

“BELOVED, I WISH ABOVE ALL THINGS THAT THOU MAYEST PROSPER AND BE IN HEALTH, EVEN AS THY SOUL PROSPERETH.”

## Help for Total Health in the New Year

From the North American Division of Seventh-day Adventists  
**The Twelve Steps Adapted to the Christmas Story**  
Adapted from the *Journey to Wholeness*



### Step One – Honest About Our Need

The shepherds desired renewal, and kept watch through the darkness of night.

**We admit that we are powerless over our compulsions, obsessions, and addictions, and that our lives had become unmanageable.**

### Step Two – Hope Announced

The angels overflowed with joy, proclaiming good news to those overcome by fear.

**We come to believe that Jesus Christ is a Power greater than ourselves, able to restore our lives to wholeness.**

### Step Three – Willing Surrender

Mary chose submission, trusting in God's word without knowing all the details.

**We choose to place our will and our lives in God's care.**

### Step Four – Obedient Self-Examination

Joseph chose integrity, acting faithfully when the future felt uncertain.

**We make a fearless and honest inventory of our lives, choosing truth and integrity.**

### Step Five – Strength Through Vulnerability

Mary found strength through honest vulnerability with Elizabeth.

**We admit to God, to ourselves, and to another person the true nature of our sins and struggles.**





### Step Six – Readiness for Change

The wise men left familiar paths to seek for greater promises.

**We become ready for God to remove the character defects that no longer belong in our lives.**

### Step Seven – Learning Humility

Christ came in humility as a helpless babe.

**We humbly ask God to remove our shortcomings and reshape us in His likeness.**

### Step Eight – Longing for Peace

Simeon patiently trusted in God's ability to accomplish the impossible.

**We become willing to seek peace by acknowledging those we have harmed.**

### Step Nine – Faithful Restoration

Anna looked beyond past hurts, and spoke of redemption to all who were waiting.

**We make amends where possible, participating in God's work of healing and restoration.**

### Step Ten – Living Awake

Some remained alert and did not miss what God was doing.

**We continue to examine our lives daily and promptly admit when we were wrong.**

### Step Eleven – Growing in Daily Communion

Faithful worshipers eagerly sought God's presence, and witnessed promises come to life.

**We seek through prayer, Bible study, and reflection to deepen our daily relationship with Him and to know His will.**

### Step Twelve – Living the Good News

Those who encountered Christ were changed and shared the news.

**We carry this message of hope to others and practice these principles in all our affairs.**



## Conclusion – Precious Promises

Each person in the Christmas story sought the Savior-Child until they found Him.

**We practice each step, each day, in His promised strength, trusting His very great and precious promises, until His promised return.**

<https://nadhealth.org/12-steps-at-christmas/>



### **Activated Charcoal** **From *Sustain Me* by Barbara O'Neill**

Activated charcoal's value lies in its ability to not only absorb poisons (up to 300x its own weight) but also neutralizes them. This phenomenon of taking in and disarming the poison is called adsorption.

Activated charcoal (sometimes referred to as activated carbon) is not the same charcoal that you will find in a fireplace (or barbecue); it is a special type of fine black powder made by heating charcoal in the presence of a gas. This process causes the charcoal to develop lots of internal spaces or pores that can trap many toxins and chemical molecules. This explains why NASA uses the charcoal to filter air and water in outer space. Dialysis clinics use charcoal to filter blood and many face masks and water filters contain charcoal.

There are several plants that draw poisons, but activated charcoal stands alone in its ability to not only adsorb but also to neutralize the poisons. Since the activated charcoal is not adsorbed by the human body when taken internally, when it is excreted from the body it takes with it all the adsorbed chemical and toxins it has picked up. These adsorbing and oxidizing qualities of charcoal makes it naturally antiseptic and unlike drugs, charcoal has no known poisonous side effects.

Activated charcoal is used internally or externally and exists in the form of carbon tablets, powder, or granules.

*Internally* activated charcoal is used to alleviate: nausea, gas, fermentation, indigestion, heartburn, and diarrhea. One to two teaspoons can be mixed in half a glass of warm water, then drunk. To make this more palatable, a teaspoon of carob powder can be added.

Charcoal can also be used internally in cases of food or chemical poisoning. To be effective one or two tablespoons mixed in a half glass of water should be taken promptly before the body absorbs the poison. For intoxications that persist for a longer time in the stomach repeat doses may be required.

Medical Emergency Departments administer charcoal by mouth to overdose victims.

*Externally* activated charcoal poultices can be used to bring relief from poisonous bites and stings, infections, and has been known to relieve lung congestion caused by bronchitis.

See the website, [Charcoalremedies.com](http://Charcoalremedies.com) by John Dinsley.

**Jesus bless you and your loved ones in 2026 with abundant health and happiness!**