

灵程十二步	The Twelve Steps
<p>1. 我们承认自己已无能力控制沈溺行为，并且我们的生活已变得一团糟。我也知道，在我里头，就是我肉体之中，没有良善。因为立志为善由得我，只是行出来由不得我。(罗7:18)</p>	<p>1. We admitted we were powerless over alcohol—that our lives had become unmanageable. I know that nothing good lives in me, that is, in my sinful nature.[a] For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)</p>
<p>2. 我们相信一位较我们能力更大的，能恢复我们的理智。因为你们立志行事，都是神在你们心里运行，为要成就他的美意。(腓2:13)</p>	<p>2. Came to believe that a Power greater than ourselves could restore us to sanity. for it is God who works in you to will and to act according to his good purpose. (Philippians 2:13)</p>
<p>3. 我们决定将自己的意志及生命交给神。 所以，弟兄们，我以神的慈悲劝你们，将身体献上，当作活祭，是圣洁的，是神所喜悦的；你们如此事奉，乃是理所当然的。(罗12:1)</p>	<p>3. Made a decision to turn our will and our lives over to the care of God as we understood Him. Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual[a] act of worship. (Romans 12:1)</p>
<p>4. 对自己做一番勇敢无畏的道德检查探索。 我们当深深考察自己的行为，再归向耶和华。(哀3:40)</p>	<p>4. Made a searching and fearless moral inventory of ourselves. Let us examine our ways and test them, and let us return to the LORD. Lamentations 3:40</p>
<p>5. 向神、自己及别人承认我们真正的过错。 所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量，是大有功效的。(雅5:16)</p>	<p>5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (James 5:16)</p>
<p>6. 我们充分预备好让神除去这些个性中的缺陷。 务要在主面前自卑，主就必叫你们升高。(雅4:10)</p>	<p>6. Were entirely ready to have God remove all these defects of character. Humble yourselves before the Lord, and he will lift you up. (James 4:10)</p>
<p>7. 我们谦虚地请求神除去我们所有的缺点。 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。(约壹1:9)</p>	<p>7. Humbly asked Him to remove our shortcomings. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)</p>
<p>8. 我们列出自己曾伤害过的人的清单，并愿意作出补偿。 你们愿意人怎样待你们，你们也要怎样待人。(路6:31)</p>	<p>8. Made a list of all persons we had harmed, and became willing to make amends to them all. Do to others as you would have them do to you. (Luke 6:31)</p>
<p>9. 我们直接主动地给这些受伤的人补偿，除非如此做会更伤害他们或其它人。 所以你在祭坛上献礼物的时候，若想起弟兄向你怀怨，就把礼物留在坛前，先去同弟兄和好，然后来献礼物。(太5:23-24)</p>	<p>9. Made direct amends to such people wherever possible, except when to do so would injure them or others. "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matthew 5:23-24)</p>
<p>10. 我们继续检视自己，一旦发现自己错了便立刻承认及更正。 所以自己以为站得稳的，须要谨慎，免得跌倒。(林前10:12)</p>	<p>10. Continued to take personal inventory and when we were wrong promptly admitted it. So, if you think you are standing firm, be careful that you don't fall! (1 Corinthians 10:12)</p>
<p>11. 我们透过祷告、默想和读经，来改进与神的接触，并且以祈祷明白祂对我们的旨意，及得到能力去完成这些旨意。 当用各样的智能，把基督的道理丰富富地存在心里，用诗章、颂词、灵歌，彼此教导，互相劝戒，心被感恩，歌颂神。(西3:16)</p>	<p>11. 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. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. (Colossians 3:16)</p>
<p>12. 在实行了这十二步骤而获得了灵魂上的醒悟后，我们要尽力将此重生的信息带给其它仍在沉溺中的人，并在生活中全面实行所学的原则。 弟兄们，若有人偶然被过犯所胜，你们属灵的人，就当用温柔的心，把他挽回过来。又当自己小心，恐怕也被引诱。(加6:1)</p>	<p>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. Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)</p>

