for His hope, our bondage for His freedom.

Loving God is not merely an emotion; it is a daily decision. It is choosing to seek Him first in the morning, to turn to Him in moments of temptation, to trust Him when circumstances overwhelm us. It is recognizing that His love for us came first and responding to that love with gratitude and devotion.

Scripture tells us, *"We love because He first loved us"* (1 John 4:19). God's love is not contingent upon our performance or our sobriety. He loved us while we were still lost in our addiction. His grace meets us exactly where we are.

Today, we choose to love God above all else—above our cravings, above our comfort, above our old ways of coping. We open our hearts to receive His love and to return it through obedience, worship, and trust.

Lord, we surrender our hearts to You. Teach us to love You above all things.



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LOVE YOURSELF

"Love your neighbor as yourself." — Mark 12:31

Hidden within the Great Commandment is a truth many of us have overlooked: we cannot truly love others until we learn to love ourselves. Jesus assumed that self-love would be the standard by which we measure our love for our neighbor. Yet for many in recovery, self-love is the hardest love of all.

Shame, guilt, and regret have become our constant companions. We have rehearsed our failures, magnified our flaws, and convinced ourselves that we are beyond redemption. Our addiction whispered lies: *You are worthless. You will never change. You deserve your suffering.*

But God speaks a different word over us. Scripture declares that we are *"fearfully and wonderfully made"* (Psalm 139:14). We are created in God's image, chosen before the foundation of the world, and adopted as His beloved children. Our value does not come from our achievements or our sobriety—it comes from the One who created us and calls us His own.

To love ourselves rightly is not pride or selfishness. It is agreeing with God about who He says we are. It is receiving His forgiveness and refusing to condemn what He has pardoned. It is caring for our bodies, renewing our minds, and nurturing our souls as temples of the Holy Spirit.

Today, we choose to see ourselves through God's eyes. We release the shame of our past and embrace the identity Christ has given us: forgiven, redeemed, and deeply loved.

Lord, help us to see ourselves as You see us—beloved and worthy of care.



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LOVE YOUR NEIGHBOR

"Love your neighbor as yourself." There is no commandment greater than these.
— Mark 12:31

Addiction is a disease of isolation. It drives us into darkness, convinces us that no one understands, and severs the connections that sustain us. We withdrew from family, friends, and community. We hurt those who loved us most. We believed we could recover alone.

But God designed us for relationship. From the beginning, He declared, *"It is not good for man to be alone"* (Genesis 2:18). Recovery happens in community—in the fellowship of others who share our struggles and understand our pain. We need each other.

To love our neighbor means to show up. It means listening without judgment, sharing honestly about our own journey, and extending the same grace we have received. It means making amends to those we have harmed and rebuilding the relationships our addiction destroyed.

Loving our neighbor also means service—carrying the message to others who still suffer. Scripture reminds us, *"Carry each other's burdens, and in this way you will fulfill the law of Christ"* (Galatians 6:2). Our recovery is not complete until we give it away.

Today, we commit to loving our neighbors as ourselves. We will be present for one another, honest with one another, and patient with one another. Together, with Christ at the center, we will walk the road to recovery.

Lord, bind us together in love. Use us to be Your hands and feet to those who suffer.



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SCRIPTURE MASTER LIST

Meeting Topic Reference Guide

This master list contains all Scripture references used throughout the Mark Twelve Recovery program materials. Each verse includes a brief summary to help meeting facilitators and participants select topics for discussion. Choose a verse that speaks to where you are in your recovery journey.

FOUNDATION — The Great Commandment

Scripture	Meeting Topic Summary
Mark 12:30-31	The Great Commandment: Loving God with all your heart, soul, mind, and strength, and loving your neighbor as yourself. The foundation of Christian recovery.

MODULE 1 — Heart

Scripture	Meeting Topic Summary
Proverbs 4:23	Guarding your heart: Everything in life flows from your heart. Protecting your emotional and spiritual center.
Ezekiel 36:26	A new heart: God's promise to replace our hardened heart with a soft, responsive one. Transformation from the inside out.
Psalms 147:3	Healing the brokenhearted: God binds up our wounds. His tender care for emotional pain and trauma.
Psalms 34:18	God's nearness in pain: The Lord is close to the brokenhearted. Finding God's presence in our lowest moments.
Psalms 51:10	Create in me a clean heart: David's prayer for inner renewal. Asking God for purity and steadfastness.
Jeremiah 17:9	The deceitful heart: Our hearts can mislead us. The need for honest self-examination and God's guidance.
Psalms 139:23-24	Search me, O God: Inviting God to examine our hearts and reveal hidden struggles. Honest inventory.

MODULE 2 — Soul

Scripture	Meeting Topic Summary
Mark 8:34-35	Deny yourself and follow: The paradox of losing your life to find it. Surrender as the path to freedom.
Galatians 2:20	Crucified with Christ: No longer I who live. Letting Christ live through us. Identity transformation.
Matthew 11:28-29	Come to Me and find rest: Jesus' invitation to the weary. Trading our burdens for His easy yoke.
Proverbs 3:5-6	Trust in the Lord: Not leaning on our own understanding. Acknowledging God in all our ways.
2 Corinthians 5:17	New creation: The old has passed away. Our identity in Christ erases our past. Fresh starts.
Romans 12:1	Living sacrifice: Presenting our bodies to God. Our whole life as worship. Daily surrender.
Philippians 1:6	He who began a good work: God will complete what He started in us. Confidence in the process.

MODULE 3 — Mind

Scripture	Meeting Topic Summary
Romans 12:2	Renewing your mind: Being transformed by new thinking. Breaking free from worldly patterns.
2 Corinthians 10:5	Taking thoughts captive: Every thought obedient to Christ. Winning the battle in our minds.
Philippians 4:8	Think on these things: Whatever is true, noble, right, pure, lovely. Choosing healthy thought patterns.
Isaiah 26:3	Perfect peace: Keeping your mind stayed on God. Peace through trust and focus.
John 8:32	The truth will set you free: Knowing truth brings freedom. Rejecting the lies of addiction.
2 Timothy 1:7	Spirit of power, love, self-control: God did not give us fear. Overcoming anxiety and shame.
Psalms 119:11	Word hidden in my heart: Scripture memorization as protection. God's Word as a defense.

MODULE 4 — Strength

Scripture	Meeting Topic Summary
1 Corinthians 6:19-20	Your body is a temple: Bought at a price. Honoring God with our physical choices.
Galatians 5:16	Walk by the Spirit: Not gratifying the flesh. Practical daily dependence on God's power.
Philippians 4:13	I can do all things: Strength through Christ. His power enabling our recovery.
Isaiah 40:31	Soar on wings like eagles: Renewed strength through waiting on the Lord. Endurance.
2 Corinthians 12:9	My grace is sufficient: Strength made perfect in weakness. Power through surrender.
Galatians 5:22-23	Fruit of the Spirit: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

LOVE YOURSELF — Self-Acceptance in Recovery

Scripture	Meeting Topic Summary
Psalms 139:14	Fearfully and wonderfully made: Your worth comes from God, not your achievements. Embracing your identity.
1 John 4:19	We love because He first loved us: God's love came first. Receiving love to give love.
Ephesians 2:10	God's workmanship: Created for good works He prepared. Purpose despite our past.
Romans 8:1	No condemnation: Freedom from guilt for those in Christ. Releasing shame.
Zephaniah 3:17	He delights in you: God rejoices over us with singing. Feeling His delight, not disappointment.
Isaiah 43:4	You are precious and honored: God's declaration of our value. Seeing ourselves as treasured.

LOVE YOUR NEIGHBOR — Community and Relationships

Scripture	Meeting Topic Summary
Genesis 2:18	Not good to be alone: God designed us for relationship. Breaking isolation.
Galatians 6:2	Carry each other's burdens: Fulfilling the law of Christ through mutual support. Fellowship.
Luke 10:30-37	The Good Samaritan: Who is my neighbor? Expanding our circle of compassion.
John 13:34-35	Love one another: The world knows us by our love. Witness through relationship.
Romans 12:10	Honor one another above yourselves: Preferring others. Humility in community.
Romans 12:18	Live at peace with everyone: As far as it depends on you. Making amends, seeking reconciliation.
Colossians 3:13	Forgive as the Lord forgave you: Releasing resentments. Freedom through forgiveness.
1 Corinthians 12:26	One part suffers, all suffer together: The body of Christ. Shared pain and shared joy.
James 5:16	Confess your sins to each other: The healing power of honest community. Breaking secrecy.
Hebrews 10:24-25	Spur one another on: Not giving up meeting together. The importance of fellowship.

