BIBLICAL PRINCIPLES THAT CAN BE APPLIED TO STEP ONE IN AA

**Step One of Alcoholics Anonymous says:**

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

One old timer [40 years sobriety] writes that “this step is about honesty, humility, surrender, and the recognition of personal need.” Each of these principles are rooted in Scripture.

Here are several **biblical principles** and **related verses** that connect well to Step One.

After consideration of the biblical principle, examine the Scriptures and ask yourself what this verse has to do with the principle.

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🔹 **1. Admitting Powerlessness — Humility Before God**

**Biblical Principle:** True healing begins with acknowledging our weakness and need for God.

- **2 Corinthians 12:9**
- **James 4:10**
- **Psalm 34:18**

➡️ *Just as Step One calls us to admit our powerlessness, the Bible calls us to humility and surrender so God can begin His work.*

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🔹 **2. Recognizing Unmanageability — Confession and Truthfulness**

**Biblical Principle:** Healing starts with walking in the truth, not hiding our brokenness.

- **1 John 1:8-9**
- **Proverbs 28:13**
- **Psalm 51:17**

➡️ *Step One reflects a biblical call to confess and come clean, allowing God to meet us in our reality.*

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🔹 **3. Surrendering Control — Letting Go of Self-Reliance**

**Biblical Principle:** We are not in control—God is. Real life begins when we stop trying to save ourselves.

- **Proverbs 3:5-6**
- **Romans 7:18-19**
- **Matthew 16:24**

➡️ *The unmanageable life calls for a Savior—not self-effort. The Bible supports surrender as the starting point for transformation.*

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🔹 **4. Need for Deliverance — Dependence on God's Power**

**Biblical Principle:** Only God has the power to redeem and restore what has been broken.

- **Romans 5:6**
- **Psalm 40:2**
- **Isaiah 41:10**

➡️ *Step One is not the end—it's the beginning of reliance on God's strength, just as the Bible teaches about deliverance through Him.*