1. **Realize** I’m not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

   *Happy are those who know they are spiritually poor*

2. **Earnestly** believe that God exists, that I matter to Him, and that He has the power to help me recover.

   *Happy are those who mourn, for they shall be comforted.*

3. **Consciously** choose to commit all my life and will to Christ’s care and control

   *Happy are the meek.*

4. **Openly** examine and confess my faults to myself, to God, and to someone I trust.

   *Happy are the pure in heart.*

5. **Voluntarily** submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

   *Happy are those whose greatest desire is to do what God requires.*

6. **Evaluate** all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I’ve done to others, except when to do so would harm them or others.

   *Happy are the merciful. Happy are the peacemakers.*

7. **Reserve** a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

8. **Yield** myself to God to be used to bring this Good News to others, both by my example and by my words.

   *Happy are those who are persecuted because they do what God requires.*