



**MANAGING YOUR WORLD  
IN-PERSON ENGAGEMENT WORKBOOK  
With Devotionals  
TEACHER'S GUIDE**



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## Introduction

Thank you for acquiring our ***In-Person Engagement Workbook v2 With Devotionals - Teacher's Guide***.

### **The Teacher's Guide**

The devotional is designed to be used with the corresponding lesson in the Participant's workbook. This guide is intended to assist a supportive resource - such as a teacher, counselor, sponsor, friend, etc.; to better understand the devotional and help them facilitate discussion and activities with a participant.

Each devotional is written in support of the lessons provided in the participant workbook, to encourage the spiritual development of the individual, as they learn about best practices for recovery.

To assist the teacher, this guide:

- outlines the most effective way for the participants to approach reading the scripture verses,
- gives guidance on how the scriptures can be understood if the participants are having difficulties,
- provides effective approaches to the devotionals while connecting the devotionals to that lesson's topic.

You can leverage any of this content to guide your individual conversations and discoveries with your participant(s).

### **Who We Are**

We are a community of individuals who share a common commitment to relapse prevention, based on our experiences related to addiction, recovery, relapse, and the challenges associated with achieving long-term sobriety.

### **What We Do**

We research and validate best practices in relapse prevention. To them, we add our own content based on our deep understanding of relapse prevention and what works. This allows us to make available to you the most effective content and tools so that you can provide more support resources to your participants, clients, patients, and peers... to help them succeed in recovery.

### **Why We're Motivated**

We have personally experienced the trauma and devastating results of addictive behaviors as well as with loved ones, friends, co-workers and in our communities. And the wonderful life that happens when our behaviors shift to healthy ones. Our focus is to address the need for additional support resources and ideas to move forward on the path to recovery. We recognize sobriety takes time, as well as what it's like to feel discouraged. We want to be a valued partner in that journey, offering hope and proven tools to help bring people further along to a healthy life.



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# LESSON 15 Addressing Personal Triggers

## Approaching the Scripture Verses

The best approach to reading scripture so that it has an effective impact on our spiritual well-being is through:

1. Prayer: Calm your thoughts and ask for God's assistance in reading His word, in understanding what He has to tell you, and in incorporating it into your life.
2. Slowly Reading the Scripture verses: Don't hurry. Take time to understand what is being said. If you have the time and a bible, read the full chapter surrounding the verses given so you understand the context.
3. Reflection on what the Scripture means to you.
4. Prayer: Thank God for His loving assistance.

The teacher can ask the participants to share their reflections. Here are some possible ways the scriptures could be interpreted if the participants are having difficulties.

### **Proverbs 5:21, 6:27-28**

Each man has different things that are temptations or weaknesses. Don't worry, God is aware of them. But you must be very careful to avoid them or be ready when they cause extra problems for you. A man that plays with fire should not be surprised if he gets burned.

### **James 1:13-15**

We really like to see those things that draw us away from the straight path as being someone else's fault. Maybe God's. But James tells us that the things which draw us away are our own personal weaknesses. We can't blame others for them. We need to take them into account as things to be avoided or accounted for.

### **Hebrews 4:13-16**

When there are things that we are ashamed of or tempted by, we like to think we can hide them. But for God, all things are visible. He has been there, He know's temptations though he did not

give into them. So put those things which you are ashamed of or tempted by in front of Him as things that need to be dealt with. Ask Him for strength to assist you when you encounter those temptations.

The devotional seeks to apply the scriptural lessons to the overall workbook lesson. How can developing our spiritual well-being help us in “Addressing Personal Triggers” and how does that help us in recovery.

1. After reflection on scripture the participant should read the devotional.
2. Ask themselves what lesson from the devotional they can apply to their recovery.
3. Reflect and journal on how they will apply the lessons.

The teacher can ask the participants to share their reflections. Some connections between the lesson theme and the devotionals which the teacher can share if the participant is having difficulties include:

- We all have things that are particularly tempting to us. Don't fool yourself and think you can be around those temptations without suffering. It's not a matter of strength. The smart way to approach temptations is to avoid them in the first place.
- God is with us. He will give us the strength to avoid temptation. But that doesn't mean we play around with things that we know are our weaknesses. It may be that the strength He gives us is to avoid the temptation in the first place.
- To seek God as a help in our temptations means we have to spend some time with him. He is there and willing but time in prayer is the best way to gain that strength.

# LESSON 21

## Long-Term Sobriety

### Approaching the Scripture Verses

The best approach to reading scripture so that it has an effective impact on our spiritual well-being is through:

1. Prayer: Calm your thoughts and ask for God's assistance in reading His word, in understanding what He has to tell you, and in incorporating it into your life.
2. Slowly Reading the Scripture verses: Don't hurry. Take time to understand what is being said. If you have the time and a bible, read the full chapter surrounding the verses given so you understand the context.
3. Reflection on what the Scripture means to you.
4. Prayer: Thank God for His loving assistance.

The teacher can ask the participants to share their reflections. Here are some possible ways the scriptures could be interpreted if the participants are having difficulties.

#### **Ecclesiastes 3:1, 12:13-14**

How do we endure all the vagaries of life, the ups and the downs? We understand that there is a season for all things. And in all things the primary purpose of life is to fear God and to keep His commandments. All else passes away.

#### **Jeremiah 29:11-13**

The future is always uncertain, yet we can be assured that there is a hope for peace and tranquility. This is the desire of God for us, and peace is this: to find a relationship with God and to know Him.

#### **Romans 8:28-29**

While it is true that we may run into bad times as well as good, it is also true that if we love God, He makes all things work for the good, which is according to His purpose.

help us in “Long Term Sobriety” and how does that help us in recovery.

After reflection on scripture the participant should read the devotional.

Ask themselves what lesson from the devotional they can apply to their recovery.

3. Reflect and journal on how they will apply the lessons.

The teacher can ask the participants to share their reflections. Some connections between the lesson theme and the devotionals which the teacher can share if the participant is having difficulties include:

- It is really difficult if you look at long-term sobriety as a long path that stretches out in front of you. It will seem overwhelming and cause a great deal of anxiety. The more you think about the length of the path ahead, the more anxious you may feel, and this increasing anxiety can bring about the very problems you fear. Instead, know that God wishes the best for you. Consider each day as an opportunity to grasp rather than fearing your failure.
- Life is not meaningless. There is purpose, and that purpose begins with seeking God and following His commandments. Focus on taking each day on step by step and don't worry so greatly about the long-term path ahead.





