



WELLSPRING

3-STEP RECOVERY

for individuals and groups*
*group guidelines included

WELLSPRING 3-STEP RECOVERY incorporates aspects of recovery that were found especially helpful. The hope is that each participant will ultimately find lasting sobriety and freedom from their respective addiction(s) through careful adherence to these integral facets, to include:

- a) A Higher Power- **WELLSPRING** offers a very specific higher power in Jesus the Christ.

- b) 3 Steps- **WELLSPRING** offers 3 daily steps to recovery:
 - 1) Becoming 'poor in spirit' (Choose Faith)
 - 2) Becoming 'those who mourn' (Choose Repentance)
 - 3) Becoming 'meek' (Choose Blessing)

- c) Deep Healing- **WELLSPRING** offers an opportunity for participants to take an honest inventory of their greatest fears, resentments, and harms to others.

Additionally, Proverbs 4:23-27 is provided from the Holy Bible to frame the problem. Psalm 113-118 is provided to frame the provision. Finally, Matthew 5:3-10 provides the steps (vs. 3-5), the blessings (vs. 3-9) and the admonition (vs. 10) of the process to lasting freedom.

Each participant, whether individually or in a group, is encouraged to follow the *guidelines daily.

GUIDELINES

THE PROBLEM

- 1) Begin session by reading **PROVERBS 4:23-27** aloud.
- 2) Read **PREAMBLE** aloud.
- 3) State group rules:
 - a) Use only 'I' statements
 - b) Allow comments without interruption
 - c) Keep all shared information confidential
 - d) Address individuals directly (one-on-one) before or after session

THE PROCESS

- 4) Read Matthew 5:3-9 aloud.
- 5) Everyone share individual **FAITH**.
- 6) Everyone share individual **REPENTANCE** from 'My Part' of inventories.
- 7) Everyone share individual **BLESSING**.

THE PROVISION

- 8) Read Hallel Psalms aloud.
 - 9) Dismiss
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THE PROBLEM

PROVERBS 4:23-27

*“Above all else, guard your HEART, for it
is the wellspring of life.*

*Put away perversity from your MOUTH;
keep corrupt talk far from your lips.*

*Let your EYES look straight ahead, fix your
gaze directly before you.*

*Make level paths for your FEET and take
only ways that are firm.*

*Do not swerve to the right or the left; keep
your foot from evil.”*

PREAMBLE

WELLSPRING is a philosophy whose aim is to guide its participants along a path of daily repentance that includes setting our minds to making a covenant with our EYES, MOUTHS and FEET. It is the belief of this group that these instruments of our body comprise the very HEART of each of us and must be harnessed to the glory of our higher calling in God our Savior. We believe this is accomplished through daily:

- 1) Being 'poor in spirit'
- 2) Being 'those who mourn'
- 3) Being 'meek'

THE PROCESS

MATTHEW 5:3-9

*“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.*

*Blessed are those who mourn,
for they will be comforted.*

*Blessed are the meek,
for they will inherit the earth.*

*Blessed are those who hunger and thirst for
righteousness,*

for they will be filled.

*Blessed are the merciful,
for they will be shown mercy.*

*Blessed are the pure in heart,
for they will see God.*

*Blessed are the peacemakers,
for they will be called sons of God.”*

FAITH

“Blessed are the poor in spirit...”

I Trust:

REPENTANCE

“Blessed are those who mourn...”

I Repent (‘My Part’ of Fear Inventory):

I Repent (‘My Part’ of Resentment Inventory):

I Repent (‘My Part’ of Harm Inventory):

BLESSING

“Blessed are the meek...”

My ***‘theirs is the kingdom of heaven’*** blessing:

My ***‘they will be comforted’*** blessing:

My ***‘they will inherit the earth’*** blessing:

My ***‘those who hunger and thirst for righteousness’*** blessing:

BLESSING

My *'they will be filled'* blessing:

My *'merciful'* blessing:

My *'they will be shown mercy'* blessing:

My *'pure in heart'* blessing:

My *'they will see God'* blessing:

BLESSING

My *'peacemakers'* blessing:

My *'they will be called sons of God'* blessing:

THE PROVISION

PRAYER

Psalm 113

Praise the Lord.
Praise, O servants of the
lord, praise the name of
the Lord.
Let the name of the Lord
be praised, both now and
forevermore.
From the rising of the sun
to the place where it sets,
the name of the Lord is to
be praised.
The Lord is exalted over
all the nations,
his glory above the
heavens.
Who is like the Lord our
God, the One who sits
enthroned on high,
who stoops down to look
on the heavens and the
earth?
He raises the poor from
the dust and lifts the
needy from the ash heap;
he seats them with princes,
with the princes of their
people.
He settles the barren
woman in her home
as a happy mother of
children.
Praise the Lord.

Psalm 114

When Israel came out of
Egypt, the house of Jacob
from a people of foreign
tongue,
Judah became God's
sanctuary, Israel his
dominion.
The sea looked and fled,
the Jordan turned back;

the mountains skipped
like rams, the hills like
lambs.
Why was it, O sea, that
you fled,
O Jordan, that you turned
back,
you mountains, that you
skipped like rams, you
hills, like lambs?
Tremble, O earth, at the
presence of the Lord,
at the presence of the God
of Jacob,
who turned the rock into a
pool, the hard rock into
springs of water.

Psalm 115

Not to us, O Lord, not to
us
but to your name be the
glory, because of your love
and faithfulness.
Why do the nations say,
"Where is their God?"
Our God is in heaven;
he does whatever pleases
him.
But their idols are silver
and gold, made by the
hands of men.
They have mouths, but
cannot speak, eyes, but
they cannot see.
They have ears, but cannot
hear, noses, but they
cannot smell.
They have hands, but
cannot feel, feet, but they
cannot walk, nor can they
utter a sound with their
throats.

Those who make them
will be like them, and so
will all who trust in them.
O house of Israel, trust in
the Lord — he is their help
and shield.
O house of Aaron, trust in
the Lord — he is their help
and shield.
You who fear him, trust in
the Lord —
he is their help and shield.
The Lord remembers us
and will bless us: He will
bless the house of Israel,
he will bless the house of
Aaron,
he will bless those who
fear the Lord —
small and great alike.
May the Lord make you
increase, both you and
your children.
May you be blessed by the
Lord, the Maker of heaven
and earth.
The highest heavens
belong to the Lord, but the
earth he has given to man.
It is not the dead who
praise the Lord, those who
go down to silence;
it is we who extol the
Lord, both now and
forevermore.
Praise the Lord.

Psalm 116

I love the Lord, for he
heard my voice; he heard
my cry for mercy.
Because he turned his ear
to me, I will call on him as
long as I live.

PRAYER

The cords of death
entangled me, the anguish
of the grave came upon
me;

I was overcome by trouble
and sorrow.

Then I called on the name
of the Lord: "O Lord, save
me!"

The Lord is gracious and
righteous; our God is full
of compassion.

The Lord protects the
simplehearted; when I was
in great need, he saved
me.

Be at rest once more, O my
soul, for the Lord has been
good to you.

For you, O Lord, have
delivered my soul from
death,

my eyes from tears,
my feet from stumbling,
that I may walk before the
Lord in the land of the
living.

I believed, therefore I said,
"I am greatly afflicted";
And in my dismay I said,
"All men are liars."

How can I repay the Lord
for all his goodness to me?
I will lift up the cup of
salvation and call on the
name of the Lord.

I will fulfill my vows to
the Lord in the presence of
all his people.

Precious in the sight of the
Lord is the death of his
saints.

O Lord, truly I am your
servant; I am your servant,
the son of your

maidservant; you have
freed me from my chains.
I will sacrifice a thank
offering to you and call on
the name of the Lord.

I will fulfill my vows to
the Lord in the presence of
all his people,
in the courts of the house
of the Lord— in your
midst, O Jerusalem.

Praise the Lord

Psalm 117

Praise the Lord, all you
nations; extol him, all you
peoples.

For great is his love
toward us,
and the faithfulness of the
Lord endures forever.

Praise the Lord.

Psalm 118

Give thanks to the Lord,
for he is good; his love
endures forever.

Let Israel say: "His love
endures forever."

Let the house of Aaron
say: "His love endures
forever."

Let those who fear the
Lord say: "His love
endures forever."

In my anguish, I cried to
the Lord, and he answered
by setting me free.

The Lord is with me; I will
not be afraid. What can
man do to me?

The Lord is with me; he is
my helper. I will look in
triumph on my enemies.
It is better to take refuge in
the Lord than to trust in
man.

It is better to take refuge in
the Lord than to trust in
princes.

All the nations surrounded
me, but in the name of the
Lord I cut them off.

They surrounded me on
every side, but in the name
of the Lord I cut them off.

They swarmed around me
like bees, but they died out
as quickly as burning
thorns; in the name of the
Lord I cut them off.

I was pushed back and
about to fall, but the Lord
helped me.

The Lord is my strength
and my song;
he has become my
salvation.

Shouts of joy and victory
resound in the tents of the
righteous: "The Lord's
right hand has done
mighty things!"

The Lord's right hand is
lifted high; the Lord's right
hand has done mighty
things!"

I will not die but live,
and will proclaim what the
Lord has done.

The Lord has chastened
me severely, but he has
not given me over to
death.

Open for me the gates of
righteousness; I will enter

MATTHEW 5:10

*“Blessed are those who are persecuted
because of righteousness,
for theirs is the kingdom of heaven.”*

(i.e. REPEAT)

PRAYER

and give thanks to the
Lord.

This is the gate of the Lord
through which the
righteous may enter.

I will give you thanks, for
you answered me; you
have become my salvation.

The stone the builders
rejected has become the
capstone;

the Lord has done this,
and it is marvelous in our
eyes.

This is the day the Lord
has made; let us rejoice
and be glad in it.

O Lord, save us! O Lord,
grant us success!

Blessed is he who comes in
the name of the Lord.

From the house of the
Lord we bless you.

The Lord is God, and he
has made his light shine
upon us. With boughs in
hand, join in the festal
procession up to the horns
of the altar.

You are my God, and I
will give you thanks;
you are my God, and I will
exalt you.

Give thanks to the Lord,
for he is good;
his love endures forever.