



MANAGING YOUR WORLD IN-PERSON ENGAGEMENT WORKBOOK v2 WITH DEVOTIONALS



Copyright © June 1, 2022 RECOVERY SUPPORT NETWORK, LLC. All Rights Reserved.



TABLE OF CONTENTS

Lesson & Devotional Title	Page
1. Establishing Resilient Behaviors	3
2. Making Commitments	7
3. Conflict Management	10
4. Dealing with Depression	14
5. Dealing with PTSD	17
6. Facing our Fears	20
7. Addressing our Resentments	23
8. Shared Experiences	26
9. Navigating Peer Pressure	29
10. Healthy Use of Electronics	32
11. Power of Groups and Good Counsel	35
12. Healthy Boundaries	38
13. Making Amends	41
14. Keeping Your Guard Up	44
15. Addressing Personal Triggers	47
16. Prayer and Meditation	50
17. Hobbies that Heal	53
18. Self-Compassion	56
19. Dealing with Perfectionism	59
20. Heart Healthy Lifestyle	62
21. Long-Term Sobriety	65
22. Being the Scapegoat	68
23. Grieving and Letting Go	71
24. Saying Things with Honesty	74
25. Do it For the Kids	77
Journaling Pages	80-81



Devotional 15

Addressing Personal Triggers

Scripture verses:

Proverbs 5:21, 6:27-28 (WEB)

For the ways of man are before Yahweh's eyes. He examines all his paths. The evil deeds of the wicked ensnare him.

Can a man scoop fire into his lap, and his clothes not be burned? Or can one walk on hot coals, and his feet not be scorched?

James 1:13-15 (WEB)

Let no man say when he is tempted, "I am tempted by God," for God can't be tempted by evil, and he himself tempts no one. But each one is tempted when he is drawn away by his own lust and enticed.

Hebrews 4:13-16 (WEB)

There is no creature that is hidden from his sight, but all things are naked and laid open before the eyes of him to whom we must give an account. Having then a great high priest who has passed through the heavens, Jesus, the Son of God, let's hold tightly to our confession. For we don't have a high priest who can't be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin. Let's therefore draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need.

Devotional



Each of us has particular situations or temptations which cause us to want to return to our former habits more than anything else. We must be honest with ourselves and identify those situations and make a particular effort to avoid them. It isn't weakness to avoid them, it is wisdom.

Chapters 5-7 of Proverbs deal with temptation, those who fall into it, and how to avoid it. Those situations revolve primarily around sexual sin, but the lesson is the same for your particular temptation. God tells us He is aware of our temptations, none of yours are surprising to Him, and you can't hide them. Yet men enter into those situations of temptation, thinking this time they will be strong, and fall. God warns us that you can't hold fire on your lap or walk on hot coals and not get burned. Staying away from those temptations is the way to avoid falling.

Paul also tells us that whatever you're going through, you can't hide it from God. Yet we should know that Christ is there with us. He has been through it all and will give us the strength if we only turn away from the temptation and call upon Him.



Devotional 21

Long-Term Sobriety

Scripture verses:

Ecclesiastes 3:1, 12:13-14 (WEB)

For everything there is a season, and a time for every purpose under heaven. This is the end of the matter. All has been heard. Fear God and keep his commandments; for this is the whole duty of man. For God will bring every work into judgment, with every hidden thing, whether it is good, or whether it is evil.

Jeremiah 29:11-13 (WEB)

For I know the thoughts that I think toward you, says Yahweh, thoughts of peace, and not of evil, to give you hope and a future. You shall call on me, and you shall go and pray to me, and I will listen to you. You shall seek me, and find me, when you search for me with all your heart.

Romans 8:28-29 (WEB)

We know that all things work together for good for those who love God, for those who are called according to his purpose. For whom he foreknew, he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers.

Devotional

We have won the short-term battle, but how do we keep on the right path for the long term? Purpose. Mankind needs to have a purpose for their lives that makes each day worth living and brings peace and joy. This starts with a spiritual connection, an understanding that each day is just part of the bigger picture, and includes a worthwhile earthly occupation. Man is a composite creature of body and soul and needs to feel worthwhile in what he occupies his time with.

As Solomon sought to find meaning in life, he discovered that our earthly existence goes through changes. Our earthly occupation and situation may change over time but for each there is a purpose. He learned in the end that the most important thing was to remain connected to the eternal purpose.

From Jeremiah and Paul's letter to the Romans, we are taught that God loves us and wants good for us. God doesn't specify a particular earthly occupation but asks that in whatever we choose, it is something that can be done for the glory of God. He makes all things work together for the good if we are pursuing Him, praying, and seeking to walk as Christ taught us.

