

Journey to Life

Anchored in Christ



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Journey to Life is a publication of Adventist Recovery Ministries (ARMin), a ministry of the North American Division of Seventh-day Adventists.

DECEMBER 2025

The Twelve Steps Adapted to the Christmas Story

Adapted from the Journey to Wholeness

In this special December reflection, the Twelve Steps of Journey to Wholeness are reframed through the lens of the Christmas story, shaped by themes of hope, humility, repentance, and renewal. Together, they remind us that recovery is about making room for Christ to do His restoring work in every part of life.

This reflection invites readers to engage the Twelve Steps not only as ideas, but as a shared spiritual response to the Christmas story. Each step pairs a moment from the birth narrative of Jesus with a corresponding recovery principle, reminding us that God meets people in ordinary places and unfinished lives.

Facilitators may choose to use this reading in a variety of ways:

- Read the first line of each step aloud, inviting the group to read the bolded response together
- Pause after each step for silent reflection or brief sharing
- Encourage participants to notice which step or character resonates most during this season

Step One – Honest About Our Need

The shepherds watched through the darkness of night. We admit that we are powerless over our compulsions, obsessions, and addictions, and that our lives had become unmanageable.

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A Christmas Prayer for Recovery

Our loving Father,

We thank You for the gift of Jesus— Emmanuel, God with us— who entered our broken world to bring healing, restoration, and hope.

During this Christmas season, we lift up those walking the journey of recovery. You see the weight they carry, the memories they face, and the daily choices they make to walk in newness of life.

Anchor their hearts firmly in Christ— our sure Foundation and steady Rock. When emotions rise and circumstances shift, keep them grounded in Your truth, secured by Your love, and held fast by the hope we have in Jesus.

Anchor them in Your safety, that they may know they are seen, protected, and held in Your care. Strengthen healthy relationships, placing supportive people around them who reflect the compassion and patience of Christ.

Grant emotional peace and self-control through Your Spirit, that anxious hearts may find calm and weary minds may rest in Your promises.

(continued on back)

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AdventistRecovery.org



Seventh-day Adventist Church
NORTH AMERICAN DIVISION

ADVENTIST RECOVERY
MINISTRIES

This course is absolutely needed in the world that we live in today.

~ Mark K, Every Step Counts Online Course Participant



Christmas Prayer, cont.

Build resilience and hope, helping each person take faithful steps forward, one day at a time, trusting in Your restoring power.

As Jesus came humbly to dwell among us, come and dwell within us today. Teach us, as a church family, to be instruments of Your healing grace— offering understanding, encouragement, and love without judgment.

We thank You for the gift of salvation, the healing You bring now, and the promise of complete restoration when Jesus comes again.

In the precious name of Jesus,

Amen.



He gives strength to the weary and increases the power of the weak.

Isaiah 40:29

Journey to Wholeness at the South Bend Berean Transformation Center

David Sedlacek, PhD, LCSW, CFLE

Journey to Wholeness was birthed in 2010 when Adventist Recovery Ministries (ARMin) formally built on the foundation laid by SDA Regeneration and its founder, Hal Gates. It was shortly after this that David Sedlacek, a member of the ARMin board, petitioned his church, the Berean Seventh-day Adventist Church in South Bend, Indiana, to vote the approval of the formation of a Journey to Wholeness group at the church. Prior to the vote of the board, an Addiction Awareness Sabbath program was conducted to inform the members of the church about addiction, its treatment, and the benefits of hosting a Journey to Wholeness group at Berean. The request was unanimously approved by the Church Board and the group began operation in 2011.

The group met face-to-face on Tuesday evenings from 7:00 to 8:00 pm in the pastor's study for many years. This room was chosen because it was safe and accessible. The meeting was advertised in the church bulletin and in the free advertising section of the South Bend Tribune. Contact was also made with the South Bend probation office from which several referrals were made to the Journey Group for those seeking a Christ-Centered 12-step group.

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NADhealth.org

Upcoming Trainings

Scan the QR code for details about each opportunity.



February 7-8, 2026 • Altamonte Springs, Florida
Journey to Wholeness Facilitator Training

February 20-22, 2026 • Virtual Health Training
Courses available on the TAGS: trauma, addition, grief, suicide

September 19-20, 2026 • Goodlettsville, TN
Journey to Wholeness Facilitator Training