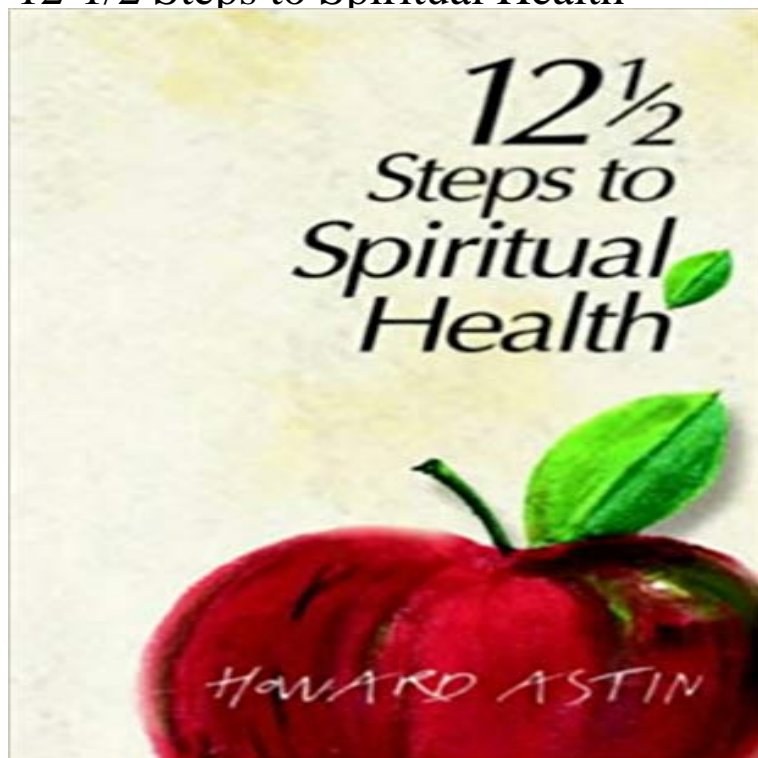


12-1/2 Steps to Spiritual Health



When St Johns, Bowling, Bradford, decided to restructure their church along cell church principles, the impact challenged the core of their identity. As they worked with the influx of new members, the church adapted and extended the 12 Step programme used in treating addiction. For alcohol, Howard Astin realized you could read sin. By following these Steps, we have seen individuals set free in dynamic ways. We have people who were once seriously addicted now working as leaders. We have seen people who suffered from chronic low self-esteem now holding their heads high. We have seen those with inner pain released: they now have an open face and laughing disposition, explains Howard Astin. This course will prove a most effective means of discipling new and mature Christians alike.

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