

## TEN PRINCIPLES OF SPIRITUAL FORMATION

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Each person's spiritual journey will follow a different path, but they will all be based on similar foundational principles. With special thanks to our friends in AA, OA, NA and Al-Anon, our current Principles are:



- (1) We admit that we need help in finding and understanding the true loving nature of God and what it means for our life.
- (2) We seek a loving and compassionate relationship with our Creator as we understand Him. We come to believe, *really believe*, that He loves us no matter what.
- (3) It is ultimately through God's grace that we find our true self, the way He made us in our own special way.
- (4) We will turn our will and our life over to God's care so that He can help us remove our shortcomings.
- (5) We will take regular inventory through reflection, observation and nonjudgmental self-awareness of our character and nature, and continually learn about our true self, the image of God in us.
- (6) We will admit to God, to ourselves, and to another human being the current nature of our spiritual growth needs.
- (7) We will humbly ask God through a life of prayer, reflective study and service to allow our true nature with its special gifts to be free to be used in His service.
- (8) We will identify all persons that we may have harmed and be willing to reconcile with them directly where possible, unless to do so would cause greater harm.
- (9) We will carry these principles with us moment by moment, bringing God's Presence into our life, to demonstrate God's love for others and the world.
- (10) Knowing that this is a life-long journey, we will allow ourselves "do overs" as often as we need them.