

ADDICTION-FREE LIFE GROUP

OVERCOME
ADDICTION
BY GOD'S GRACE
12 STEPS TO FREEDOM
WORKBOOK

ANTHONY ORDILLE



OVERCOME

ADDICTION

BY GOD'S GRACE

12-STEPS TO FREEDOM

WORKBOOK

Anthony Ordille

Overcome Addiction by God's Grace: 12-Steps to Freedom
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Before you begin any addiction recovery program or change your lifestyle in any way, you should consult your physician or another licensed healthcare practitioner for any treatment necessary for detoxification or ensure that you are in good health and that the examples contained in this book will not harm you.

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1. Self-Help / Twelve-Step Programs
2. Self-Help / Substance Abuse & Addictions / General
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Dedication

I dedicate this book to all who have gone through the program and those who will take the challenge.

"It always seems impossible until it's done."

—NELSON MANDELA

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Mission Statement

Our mission is to reach out to the hurting, encourage the weak and extend hope to the off-course. To share the truth about the living word of God and give hope to those struggling with addictions of all kinds. To let them know they can recover through a process called deliverance and live a life of freedom from this crippling disease.

We are called to reveal the mysteries of God's word from his word according to Matthew 13:11.

To proclaim the love of God to all the world and that he walked on this earth as a man by the name of Jesus.

(Luke 2:11)

To proclaim that Jesus Is Lord, from the top of the world to the bottom, and all the way around, and to show that he is the only way to heaven. (John 10:1, 14:6, Hebrews 10:20)

We want to help people know who they are in Christ and God's will for their lives. (Psalms 118:8) Our vision is to see the restoration of the hurt and dying in this world. To help the lost find a place of rest so they can learn how to cope with life in general through love and the help of the Holy Spirit. To be built up in all that God has for them so they too can proclaim the works of the Lord.

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Introduction

Hopefully, you did not purchase this workbook before purchasing the guidebook; it is not meant to be used alone! If that is the case, please wait until you get the guidebook before writing in it.

After you have read the guidebook and are ready to work on the steps, this workbook will help you lay out the foundation for your freedom from addictive behavior. There are chapters/steps in this workbook that will be worked on over time; therefore, you will add to a section at the appropriate time. Some of them will have room for you to write out a statement or prayer so you can read it out loud

over yourself. You will also add to them as you change the way you see yourself when you start to see clearer.

This workbook was created to come alongside the guidebook. If you need more room on any of the worksheets, please feel free to make copies of that sheet, but copying in whole falls under copyright laws and is forbidden. Extra forms can also be found on our website.

As with anyone with an addiction, it is best to use the *Buddy System* to work the program. Matthew 18:19-20 explains the way the Buddy System is a great idea. Until we build the program, you will need to find someone, or people, to share with. Show them where to get their copy of the book and work through it together. If you have questions, refer to the contact information at the back of the book.

1

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Chapter 1

What is Addiction?

What types of addiction are there?

The most severe and well-known addiction is drugs and alcohol.

The most common drug addictions are:

Addictions to Substances

-Alcoholism

-Nicotine (Tobacco)

-Opioids (like heroin and pain relievers)

-Prescription drugs (sedatives, hypnotics, or anxiolytics like sleeping pills and tranquilizers)

- Cocaine
- Cannabis (THC) (marijuana)
- Amphetamines (like methamphetamine, known as meth)
- Hallucinogens
- Inhalants
- Phencyclidine (known as PCP or Angel dust)
- Other unspecified substances

Impulse Control Disorders

- Intermittent explosive disorder (compulsive aggressive and assaultive acts)
- Kleptomania (compulsive stealing)
- Pyromania (compulsive setting of fires)

Addictions – Behavioral

- Gambling
- Food (eating)
- Sex
- Pornography (attaining, viewing)
- Masturbation
- Technology like using computers / the internet and playing video games (are not recognized as addictions by the American Psychiatric Association)

- Working
- Exercising
- Spiritual obsession (as opposed to religious devotion)
- Pain (seeking)
- Shopping

Note: This list is not exhaustive.

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Overcome Addiction by God's Grace: 12-Steps to Freedom Workbook Chapter 2

Do I Belong Here?

We will call this the "How Well do I Know Myself?" test—circle yes or no for each question.

- Can you control your habit? Yes/No
- Have you ever forgotten where you were, what you were doing, and how you got home a.k.a. black-out? Yes/No
- Do you put the addiction above your family, friends, or job? Yes/No
- Do you steal to pay for your habit? Yes/No
- Will you keep going even when you know you should stop? Yes/No
- Do you lie about it to others? Yes/No
- Do you dream about it? Yes/No
- Have you ever been in jail because of it? Yes/No

- Are you antisocial? Yes/No
- Are you emotionally bankrupt? Yes/No
- Are you destructive? Yes/No
- Have you ever felt dying would be better than living? Yes/No
- Does the addiction soothe the pain? Yes/No
- Do you find it hard to tell the truth? Yes/No
- Have you gone into debt because you think the next game will be the big one? Yes/No
- On the drug and alcohol side, do you remember what you did last night? Yes/No
- Do you remember how the show you were watching ended? Yes/No
- Do you remember how you got home from the bar last night? Yes/No
- Do you remember who you were with last night? Yes/No
- Do you remember your conversation with your wife/husband or children when you got home after work yesterday when you stopped off at the bar for a drink? Yes/No
- Do you get hostile? Yes/No
- Do you know you have a problem but think you can do it by yourself? Yes/No
- Do you find yourself throwing pity parties? Yes/No

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook What do you think? Do you belong here?

Is this program just what you have been looking for?

Are you willing to surrender your life to what is true and right?

If you answered yes to any of these questions, welcome to AFL,
where Christ is the leader, and we get to follow.

Proceed!

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Chapter 3

Is There Hope for Me?

*Be strong, and let your heart take courage, All ye that hope in
Jehovah.*

—Psalms 31:24 (ASV)

Use this section to write out and date your own testimony of hope.
How do you see yourself?

Date: ____/____/____

Example:

I know that my life has become unmanageable, and everything I do
seems to put me on the wrong path. I know that with the right
attitude, I can do this. I can put the addiction behind me. I can live a
life free from addictive behaviors as long as I keep my eyes on
Jesus.

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook 8

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Chapter 4

Stepping into Faith!

Now faith is the substance of things hoped for, the evidence of things not seen.

—Hebrews 11:1

Use this section to write out and date your statement of faith. Date:

____/____/____

Example:

I declare right now that things are going to change. I am going to believe that the Bible is the infallible Word of God, and it was given to all. Those who read it can become a child of God. By faith, I will believe that the same faith I read about is for me. I will not question the fact that my faith in God can deliver me from this addiction.

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook 10

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Chapter 5

Putting Your Faith into Action!

Steps 1–12

So then Faith comes by hearing and hearing by the word

—Romans 10:17

The Twelve "I Haves"

1. I have come to the realization that addiction has ruled my life.
2. I have acknowledged that God is the creator and restorer of all things.
3. I have decided to confess salvation according to Romans 10:9–10.
4. I have made a list of all my sins.
5. I have repented with my mouth and asked forgiveness for each one of those sins.
6. I have asked God for forgiveness and to remove any guilt or shame I put on myself.
7. I have been delivered from all unrighteousness.
8. I have asked God to show me all persons I have hurt and made a list.
9. I have prayed over my hurt list, seeking those I need to ask forgiveness from.
10. I have denied myself and will pick up my cross daily.
11. I have made a conscious decision to trust God and live a life of prayer.
12. Having had a spiritual experience resulting from these steps, I will try to carry this message to others and uphold these principles in all my affairs, not forsaking a body of believers to fellowship with and call my home.

Step 1: I Have Come to the Realization That Addiction Has Ruled My Life Use this section to describe how the addiction has ruined your life. Date: ____/____/____

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook 12

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook 13

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 2: I Have Acknowledged That God Is the Creator
and Restorer of All Things**

Use this section to write out and date what you have learned about
God and a statement that you believe in him. Date:

____/____/____

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook 15

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 3: I Have Decided to Confess Salvation
According to Romans 10:9–10**

*"That if you confess with your mouth the Lord Jesus and believe in
your heart that God has raised him from the dead, you will be saved.
For with the heart one believes unto righteousness, and with the
mouth confession is made unto salvation".*

Use this section to write out your confession of salvation and to
record the date you are baptized.

Salvation Date: ____/____/____

Baptized this _____ day in the month of
_____, in the year _____ at
_____ by
_____.

You will write out the prayer you used, whether it was the prayer in the guidebook or your own words, asking Jesus into your heart. Then you can sign and date it as a legal document between you and the Lord. Please drop us a note to let us know so we can put your name on our list of names that will be prayed over.

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Note: Steps 4–7 work simultaneously in two parts: First, the sins you have committed to others and God, and second, the sin that comes from unforgiveness—the ones we spoke about in step five of the guidebook. We suggest you start with the first part here in step 4 until you have exhausted your sins both by memory and prayer.

As time passes, you will remember something you did and return to this point to complete the healing. That is fine as long as you seek everything you can now.

After exhausting the first part, move on to your Part Two, found in step 5 in this workbook. You will basically repeat how you did the first part from a different angle.

Step 4: I Have Made a List of All My Sins

Part One

Use this section to make a list of sins that you know you have committed. Start with the most current ones, the ones fresh in your mind, then start to work your way back to that very first sin by praying for guidance. Doing them in order is unnecessary, only as they come to your mind. Remember, this is not just a one-time action. You could be adding to your list for years to come. Make sure you understand what sin is so you can be honest with yourself. You might want to review the Ten Commandments and do an in-depth study of sin.

There are sins you have committed that are so deep that you do not remember them anymore. You will have to pray to have them revealed to you, either by God or someone else who may expose them. As they are revealed, write them down, do step 5, mark them off, and move to the next one. The very first time you make this list, you may want to write them all down, line by line, and then pray the prayer in step 5 for each sin one at a time until you are finished with the ones you know before going to prayer to seek out the ones that are buried deep down inside of you.

Example:

Sin—I got angry at my kid yesterday. He made me mad because he did not do what I asked him to do. Repent by saying the prayer in step 5 and ask God to remove any shame (Please note that you do not have to use our prayer. You are free to use your own words as long as they line up with God.) Once you have done this, put a checkmark at the end of the line.

For example:

Sin

Emotions/Feelings that were attached to

Repented

the sin

Date

Done

I got angry at my kid yesterday

He made me mad because he did not

do what I asked him to do

2/10/2023

*

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Workbook **Sin**

Emotions/Feelings that were attached to the Repented

sin

Date

Done

18

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Sin**

Emotions/Feelings that were attached to

Repented

the sin

Date

Done

19

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 5: I Have Repented with My Mouth Forgiveness**

for Each One of Those Sins

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

—1 John 1:9 (NIV)

Repent Prayer

Father God, according to 1 John 1:9, I confess (speak out the sin here), and ask you for your forgiveness to purify my soul and cleanse me from unrighteousness. I am sorry, God, that I allowed this filth to rule and reign over my life. I declare with my mouth that (speak out the sin here) will no longer have possession over my life.

I take this sin and lay it at the foot of the cross, where Jesus now controls it. I thank you, Father, for the Holy Spirit, who lives inside me and helps me overcome this area. Amen!

Part Two

Forgiving Others

After you exhaust the sins in step 4, please proceed to this part of step 5. You will do the same thing as you did in step four, but now you will list people who have hurt you. Remember from the guidebook we talked about unforgiveness is a sin, and that is why you need to write down all those who have hurt you so you can confess forgiveness for each one. You do not need to go to that person and tell them they hurt you; you just need to take the hurt to God and seek out his forgiveness. Of course, if the Holy Spirit leads you to do so, please be obedient.

Use the Hurt List Worksheet to keep a record.

Because of the depth of wounds that can come from unforgiveness, we want to add some things apart from the guidebook.

Every one of us has experienced unforgiveness at some point in our lives. The problem lies when we harbor the hurt and build a wall around the relationship. As time goes on, that wall can get so thick that it seems like it will never have a chance to come down. The good news is that it can! If pain, lies, and resentments are left unattended in our relationships, and the healing power of forgiveness has not replaced the hurt, hopelessness can develop. In most cases, our misconception of forgiveness can obstruct our ability to forgive or be forgiven.

It is essential to know what it is not.

- Forgiveness is not forgetting.
- Forgiveness does not mean the relationship will resume. If the act was minor, you have a better chance of reconciliation. If it is severe, it may take a long time. Be patient, and let God heal all hearts.
- Forgiveness does not mean you accept being continually hurt.
- Forgiveness does not dismiss someone from the responsibility for what they have done. What they did was wrong. You are simply choosing not to let it negatively impact you anymore.
- Forgiveness does not mean the hurt will stop. Often, the hurt feelings will last beyond forgiveness.

But you can still release the bandage that comes with unforgiveness. It is not about them; it is about you!

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Start with the most current ones, the ones fresh in your mind, then start to work your way back to that first hurt by praying for guidance. Remember, this is not just a one-time action. You could be adding to your list for years to come. The very first time you make this list, you may want to write them all down, line by line, and then

pray the prayer in this step and step 6 for each hurt one at a time until you are finished with the ones you know before going to prayer to seek out the ones that are buried deep down inside of you. There are hurts so deep you do not remember them anymore. You will have to pray to have them revealed to you, either by God or someone else who may expose them. At that time, as they are revealed, write it down, do the prayer in this step and step 6, mark it off, and move to the next one.

Sometimes, the hurt you felt from the wrong that was done to you was not as bad as you think it was. Over time, it has festered into a hateful unforgiveness or stress emotion. After you seek out your feelings and then look at the offense, you might see that it was not as bad as you thought. You may not feel you need to forgive the other person any longer, but you still need to ask God for forgiveness for passing judgment on the other person. There is one big thing you need to understand: the devil comes to kill, steal, and destroy, and he will speak lies about people and situations and make you believe the lie. You think it is what it is and will stand firm about it. Make sure you take a deep look at all the hurts.

But for those that were hurtful, here is a worksheet to help you overcome the hurt. It can help in the beginning to use the work form to help you stay focused. Later, as you get more experienced, you can do it just in your head, no matter where you are or what you are doing. An important part is helping you get in touch with feelings so they are behind the forgiveness process. You will need to take hold of the act of letting go of painful feelings and replace them by creating more enjoyable feelings. The forgiveness worksheet is a great way to bring your thoughts and express your true feelings on paper.

The following form will help you get healed from hurt wounds.

Worksheet Directions

- Begin with an intention to forgive by writing their name down.

- Write down what you forgive them for, the act that caused you pain.

Example: I had to repeat third grade.

- Acknowledge the wound/pain caused by the act.

- o What were the circumstances? (Be specific.)

Example: Ms. R. failed me by one point in English and science in third grade. I asked her to allow me to do something to earn extra points to make it up, and she said no.

- o Make sure it was not just a misunderstanding.

- Identify how that act made you feel emotionally, physically, and spiritually. If physically, where in your body did you feel it?

- o What kind of feelings did you feel? (anger, fear, bitterness, sadness) Example: It made me mad and disappointed. I was very bitter after that.

- o List what negative feelings you are still holding on to, if any.

- Write down any judgments against the person.

- o Judgment is the evaluation of evidence to make a decision.

Example: She hates me. She did not care that I had to repeat the grade.

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Workbook

- Write down any vows you made, if any.

- o A vow is a promise or oath. Example: I will never talk to her again.

- What effect did it have on you? Example: I started to not care about school. I wanted to change schools. I was a troublemaker in all my other classes from that point on.

- Do you feel they owe you something? If so, what?

Evaluate the gains and losses that come with forgiveness.

- If I forgive, what would I gain?

- If I forgive, what would I give up?

- o If I forgive, it does not mean I am

- condoning the hurtful behavior,

- forgetting,

- being a victim or losing power,

- surrendering my right to justice,

- required to reconcile with the offender,

- getting the other person to do something different, and

- refusing to make amends.

- o If I forgive, it means I am

- recognizing I have a choice about my perceptions and my thoughts,

- choosing peace of mind,

- freeing myself from the past and choosing to live in the present moment,

- choosing empowerment over victimhood, and

- choosing to connect to my spiritual-loving self.

List the reasons you want to be able to forgive and what benefit you will have. How would you feel? How would your behavior be different? Write it into a sentence.

- Example: If I forgive Ms. R for failing me, I will gain peace and understanding. After all, I did not do the work to cause her to fail me. It was her right not to give me a chance to earn the extra point needed because of my attitude. I choose to forgive Ms. R, releasing me from years of bondage. I declare I will not be hurt like this again.

After you spend time in prayer, if you have peace to tell them, then go to that person, but do not be offended if they do not know what you are talking about. In a good percentage of our hurts, the other person never even knew we felt the way we did. Let us put it this way: they have not lost any sleep over your hurt all these years.

After studying the layout above, use this form as your guide to list the people who have hurt you. You may want to start with your parents, siblings, spouse, children, and cousins. Then God, churches, teachers, friends, bosses, coworkers, and anyone else you may think of. Do not exclude people you think you are already forgiven.

You might have missed something, which will help you if you did. This form is not for anyone—especially those who have hurt you—to read. You are not protecting anyone by eliminating them from this exercise. It is time to admit your true feelings and become totally free from the hurt. Let us get started!

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Forgiveness Worksheet

You will need to make copies of this worksheet for each incident or use a notepad to write your answers.

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1. Who and act?

a. Who is the person you need to forgive, and what was the situation around the act? I want to forgive; _____ for

2. Identify your feelings

a. List your feelings.

I felt _____ (sad, mad, angry, dirty).

b. Is there any reason why you should not forgive them?

c. Now make a declaration to release those feelings.

I now choose to release my feelings of

_____.

3. Judgments

a. List any judgments you may have placed on the person.

b. Was this really how they felt?

c. Now release those judgments.

I now choose to release the judgment I put on _____.

Father God, please forgive me for making this judgment, and I ask you for your forgiveness. Amen!

4. Vows

List any vows you may have made.

5. Effects from the act

List the effect this act had on you. Example: I saw myself as _____ (unworthy, un-lovable, rejected)

6. Their debt

What do you feel they owe you? _____. (an apology, own up to what they did, respect, money)

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Overcome Addiction by God's Grace: 12-Steps to Freedom Workbook 7. Benefits

List the reasons why you should forgive them. What benefit would you get from forgiving them?

8. Commitment

Create a sentence to affirm and confirm your intention to forgive.

I commit myself to forgiving _____, and I accept the peace and freedom that forgiveness brings.

9. Release the lie.

Pray, "Even though the act did occur, I don't need to believe the lies that come with it. I choose to accept the truth from God that I am _____ (loved, accepted, precious). Father God, I receive your truth. I cannot do this alone and can only bury this lie with your help. Thank you, God, in Jesus' name!"

Forgiving Others List

Forgiving Others List example:

Forgiving Others Names

Do you feel like confronting them? Repented Date Done Mrs. R

No

2/10/2023

*

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Forgiving Others Names**

Do you feel like confronting them?

Repented Date Done

25

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Forgiving Others Names**

Do you feel like confronting them?

Repented Date Done

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 6: I Have Asked God for Forgiveness**

and to Remove Any Guilt or Shame I Put on Myself

And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.

—John 14:13–14

Forgiveness Prayer

Lord, please forgive me for what I have done to you and myself. I offer up this forgiveness prayer in hopes that you will look at my mistakes no more. I know that what I did was wrong and against your Word, but I hope that you will forgive me just as you forgave others like me. I will try, Lord, to change. I will make every attempt not to give into temptation again. I know that you are the most important thing in my life right now. I ask for your guidance to help me overcome the shame and guilt I placed on myself and allowing others to dictate my future. I forgive myself for all of my wrongs. I know that I am not a bad person and will take it easy on myself.

Bless me, Lord. Amen!

Forgiving Yourself

Hopefully, you took the "How well do I know myself?" test in chapter 1. It needs to be the first step to forgiving yourself. Be honest with your answers, so you have a truthful diagnosis.

There are plenty of other questions you can ask yourself, so if you can think of any, please add them to the list. You are here to get free; only honesty will do that for you.

To forgive yourself is to love yourself. Loving yourself could be one of the most challenging things you might do, but it is part of the second commandment, "And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these" (Mark 12:31), also found in Leviticus 19:18.

Sometimes, we find it easier to forgive others but cannot get honest enough with ourselves to love ourselves.

This is why you need to stop and take a look at who you are. If you believe the lies that this world has said about you through words that others have said, you never reach self-forgiveness. This is why it is so important to release what the word of God says about you.

In him, you are victorious, complete, loved, worthy, redeemed, made whole, righteous, holy, and blameless—

just to name a few.

If you let those words replace the lies, you can forgive yourself. That is why we said to be honest on the "How well do I know myself?" test. You need to understand yourself to be free from yourself. So who are you? Are you compassionate with yourself, or are you beating yourself up all the time?

Opening to the truth that you are human and that because you are human, you will make mistakes can free you from much condemnation. Forgiveness moves you from focusing on past hurt and allowing it to be part of the present to replace that lie with something good.

Let us get started!

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Self-Forgiveness Worksheet

Use this worksheet to help you gain control over unforgiveness toward yourself. You will need to make copies of this worksheet for each incident or use a notepad to write your answers. You can date each sheet if you are going to keep a record.

Create an account on the website to access extra PDF printable forms.

1. What event can you recall? Whether it is a situation you started or a hurt you had no control over. Write it down and be specific.

2. How did you feel? (bitter, resentful, self-hate) Write it down.

3. Recognize the hurt.

Realize that you can move past the hurt when you are ready to choose to forgive yourself.

4. Now read it over again. This time, with the understanding that you are not perfect, it is okay to forgive yourself for what you did wrong.

a. Give yourself a break. Choose to release the negative emotions that attached themselves to the incident.

b. Please realize that we all make mistakes, are imperfect, and need forgiveness.

c. See yourself the way that God sees you.

5. Confess the forgiveness out loud.

Example: I choose to forgive myself for _____ . I give myself permission to release the hurt I felt from _____. I release the pain, anger (and whatever other feelings you may have felt). I replace those same feelings with self-love, joy, kindness, and understanding.

6. Now shred or burn the worksheet, symbolizing freedom and the choice of letting go.

7. Repeat the exercise for other areas of unforgiveness on another sheet of paper. Seek God's help in prayer if you are having trouble remembering.

Now move forward in your life without the burden of unforgiveness. If the feelings start to return, remind yourself that you have forgiven yourself and choose not to allow this pain to continue.

Pray, "Even though the act did occur, I don't need to believe the lies that come with it. I choose to accept the truth from God that I am _____ (loved, accepted, precious).

Father God, I receive your truth. I cannot do this alone and can only bury this lie with your help. Thank you, God, in Jesus' name!"

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Workbook

Step 7: I Have Been Delivered from All Unrighteousness

Delight yourself in the Lord, and he will give you the desire of your heart. Commit your ways to the Lord, trust in him, and he will act. He will bring forth your righteousness as the light, and your justice as the noonday.

—Psalms 37:4–6 (ESV)

Rejoice!

If you have made your list in step 4, confessed them in step 5, and asked God for forgiveness in step 6, you have been cleansed from unrighteousness. Rejoice!

Here is where you can take a break before going to the next step to have some fun. Put on some worship music and dance/sing before your king. It is party time—well, not in the sense of being influenced by alcohol or drugs, just by the enjoyment of being set free. This is half of the battle. When you do steps 8 and 9, you will be doing the victory lap.

Way To Go!

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 8: I Have Asked God to Show Me All Persons I
Have Hurt and Made a List**

*And be kind to one another, tenderhearted, forgiving one another,
even as God in Christ forgave you.*

—Ephesians 4:32

Just like in steps 4 and 5, where you started a list of your sins and hurts, you are going to use this section to make a list of all the people you have hurt from as far back as you can remember, whether they are currently in your life or not. You will be amazed that four, five, or even twenty years from now, you will remember someone, or someone may be working on steps 4 & 5 themselves and approach you, and you will run to this list to write down their name. Next to each name, you might want to put how you felt at the time. Again, this list will continue to grow as time goes by.

Here is a prayer you can pray to help you get started with your list.

Father, I ask you for help with my hurt list. Please help me to remember all the people I have hurt and the offense that caused that hurt. I was hoping you could help me to remember how I felt at that moment. Help me not be afraid to bring up these feelings but to know that you are near to love me and comfort me with the pain. I ask this in Jesus' name, Amen!

Use a separate piece of paper if needed.

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 9: I Have Prayed Over My Hurt List, Seeking Those**

I Need to Ask Forgiveness From

Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

—Matthew 5:23–24

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

—James 5:16

Unlike the list you made in step 5, where you do not need to tell them they hurt you, in this step, you will seek out forgiveness from as many as you can that will not be harmful. You will need to seek God's direction on which you can or cannot go to.

Rebuilding a relationship from a broken trust can be exceedingly difficult, even for those who are not affected by those who have an

addiction problem. The damage that addiction causes to meaningful relationships are enormous and extremely hard to restore because usually, those closest to the person with the addiction suffer tremendously. It can be devastating to your loved one who got crippled by fear, anger, and helplessness, watching their loved one heading down a self-destruct path. They were trying to control the uncontrollable and sometimes even separating themselves emotionally, causing hopelessness. You will find it easier for your damaged body and impaired mind to be healed from proper treatments than by asking someone for forgiveness.

Those who have been hurt due to addiction have no reason to trust the addicted person, even if they see the addicted person trying to escape the addiction. However, there is hope! First, stop using drugs, alcohol, or whatever addiction you have and change your behavior. Be honest, make good choices, and continue sobriety to regain trust. Second, allow your hurt loved one time. How much time? As much as it takes! Trust is not the same as love or forgiveness. You can love and forgive someone without trusting them.

Remember, a wall was built around your relationship, and to restore that wounded heart, you will need to take that wall down brick by brick. Be patient! After some time, there will be a large enough hole to talk through without shouting. After some more time, the opening will be large enough to reach through and offer a loving touch. One day, that wall will disappear, and the trust will be restored.

After adding names to your list, you can pray over each one, asking God who you are to approach—if so, when, and how. Pray for the words to say, write out your apology, and practice saying it out loud. Some of these will be people who are no longer here on earth. In this case, you can write it out and then say it as if you were standing in front of them. When you feel the peace about the forgiveness, take the letter and destroy it by burying or burning it. This will signify that the hurt is finished.

Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 10: I Have Denied Myself and Will Pick Up My Cross Daily**

Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

—Luke 9:23 (NIV)

Use this section to write out what the cross means to you and a statement/prayer that you will deny yourself and pick up your cross.

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook **Step 11: I Have Made a Conscious Decision to Trust God**

and Live a Life of Prayer

Trust in the Lord with all your heart, and lean not on your own understanding; In all of your ways acknowledge him, and he will direct your paths.

—Proverbs 3:5–6

PRAY (Praise—Repent—Acknowledge—Yield)

Praise. Enter his gates with thanksgiving and his courts with praise. Sit quietly and thank God for who he is and what he has done for you. Find your place of peace, open your mouth by praising him for loving you, and then thank him for your life. Let everything that has breath praise the Lord.

Repent. This is where you take the things you did wrong and ask God for forgiveness. You have done nothing that God does not already know about. But he wants to hear them from you, so he knows you know they were wrong. Do not spend much of your time

here; it is not meant to fill one of the great lakes up in one sitting. It is one wrong per request, then repeat.

Acknowledge. Acknowledge that you are sorry for what you have done, and he is just for forgiving your sins.

Believing that what has been done on the cross no longer has a hold on you.

Yield. As you build up your faith and yield to the Holy Spirit, he will show you things to pray for and people to pray for, and the way you should go. This is the part when you get still and listen as God does all the talking.

Use this section to write out your own personal list that you can pray over. This is not other people's needs, just your own. Use a notepad to write your answers in.

Here is a sample prayer you can use.

Father God, thank you for this day. Thank you that I get to enter into your court with an open heart and an open mind. Thank you for loving me and sending your son to die on the cross so I may live. I praise your holy name. I thank you for loving me enough not to let me die. I am sorry I did not believe in you when they told me about you years ago. I was only looking at the things in this world and not the things in heaven. I can see that you are who they say you are. I can feel your never-ending love in my heart. I can see your actual existence throughout your Word and on this earth. I yield myself to the Holy Spirit to show me where I went wrong, how to correct it, and what to say and when not to say anything. I love you, God, and may my hope be built on nothing less than Jesus's blood and righteousness. Amen!

result of these steps, I try to carry this message to others and uphold these principles in all my affairs, not forsaking a body of believers to fellowship with and call my home.

And let us consider one another in order to stir up love and good works. Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the day approaching.

—Hebrews 10:24–25

Use this section to make a list of churches in your area. You can even rate them. Then you can visit them to see if they are a good fit.

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Workbook Chapter 6

12 Principles

As you work the 12 steps in order from 1-12, you will learn about and experience firsthand these spiritual principles. It will be hard at first to see them unfolding, but as you take this new journey of life, they will become apparent.

As a person who has struggled with addictive behaviors in any form of addiction, some of these principles were lost or never developed. Through this program, you will find each one unfolding before your eyes and enjoy every day with some wanted fresh air. It is a foundation that will sustain you through life's storms, no matter what comes your way.

Receive them as they come and learn how to apply them to be the person you were always meant to be.

Addiction has taken from you for so many years; now it is time to really have some fun in your life.

1) *Honesty*

2) *Hope*

3) *Faith*

4) *Courage*

5) *Integrity*

6) *Willingness*

7) *Humility*

8) *Love*

9) *Discipline*

10) *Perseverance*

11) *Awareness*

12) *Service*

1-Honesty

Beginning a recovery program starts with honesty.

If you are to have any hope of living a life free from addiction, you have to get honest with yourself that you have a problem. The definition of honesty is the quality of being truthful. An example of honesty is telling the truth even after doing something wrong.

Do you think you fit into that meaning?

Taking the first step to admitting that you have a problem is the most honorable thing you can do for yourself.

2- Hope

Hope is a feeling of expectation and desire for a sure thing to happen. When you acknowledge God as the creator of all things, you place your hope on something other than addiction. You are turning your focus toward the only one who can help you overcome your problem.

So what are you hoping for?

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Workbook

- The reuniting with your kids?
- The acceptance of your family?
- Not to feel the pain any longer?
- To find answers to put addiction behind you?

Whatever the hope is that you are seeking, God will be there to help you find it.

3- Faith

Faith is the opposite of doubt. Faith is to have complete trust or confidence in someone or something. In our case, it is a strong belief in God or the doctrines of a religion based on spiritual apprehension rather than proof.

When you confess salvation according to Romans 10: 9-10, you trust someone you cannot see. But as you see the unfolding of his love and what comes afterward, your faith will start to rise. The doubt that

you will never be able to live without the addiction begins to shine, and every day has a different meaning. The sky looks bluer, the flowers brighter, and the air smells fresher.

Faith is a big step but worth every effort you put into it.

4- Courage

When you have courage, you gain the ability to do something that frightens you. You also find strength in the face of pain or grief. As someone who is addicted to something, pain and grief are big adversaries in your life, and it will take courage to feel anything different.

Step four will take courage to complete and fulfill the value of letting go. It is not easy to admit you did something wrong in most cases. But with the help of this guidebook, you will find the courage to succeed at letting go of your sins.

5- Integrity

When you walk with integrity, you have the quality of being honest and strong moral principles and upright-ness. With the foundation of our society, this can be a tough act to live by, but something you should strive for.

Admitting you were wrong in step four brings you to the point of asking for forgiveness of those sins, which places you in the being honest category. You cannot have integrity with others unless you have it with yourself.

This is where integrity starts, "With You!"

How do you know you have reached integrity? The next time the cashier hands you back too much change, you turn to give it back with a smile.

6- Willingness

What does it mean to be willing? It is the quality or state of being willing to do something. It is a free choice to step out of your belief to do something you might feel reluctant to do. In other words, you prepare your mind to step out of your comfort zone to do something you might not think necessary.

You will need to prepare yourself and be willing to ask God for forgiveness and remove any guilt or shame you put on yourself.

Be willing to be a new you!

7- Humility

To be humble is to take your importance and put someone else first. A person who has humility is a humble person with a lack of false pride and a sense of gratitude for the things they have.

That is why you are humble in receiving God's grace when you do step seven.

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Workbook **8- Love**

You will be placed in a spot to show love when you reach step eight. So, what does that mean? You will have a great interest and pleasure in someone, or something, besides yourself. To express love is to feel a deep affection for someone, an intense feeling of deep respect. This means you care about how they feel.

This is why you ask God to show you all you have hurt and make a list. It would help if you desired the opportunity to soothe their pain that might have been caused by something you did or said.

This might not come naturally to you or with ease, but an important step to take. When you express love, the rewards are fantastic!

9- Discipline

Within the many meanings of discipline, step nine will need you to show control. This is not a step that you should take lightly. You will be dealing with people's feelings and emotions. You are to approach it with caution, which is where discipline comes into play. You have to study, learn, prepare, and train how to deliver your apology with the hope that they will forgive you. But what if they don't? Then you have to discipline yourself not to react in a way that can cause more harm.

10- Perseverance

It will be challenging to pick up your cross daily, take a personal inventory of your wrongs, and then admit any wrongdoing. But you must have determination, diligence, and desire to be a better person. Persistence is doing something despite difficulty or delay in achieving success.

You have to fight for what you want and believe that the outcome is well worth it.

11- Awareness

Making a conscious decision to trust God and live a life of prayer will make your knowledge or perception of a situation grow into a beautiful person. Your heart will see things that you never saw before. Feelings you never felt before. All because you started to trust a higher power greater than yourself. Your senses deepen when you allow true love to flow into your life.

12- Service

In step ten, you read about finding a church and fellowshiping with other believers. But when you make it this far, your experiences and all that you learned will be giving back to others who will need this program and teaching them that there is a better way without addiction.

Anytime you are providing a service or helping someone, or assisting them, this is extending kindness with a helping hand. Even when you give them advice, you serve them in their need. This is all an act of being a serv-ant.

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Workbook Chapter 7

Living an Addiction-Free Life!

You can use this section to write out your questions and/or concerns about how to live an addiction-free life.

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Workbook Chapter 8

What Happens If I Fall?

Use this section to write a statement/confession that you will try your best not to fall, but if you do, you will not condemn yourself.

Date: ____/____/____

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Workbook Chapter 9

Recovery versus Deliverance!

A 12-step recovery program, whether it be AA, NA, OA, Al-Anon, Celebrate Recovery, or any other 12-step recovery program only focuses on the problem, which tends to draw the person back to the problem. No disrespect: most of these programs above will tell an individual, "Once an alcoholic, always an alcoholic," or

"Once an addict, always an addict." This gives the individual a hopeless outlook on their future.

The National Institute on Drug Abuse¹ says that addiction is a chronic disease similar to other chronic diseases such as type-2 diabetes, cancer, and cardiovascular disease. Most 12-step recovery programs and psychiatry counseling programs are based on this theory. This constantly has a person focused on the problem instead of the answer. We focus on the solution and not the problem. Addiction is a spiritual problem that the theory of man cannot solve. The only thing that can destroy addiction is the power of God through the Word of God.

The Bible only references recovery three times but about deliverance ninety-eight times, which is found in the New King James Version of the Bible.

1 Understanding Drug Use and Addiction DrugFacts | National Institute on Drug Abuse (NIDA) (nih.gov)
<https://nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction> 47

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Workbook Chapter 10

Vision

Where there is no vision [no redemptive revelation of God], the people perish; but he who keeps the law [of God, which includes that of man]—blessed (happy, fortunate, and enviable) is he.

—Proverbs 29:18 (Amplified)

And the Lord answered me and said, Write the vision and engrave it so plainly upon tablets that everyone who passes may [be able to] read [it easily and quickly] as he hastens by. For the vision is yet for an appointed time and it hastens to the end [fulfillment]; it will not deceive or disappoint. Though it tarry, wait [earnestly] for it, because it will surely come; it will not be behindhand on its appointed day.

—Habakkuk 2:2 (Amplified)

Use this section to write out a vision plan. Whether you choose a thirty-day plan, a ninety-day plan, or a six-month plan as your goal, all that matters is that you commit to it and implement a schedule that will get you there. Choose a realistic time frame that you can stick to. It is better to do a little bit every day than try to do too much and then give up. You can make each goal with a date completed to have a record. You can copy the next page for more room or create an account on the website to access extra PDF printable forms.

What are your goals in life? Here are some examples.

- Five-year goal—save for a house.
- One-year goal—get my manuscript published.
- Six-month goal—go back to school to get a business degree.
- One-month goal—find a job.
- One-week goal—read a new book.

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Workbook Setting Goals

Short-term goals =

Long-term goals =

Lifetime goals =

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Workbook Vision Statement

After you have noted your goals, write a vision statement. Date:

____/____/____

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Workbook Chapter 11

Praying for Others!

*Therefore I exhort first of all that supplications, prayers,
intercessions, and giving of thanks be made for all men.*

—2 Timothy 2:1

*And pray in the Spirit on all occasions with all kinds of prayers and
requests. With this in mind, be alert and always pray for all the Lord's
people.*

—Ephesians 6:18 (NIV)

When ready, use this section to list anyone you know who needs to
be prayed for. Add any names from those that come up to you and
ask you to pray for them. Put their name and need on the same line.
You can use this list to pray each name individually or corporately.

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Workbook Chapter 12

How to Write Your Testimony

Because of the service by which you have proved yourselves, others will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else.

—2 Corinthians 9:13 (NIV)

Six Easy Steps for Putting Together Your Testimony

There may be people who will argue about the existence of God, but no one can deny your personal experiences with him. No one can argue when you tell your story of how God has worked a miracle in your life or how he has blessed, transformed, lifted, and encouraged you, perhaps even broken and healed you.

These steps are designed to help you write your testimony. They can apply for long and short written or spoken testimonies. Whether you are planning to write down your whole, detailed testimony or preparing a ten-minute video version of your testimony, these steps and guidelines will help you communicate to others with sincerity and clarity what God has done in your life.

Testimony Guidelines

- Before you start writing, pray and ask God for help and the words to share.
- If you video your testimony, it must be no more than eight minutes long.
- In this case, it needs to be written out. (About one-and-a-half-to-two pages, no more than three pages, single-spaced with a twelve-font size in Times New Roman font.)
- Be honest.
- Have fun!

Study Examples of Testimonies

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- Read over some testimonies to see how others have written theirs. When you see how they laid it out, it will help you focus on yours.
- Read Acts 26. Here, the Apostle Paul gives his testimony.

Spend Time on Thought Preparation

- There are a few things to consider before you start writing your testimony. Think about your life before you met the Lord. What was going on in your life leading up to your conversion? What problems or needs were you facing at the time?
- How did your life change after that?

Parts of the Story

There are four major parts to your story. Relax, and let us get started! Use a separate piece of paper to write down your answers.

1. The Old Me

Simply tell what your life was like before you surrendered to Christ. What were you searching for before coming to know Christ? What key problem, emotion, situation, or attitude were you dealing with? What motivated you? What were your actions? How did you try to satisfy your inner needs? (Examples of internal needs are loneliness, fear of death, and insecurity. Possible ways to fill those needs include work, money, drugs, relationships, sports, and sex.)

Start with, "I'm a believer who struggled with _____."

Ask yourself these questions and write the answers down.

- What was the insanity of my life before Christ?
- What are some of the circumstances that others could relate to?
- What was my relationship with God like before?
- What was my attitude to others like?
- What was my bottom?
- What did my life revolve around the most?
- What did I get my security or happiness from?

1. Your *experiences* and *changes* led you to give up the addiction.

- How were you converted? Simply tell the events and circumstances that caused you to consider.

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Overcome Addiction by God's Grace: 12-Steps to Freedom
Workbook Christ as the solution to the addiction: Take time to identify the steps that brought you to the point of trusting Christ.

Where were you? What was happening at the time? What people or problems influenced your decision?

- How has your growing relationship with Jesus Christ influenced your recovery?
- (Below is only if you have used AFL as your source)

How did working on the program help you? (Be specific.)

Did a single step especially touch your heart?

2. The New Me

- How has your life in Christ made a difference?
- How has his forgiveness impacted you?
- How have your thoughts, attitudes, and emotions changed?
- Share how Christ is meeting your needs and what a relationship with him means to you now.
- What changes has God made in your relationships with others?
- What areas of your old life are gone, and how have they changed?
- What are some of the great benefits you have received from working the program? (This is only if you have used AFL as your source.)

4. Outreach: Why am I writing a testimony?

- What encouragement can I give a newcomer?

Important Tips to Remember

- Stick to the point. Your conversion and new life in Christ should be the main points.

- Be specific. Include events, genuine feelings, and personal insights that clarify your main point; it makes your testimony tangible—something others can relate to.
- Be current. Tell what is happening in your life with God now, today.
- Be honest. Do not exaggerate or dramatize your life for effect. The simple truth of what God has done in your life is all the Holy Spirit needs to convict others of their sin and convince them of his love and grace.

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Avoid churchy words that alienate listeners and readers and keep them from identifying with your life when writing your testimony. Here are some examples.

Avoid using *born again*; instead, use;

- spiritual birth
- spiritual renewal
- to come alive spiritually
- given a new life

Avoid using *saved*; instead, use;

- rescued
- delivered from despair
- found hope for life

Avoid using *lost*; *instead*, use;

- heading in the wrong direction
- separated from God
- had no hope

Avoid using *Gospel*; instead, use;

- God's message to man
- the good news about Christ's purpose on earth

Avoid using *sin*; instead, use;

- rejecting God
- missing the mark
- falling away from the right path
- a crime against God's law
- disobedience to God

Avoid using *repent*; instead, use;

- admit a wrong
- change one's mind, heart, or attitude
- make a decision to turn away
- turn around
- a 180-degree turn from what you were doing

Hopefully, this helps you to write your testimony and never be ashamed to share the good in your life.

You never know when your story will help someone else.

Thank you for finishing what you have started. God Bless!

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Workbook **Submitting a Testimony for Future Printings**

Please be sure to include the following information in your e-mail:

1. Your first and last name (not displayed unless requested)
2. Your valid e-mail address.
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As you tell us your story, keep in mind the following guidelines:

- Testimonies should be no longer than eight hundred to one thousand words.
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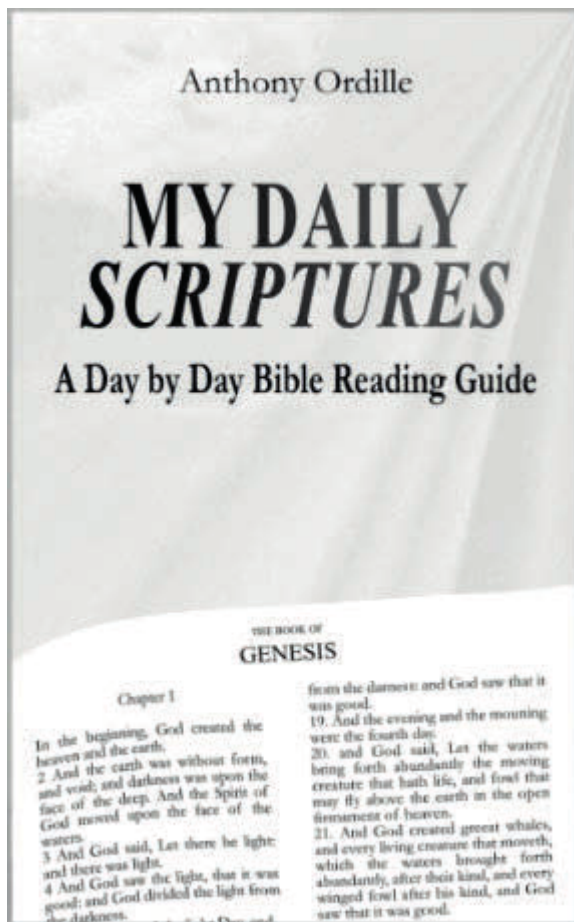
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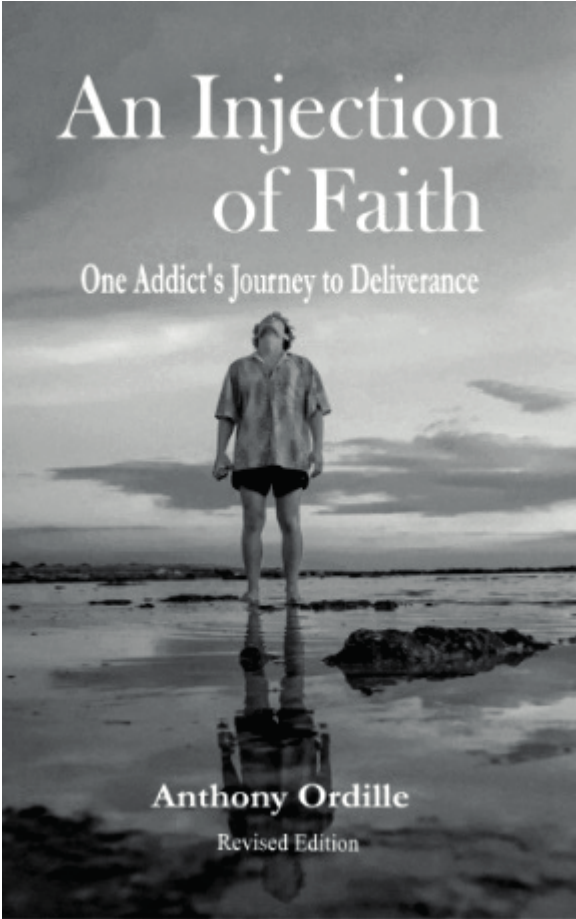
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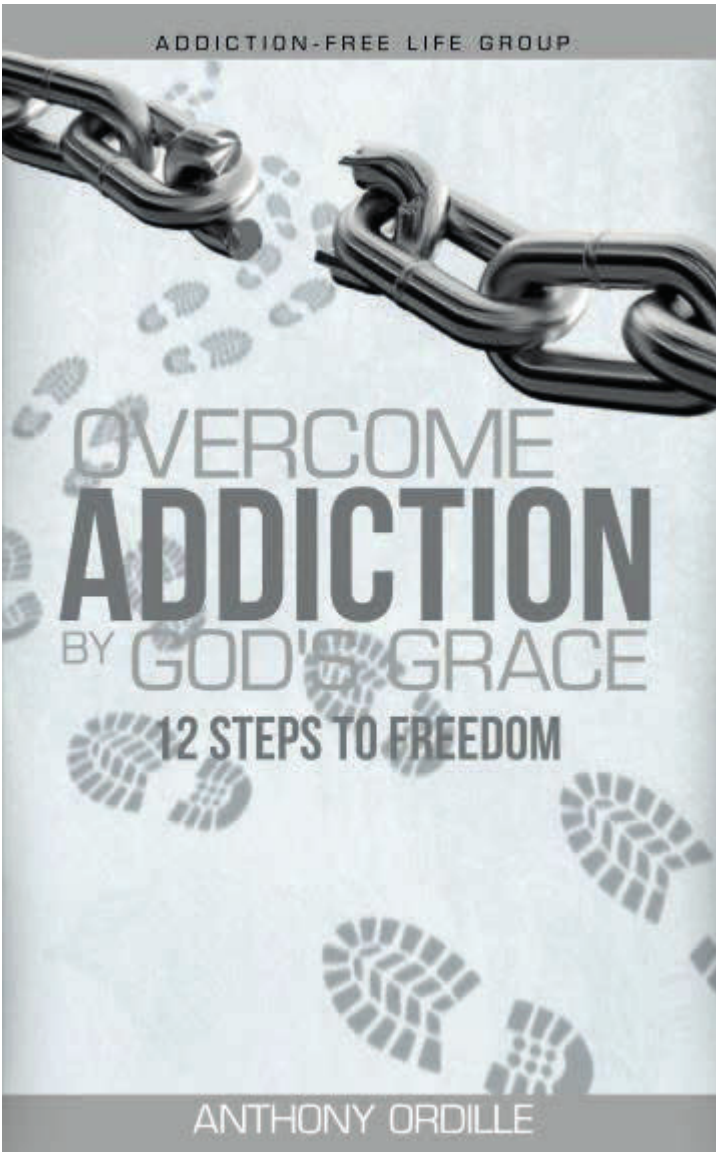
An Injection of Faith

One Addict's Journey to Deliverance



Anthony Ordille

Revised Edition



Other Books by this Author

Please visit your favorite book retailer to discover other books by Anthony Ordille, or visit the website at: www.anthoniyordille.com.

-Anthony's Story: An Injection of Faith: One Addict's Journey to Deliverance

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Book locations all in one place: link.anthoniyordille.com/Authorcentral
If you would like to purchase bulk orders for meetings, please contact AFL through our website.

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Connect with Anthony Ordille

Addiction-Free Life is based in the United States of America

Send all inquiries through the website at: www.anthoniyordille.com

I appreciate you reading my book! Here are my social media coordinates: Friend me on Facebook:

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Please email us through the website if you would like to request Anthony Ordille to speak about this program and/or his testimony.

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