

Phase I: Biblical Truths for Addictions.

Wisdom and Discernment

The Sovereignty of God

**Sin, Repentance,
Redemption,
Reconciliation, Restoration**

Copyright Page

Biblical Truths for Addictions

Written by Jonathan Okinaga

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Introduction

Some people are uncomfortable with the term addictions. While I will also use the phrase life-dominating sin, I want to be very clear on what the term addictions means in this “program.” Addictions can be understood as a form of idolatry when people care more about something else than God. They try to make themselves feel better by doing or taking something instead of relying on God to help them. Essentially, they look to this created thing for comfort, satisfaction, or escape rather than seeking it in God, the only true source of lasting fulfillment.

For 17 years, people have sought a program from me to combat addictions. Although my hesitation stems from a fear that individuals might place their trust in a program rather than Christ, I’ve come to acknowledge that many churches are falling short in discipleship. This program serves a dual purpose. First, it equips those committed to the discipleship model with tools to assist those wrestling with addictions. Second, it offers churches a structured approach, a “program,” that remains Christ-centered and discipleship-focused.

Wisdom and Discernment

Month One: Words of Wisdom

Who you spend time with is essential. When I first got back from rehab, one of the men who disciplined me, David Giomi, said *“It has to be a total immersion into a whole new lifestyle. Everything from before....has to be your past. The people you associate with determine if you will fail or succeed. If you hang out with winners living a pleasing life to God, your odds of success are more significant than if you go back to spending time with the same people who drag you down.”* My first month was spent in a treatment center, so I was forced to be with others trying to do the same thing. However, my first month back, I had a choice. I chose to spend time with people who supported my decision to change my life. You have to make quality decisions in this first month. Choose wisely.

What you do with your free time and where you spend that time is going to impact what your new lifestyle is going to look like. You cannot go back to the same places that you did before. It is not only new people (community) that you have to change; it is also what you do. I used to go to the bar as soon as I finished work. I would go to martial arts or the gym after work when I got sober. If you don't know what to do, ask your trusted mentor/sponsor/etc. Trust those who know what is best. Your best ideas got you into this mess, so listen to the right people.

The first month is full of changes, challenges, and questions. Ask for help; don't be ashamed. When I was in treatment, I would spend all my free time in the worker's room, asking questions on how to succeed. I didn't spend that much time with the other guys in treatment because

they're like me and don't know how to succeed. Make wise decisions. If I could get sober and overcome my life-dominating sins, so can you.

Daily Challenges

Begin Each Day with Prayer and Scripture Meditation:

Dedicate the first moments of your day to prayer and meditating on God's Word.

Seek Accountability and Fellowship: Reach out to a trusted faith community member to share your journey.

Practice Immediate Obedience: When you sense God leading you to make a change or take a step, act on it promptly.

Prioritize Wisdom in Decision Making: Pray for wisdom and consult Scripture before making decisions.

Engage in Community: Do not isolate yourself. Participate in church and small group activities.

Teach and Mentor Others: Sharing your experiences and the wisdom you've gained with others benefits them and reinforces your understanding and commitment to godly principles.

Adopt a Posture of Learning: Remain humble and teachable, understanding that wisdom is not a destination but a journey.

Integrate Wisdom into Daily Habits: Make wisdom a practical part of daily life by applying biblical principles to your routines, decisions, and relationships.

Week One: Wisdom

In overcoming addiction, godly wisdom stands as a non-negotiable ingredient for success. The book of Proverbs sheds light on this, stating, *“For the Lord gives wisdom; from His mouth comes knowledge and understanding”* (Proverbs 2:6). It is essential to clarify that godly wisdom is not synonymous with worldly intelligence or mere human expertise. Defeating addiction is not merely an exercise in intellectualism (if that is the case, the numerous PhDs and MDs that I have worked with would have an easy time with sobriety,) nor is it just about reciting the right Bible verses (in this case all the pastors and pastor’s kids I have worked with would never have struggled with drugs and alcohol.) God’s teachings cover all parts of life. This wisdom starts with respect for how powerful, and loving God is. When you let Him in, the transformation is complete.

Wisdom alone is not enough; it must be reinforced by discipline, especially when combating addiction. Implementing God’s wisdom transcends mere intellectual knowledge; it calls for disciplined action backed by deliberate, God-honoring choices. In the realm of addiction recovery, discipline often manifests as distancing yourself from harmful environments, actively seeking godly counsel, and cultivating accountability relationships that spur you toward steadfastness. Your battle against addiction is more than just a struggle for self-improvement; it is a spiritual warfare that demands both wisdom and discipline. By earnestly seeking God’s wisdom and pairing it with disciplined choices, you are constantly walking with Him, preparing yourself for immediate and long-term victory over addiction. This is not a temporary fix but a transformative, sustainable, God-honoring approach to living a life of freedom and purpose.

The fear of the Lord is the beginning of knowledge; fools despise wisdom and discipline. Proverbs 1:7

The first step toward breaking free from the bondage of addiction is recognizing your need for wisdom and discipline. When you start your journey to sobriety, consider taking my pastor's (Dr. Robert Miller's) advice: read a proverb daily. There are up to 31 days a month and 31 chapters in Proverbs. This practice helped me immensely, and I continued it daily for almost seven years because my pastor never told me to stop. If you are like me, you may not fully understand wisdom. This wisdom is not mere worldly knowledge or self-help strategies but a deep reverence for the Lord, understanding that He alone is the foundation of all true wisdom.

When you fear the Lord, you begin to see the world through His eyes and recognize the destructive power of addiction in your life. Importantly, this wisdom is not solely intellectual; it necessitates action—discipline, to be precise. Discipline can be unpopular in a culture that values immediate gratification, but it is crucial for overcoming addiction. The wisdom and discipline God provides do not only point out the problem; they give you the tools and strength to overcome it.

Have you experienced situations where worldly solutions fell short, but biblical wisdom made a difference? Why do you think the fear of the Lord is described as the beginning of knowledge? How does this perspective shift your understanding of what is truly important?

Sometimes you just gotta enjoy life, get out of the house and do something.

Homework 1: Understanding Godly Wisdom

Objective: To differentiate between godly wisdom and worldly knowledge, recognizing the transformative power of wisdom rooted in the fear of the Lord.

Task: Read Proverbs 2:1-11 and identify the critical characteristics of godly wisdom mentioned in the passage. Write a ¼ -page reflection on how godly wisdom contrasts with worldly intelligence. This includes where relying on worldly wisdom led to failure, but godly wisdom brought clarity and direction.

Discuss: How does godly wisdom change your approach to overcoming addiction? Why is the fear of the Lord the foundation of this wisdom?

Homework 2: The Role of Discipline in Wisdom

Objective: To understand the connection between wisdom and discipline in addiction recovery.

Task: Meditate on Proverbs 1:7 and consider how discipline is intertwined with wisdom. Write a ½ page journal entry describing an area where a lack of discipline has hindered your growth. Identify practical steps you can take to ensure you walk with the Lord.

Discuss: Why is discipline essential for applying wisdom? How can disciplined choices strengthen your journey toward sobriety?

Homework 3: Daily Proverbs Practice

Objective: To develop a daily habit of seeking wisdom through Scripture.

Task: Read one chapter of Proverbs daily for the next seven days. Select one verse that resonates with you daily and write a brief paragraph explaining why it stood out. Focus on how this wisdom applies to your battle against addiction.

Discuss: How does daily engagement with Proverbs impact your mindset and actions? How can this practice help you build a foundation for long-term sobriety?

Homework 4: Wisdom in Action

Objective: To apply godly wisdom to practical situations, especially when faced with addiction-related challenges.

Task: Reflect on a recent situation where you faced temptation or struggled with addiction. Using Proverbs 3:5-6 as a guide, write a ¼ page analysis of how trusting in the Lord's wisdom could have led to a different outcome.

Discuss: How does trusting in God's wisdom differ from relying on your understanding? In what ways does this trust empower you to overcome addiction?

Homework 5: Cultivating Accountability

Objective: To recognize the value of godly counsel and accountability in fostering wisdom and discipline.

Task: Identify a trusted individual who can serve as an accountability partner in your journey to sobriety. Write a

short letter (½ page) to this person explaining your desire for accountability and outlining specific ways they can support you. Include how you plan to stay committed to wisdom and discipline.

Discuss: Why is accountability crucial in applying wisdom and maintaining discipline? How can godly counsel enhance your ability to overcome addiction?

Week Two: Discernment

Discernment, the faculty of distinguishing between what is good and evil, serves as a pivotal component in the fight against addiction. As articulated in Philippians 1:9-10, “And I pray this: that your love will keep on growing in knowledge and every kind of discernment, so that you may approve the things that are superior and may be pure and blameless in the day of Christ.” This prayer encapsulates the transformational essence of discernment—it elevates our love, enhances our knowledge, and refines our choices. In the labyrinth of addiction, the lens of discernment illuminates the way, enabling us to recognize triggers, penetrate the deceptive allure of harmful substances or behaviors, and make choices that pivot toward restoration and completeness. Chasing after God’s wisdom can change how you live, taking you from trying to avoid bad habits to actually looking for and finding God’s right path. This is not a tiny thing - it is how we can move away from hurting ourselves and get closer to God’s wants. Learning to be discerning becomes of primary importance. It is like having a trusty guide that keeps you from messing up your life and points you toward the life God means for you to have - one that brings Him praise, glory, and honor.

By embracing discernment, you are carving a path to freedom from addiction and creating a roadmap for a godly, purpose-driven life. This is not a quick fix but a transformative journey, guided by God’s wisdom, to a fulfilling life that stands as a testimony to His goodness and grace.

For the Lord gives wisdom; from his mouth come knowledge and understanding. Proverbs 2:6

If you are wrestling with addiction, you likely feel the gut-wrenching desire for freedom and the equally strong feeling of powerlessness. In this struggle, the wisdom you need for liberation does not come from self-help books or mere willpower; it is a gift from God. Proverbs reassure you that the Lord is the source of wisdom, knowledge, and understanding. He does not withhold these gifts but generously gives them to those earnestly seeking Him. You need to make a choice, put your faith in trust in your Father in heaven or trust what is found in the World.

The wisdom from God is not abstract; it penetrates your life situations and equips you with both knowledge and understanding. Knowledge to recognize the root issues feeding your addiction and understanding to navigate the emotional and spiritual complexities that come with it. To rely on God's wisdom is to trust that He knows you better than you know yourself, and He alone can guide you through the mess of recovery. Every urge resisted, every destructive pattern broken, testifies to the wisdom, knowledge, and understanding God supplies. Drown out all the noise. It does not matter what you or anyone else thinks. All that matters is what the Word of God actually says.

Can you recall a moment when resisting a temptation felt like a direct result of wisdom, knowledge, or understanding that God provided? How did that moment strengthen your faith? How does understanding God as the source of wisdom change your approach to overcoming addiction?

Never lose hope because of failures. There is a light at the end of the tunnel. It may be just a flicker, but it's there.

Homework 1: Seeking Godly Wisdom

Objective: To cultivate the habit of seeking God's wisdom and discernment through prayer and meditation on Scripture, particularly in battling addiction.

Task: Read Proverbs 2:1-8 and reflect on how God's wisdom can help you discern between good and evil. Write a ½ page reflection on how seeking God's wisdom has influenced your choices in the past week. Include specific examples where you felt guided by God's wisdom to make a better choice.

Discuss: How does consistently seeking God's wisdom change how you approach daily decisions, especially those related to your addiction? Share an example from this week where you felt God's wisdom helped you avoid a harmful choice.

Homework 2: Identifying Triggers with Discernment

Objective: To develop the ability to discern personal triggers that lead to addictive behaviors and formulate strategies to avoid them.

Task: Identify and list five specific triggers that tempt you to relapse. For each trigger, write down a Scripture that addresses the situation, then describe how applying that Scripture can help you avoid falling into temptation. Memorize one of these verses to recite when faced with that particular trigger.

Discuss: Which trigger do you find the hardest to resist, and how can Scripture help you stand firm? Discuss how memorizing and meditating on Scripture might change your reaction to this temptation.

Homework 3: Discernment in Relationships

Objective: To understand the role of discernment in evaluating the influences of relationships on your spiritual and emotional well-being.

Task: Reflect on the relationships in your life. Identify one that has a positive influence and one that has a negative influence on your journey toward recovery. Write a two-paragraph summary explaining how discernment helped you identify these influences and how you plan to nurture or distance yourself from these relationships.

Discuss: How has God's wisdom helped you discern healthy or harmful relationships? Share how you plan to nurture the relationships that support your recovery and set boundaries with those that do not.

Homework 4: Discernment Through Prayer

Objective: Integrate discernment into your prayer life by seeking God's guidance in daily choices and challenges.

Task: Set aside 15 minutes each day to pray specifically for discernment. Focus on a decision or challenge you are facing related to your recovery. Keep a prayer journal for the week, noting any insights, Scripture passages, or promptings you receive from God. At the end of the week, write a half-page summary of how these prayer times have shaped your decision-making.

Discuss: How has dedicating time to pray for discernment impacted your choices this week? Discuss any specific situation where you felt God's guidance through prayer.

Homework 5: Practicing Discernment in Daily Life

Objective: To apply discernment to daily decisions, particularly those that influence your path toward recovery.

Task: Choose three decisions you will make this week, whether big or small and intentionally practice discernment as you make them. Record each decision, the factors you considered, and the outcome of applying discernment. Reflect on how using discernment changed your usual decision-making process.

Discuss: Which decision required the most discernment, and how did relying on God's wisdom affect the outcome? Share how practicing discernment has impacted your confidence and peace in your recovery journey.

Week Three: Relapse

Navigating addiction is like walking a dangerous path filled with challenges and potential pitfalls. While I have never had a relapse, that doesn't mean that a relapse equates to failure. You made a mistake; learn from it. I have encountered many over the years who had troubles with relapse but are now living a life free from addictions. I have also come across people with 30+ years of continuous sobriety that I want nothing to do with because of their character. When relapse occurs, do not view it as a failure but as an opportunity for spiritual recalibration. Such setbacks are crucial for renewing your covenant with God and deepening your reliance on His redemptive grace. Instead of succumbing to guilt or shame, focus on penitence and a renewed commitment to living a life that glorifies God.

Rising after a relapse requires more than just a desire to do better. It demands an honest evaluation of what led to the stumble. This is where the guidance of spiritually mature individuals becomes invaluable. Their wisdom and accountability help you identify the specific triggers and vulnerabilities that led to temptation. Engage with these believers to dissect why you stumbled and learn how to avoid those pitfalls in the future. Maintain a steadfast commitment to prayer, consistent study of Scripture, and active involvement with a community of believers. These daily disciplines defend against recurring temptations, strengthening your spirit for the battles ahead. Remember, your worth is not defined by your failures but by Christ's redemptive work on the cross.

Though a righteous person falls seven times, he will get up, but the wicked will stumble into ruin. Proverbs 24:16

Remember that even the righteous may fall, but the resolve to rise again defines your walk with God. This verse does not suggest that falling is acceptable or desirable but instead that the grace of God empowers you to rise after every fall. In the face of relapse, you may feel overwhelming guilt or shame. You might even doubt your worthiness of God's love. However, God's love remains steadfast, and His grace is sufficient for every moment of weakness. Your identity in Christ is not defined by your failures but by your persistent return to the path of righteousness. Each time you rise after a fall, you demonstrate the power of God's grace at work within you, shaping your heart and strengthening your faith. Your battle with addiction is not just a physical struggle but a spiritual one as well. The enemy seeks to keep you down, to convince you that you are beyond hope, but God's Word tells a different story. You are not defeated when you fall; you are only defeated if you refuse to rise. In this season, remember that God's mercies are new every morning (Lamentations 3:22-23). Every time you get back up, you embrace God's mercy and allow His grace to guide your steps. As the proverb states, you may fall seven times, but each fall is an opportunity to lean more on God's strength than your own. Embrace the truth that relapse does not define your journey.

How does Proverbs 24:16 reshape your understanding of relapse in the context of your recovery journey? In what ways does God's promise of new mercies each morning encourage you to keep rising after a fall?

Let those you love know it, always show it and never take the simple joys in life for granted.

Homework 1: Spiritual Recalibration After a Relapse

Objective: To explore the concept of spiritual recalibration in the context of relapse and develop a personal plan for spiritual renewal.

Task: Reflect on a recent or past relapse (if applicable) and analyze the spiritual triggers and influences that led to the setback. List 5 steps you will take to spiritually recalibrate. Include Scripture references that provide encouragement and guidance for overcoming relapse.

Discuss: How can setbacks, such as relapse, become opportunities for spiritual growth rather than sources of shame? Share one scripture that has helped you recalibrate your relationship with God after a fall.

Homework 2: Identifying Triggers and Strengthening Defenses

Objective: To identify personal triggers that lead to relapse and create a plan to avoid future pitfalls through spiritual discipline.

Task: Create a chart with two columns. In the first column, list common triggers or situations that have led to relapse. In the second column, describe specific spiritual disciplines (prayer, Scripture study, accountability, etc.) that you can implement to counteract these triggers.

Discuss: How can you integrate these spiritual disciplines into your daily routine to guard against relapse? How can the support of a faith community strengthen your defenses?

Homework 3: Embracing God's New Mercies

Objective: To understand the significance of God's mercies being renewed daily and how this truth applies to overcoming relapse.

Task: Meditate on Lamentations 3:22-23 and write a ½ page entry about how this passage encourages you to rise after a fall.

Discuss: In what ways does the promise of new mercies each morning give you hope in your recovery? How can this promise change your perspective on relapse?

Homework 4: The Righteous Fall and Rise Again

Objective: To apply the wisdom of Proverbs 24:16 to personal recovery from addiction and develop a mindset focused on resilience.

Task: Write a ¼ page reflection on how Proverbs 24:16 speaks to your journey. Focus on how the verse challenges and encourages you in the face of relapse. Consider practically applying rising after a fall to your daily life.

Discuss: How does understanding that even the righteous may fall impact your view of relapse? What steps can you take to ensure you rise again, relying on God's grace and strength?

Homework 5: Rebuilding Trust Through Consistency

Objective: To rebuild trust in relationships that may have been damaged by relapse, emphasizing the importance of consistency and character.

Task: Identify one relationship that has been affected by relapse. Write a letter or reach out to that person expressing your desire to rebuild trust, acknowledge your actions' impact, and outline how you plan to demonstrate consistent character moving forward. You do not have to send the letter unless you feel led.

Discuss: How can consistent character and spiritual growth help rebuild relationship trust after relapse? In what ways does God's work in your life serve as a testimony to others?

Week Four: Scripture Memorization

Committing Scripture to memory is a spiritual discipline and a crucial arsenal in your fight against addiction. I learned the value of scripture memory from Dr. John Babler, aka scripture's walking Rolodex, who trained me in biblical counseling. Psalm 119:11: "*I have treasured your word in my heart so that I may not sin against you.*" In the heat of temptation, the Word of God, etched in your heart, is an impenetrable shield and a powerful weapon. When we absorb the Bible's teachings, we make God's Word a part of who we are. Doing this creates a solid wall against addiction's tempting but dishonest allure. With these spiritual truths as an inner wealth inside us, we get ready to stand firm against temptation and actively push back on it, reshaping how we think and act to match God's perfect plan.

The role of Scripture memorization in overcoming addiction transcends mere resistance against momentary temptation. It is a transformative power that permeates deep into our hearts and minds, tackling the root issues that often give rise to addiction. These might include emotional wounds, unbiblical thought patterns, or entrenched sinful habits. As we continually store God's Word in our hearts, it operates like a skilled surgeon—meticulously excising the harmful elements and infusing us with truth.

Memorizing Scripture is not just a tactical response to imminent temptation; it serves as a strategic, long-term investment for spiritual growth and ultimate freedom from addiction. By continually engaging in this practice, arm yourself for immediate battles and prepare for a lifetime of honoring God, growing in spiritual wisdom, and experiencing Christ's abundant life.

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness 2 Timothy 3:16

Scripture is a collection of God's inspired words and is the very breath of God, given to empower and equip you for every battle, including the battle against addiction. When you commit God's Word to memory, you learn words and internalize His power, transforming your heart and mind. Each time you memorize a verse, you add a new weapon to your spiritual arsenal that can teach you when you are lost, rebuke you when you veer off course, correct you when you fall, and train you to walk in righteousness. Memorizing Scripture also anchors your thoughts in truth, providing a firm foundation when the lies of addiction try to pull you under. The enemy's greatest tactic is deception, convincing you that you are powerless, unworthy, or beyond hope. But with God's Word hidden in your heart, you can counter those lies with His promises. Meditating on God's Word reminds you that God's truth is not distant or unattainable; it is alive, active, and ready to work in your life. The more you immerse yourself in the Word, the more your perspective shifts from hopelessness to hope, weakness to strength, bondage to freedom.

How can memorizing specific Scriptures give you immediate strength and guidance during temptation? In what ways do you think having God's Word stored in your heart can reshape your thoughts and actions when battling a life-dominating sin?

If you really want something (overcoming addictions,) it's yours to take; you are not beholden to being in bondage. You may have to sacrifice a lot, but how bad do you want it?

Homework 1: Psalm 119:11 Memorization

Objective: Memorize and meditate on Psalm 119:11 to internalize its truth and application in moments of temptation.

Task: Memorize Psalm 119:11, “*I have treasured your word in my heart so that I may not sin against you.*” Write a ¼ page reflection on how to apply this verse to your life, particularly when facing temptation or struggle.

Discuss: How does treasuring God’s Word in your heart prepare you for spiritual battles? Share a time when recalling a memorized verse helped you resist temptation.

Homework 2 : Combatting Temptation with 1 Corinthians 10:13

Objective: Use Scripture to overcome temptation by applying 1 Corinthians 10:13.

Task: Corinthians 10:13, “*No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it.*” Write down three everyday temptations and describe how this verse gives you a way of overcoming your struggles in a way that brings God honor.

Discuss: How does memorizing this verse change your perspective on facing temptation? What are some practical steps you can take to utilize this truth when confronted with addiction-related temptations?

Homework 3: The Power of Scripture for Healing.

Objective: Memorize Isaiah 41:10 to build confidence in God's presence and power amid emotional struggles.

Task: Memorize Isaiah 41:10, "*Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand.*" Journal about an emotional wound or fear you are currently dealing with. Reflect on how this verse speaks to that area of your life.

Discuss: In what ways can this verse reshape your thoughts and actions when battling emotional wounds tied to addiction? How does knowing God is with you and will strengthen you bring comfort during challenging times?

Homework 4: Romans 12:2 and the Renewal of the Mind

Objective: Transform your thoughts and actions through Romans 12:2.

Task: Meditate on Romans 12:2, "*Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.*" Identify one unbiblical thought pattern or habit you need to change (in addition to your addictions.) Write a short ¼ page essay on how this verse can guide you in renewing your mind and aligning it with God's will.

Discuss: How can consistently renewing your mind through Scripture help you overcome addiction? What changes have you noticed in your thoughts and actions since memorizing Scripture?

Homework 5: Ephesians 6:10-11 and Spiritual Warfare

Objective: Equip yourself for spiritual warfare by memorizing and applying Ephesians 6:10-11.

Task: Meditate on Ephesians 6:10-11, “*Finally, be strengthened by the Lord and by his vast strength. Put on the full armor of God so that you can stand against the schemes of the devil.*” Reflect on the importance of being spiritually equipped. Write a detailed plan for how you will continue to memorize Scripture as part of your daily spiritual armor.

Discuss: How does viewing Scripture memorization as part of your spiritual armor change your approach to dealing with addiction? What steps will you take to ensure you are always prepared for spiritual battles?

Week Five: Stewardship

Biblical stewardship plays a crucial role in your journey of overcoming addiction. As you seek to break free from destructive habits, understanding and embracing the concept of stewardship helps you live life according to God's purposes. At its core, stewardship is about recognizing that everything you have—your body, time, talents, and resources—belongs to God. It is easy to just give up your presenting life-dominating sin, but it has to be a TOTAL immersion into a life that brings God praise, glory and honor.

Stewardship encourages you to honor God with your body. Addiction often involves the misuse of the body, leading to physical, emotional, and spiritual damage. By embracing stewardship, you commit to caring for your body as God's temple, making choices that promote healing and health. Second, stewardship calls for you to manage your time wisely. Addiction can steal your time, leading to wasted days and missed opportunities. As a steward of the time God has given you, you are called to use each moment purposefully. Third, biblical stewardship challenges you to use your talents for God's glory. Addiction often leads to the neglect or misuse of your God-given abilities. Fourth, stewardship involves managing your resources, including finances, to reflect God's priorities. Addiction can lead to financial ruin, creating a cycle of dependency and despair. Finally, biblical stewardship reminds you that your life has a higher purpose. Overcoming addiction is not just about breaking free from harmful behaviors but also about living a life that honors God. Stewardship calls you to align every aspect of your life with God's will, seeking to glorify Him in all you do. This renewed focus gives you the strength to persevere in your recovery, knowing you are part of something greater than yourself.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10

God has equipped each of us with gifts meant to serve others. These gifts are not only talents or skills but include our experiences, including the painful ones. As stewards of God's grace, even those who have faced the darkest valleys have something to offer—a testimony, a word of encouragement, or simply the understanding that comes from having walked a similar path. Stewardship is not just about managing resources; it is about recognizing that what God has entrusted to us, even our struggles, can be used to uplift others. When you shift your focus from your own struggles to how you can serve others, you begin to see God's grace working through you. Addiction often narrows our vision, making us see only our pain and our immediate needs.

Yet, stewardship broadens that vision, reminding us that our lives are interconnected with others in the body of Christ. With all its highs and lows, your journey has value in the kingdom of God. By focusing on how you can serve others with what you have been through, you honor God and find strength and healing. God's grace, when stewarded well, does not just bring freedom to you but extends that freedom to those around you. In serving others, you are also serving yourself, for in giving, you receive.

In what ways can you shift your focus from personal victory over addiction to helping others in their own battles? How does understanding stewardship of God's grace impact your approach to overcoming life-dominating sins?

Life begins at the end of your comfort zone.

Homework 1: Evaluating Personal Stewardship

Objective: To assess current stewardship practices and identify areas of improvement related to overcoming addiction.

Task: Reflect on how you currently manage the resources God has entrusted to you, including time, finances, relationships, and talents. Write a ½ page summary identifying specific areas where you have been either faithful or neglectful in stewardship. Focus on how poor stewardship has impacted your struggle with addiction and propose practical steps you can take to realign these areas with God's purposes.

Discuss: How does acknowledging areas of poor stewardship help you break free from addictive behaviors? Share one area of your life where you plan to implement change this week.

Homework 2: Stewardship and Time Management

Objective: To develop a biblical perspective on time management as an essential aspect of stewardship.

Task: Read Ephesians 5:15-17 and write a two-paragraph reflection on how wise time management can influence your recovery from addiction. Then, create a daily schedule for the upcoming week that prioritizes activities promoting spiritual growth, accountability, and service to others.

Discuss: How does managing your time wisely contribute to breaking the cycle of addiction? How can you better steward your time to align with God's will?

Homework 3: Serving Others Through Your Struggles

Objective: To understand how personal struggles with addiction can be used to serve others within the body of Christ.

Task: Identify someone in your life who is currently struggling with a similar addiction or life-dominating sin. Reach out to this person and offer support, encouragement, or prayer. Write a brief reflection on how your past or ongoing battle with addiction can be used to help others and how this act of service impacts your own recovery.

Discuss: How has offering support to someone else shifted your perspective on your struggles? How does this align with the biblical concept of stewardship?

Homework 4: Financial Stewardship and Addiction

Objective: To explore the relationship between financial stewardship and addiction recovery.

Task: Reflect on how financial mismanagement has influenced your addiction. Read Matthew 6:19-21 and write a ½ page analysis of how proper financial stewardship can aid in your recovery. Develop a simple budget for the next month that reflects biblical principles of generosity, saving, and wise spending.

Discuss: How does aligning your financial habits with biblical stewardship principles contribute to your overall recovery? What changes can you make to honor God with your finances?

Homework 5: Stewardship of Spiritual Gifts

Objective: To recognize and utilize your spiritual gifts to overcome addiction and serve others.

Task: Prayerfully consider what gifts God has given you. Write a one-page reflection on how you can use your spiritual gifts to serve others, especially those struggling with addiction. Plan one specific action this week to use your gift in service to someone else.

Discuss: How does using your spiritual gifts in service to others help you in your battle against addiction? What steps can you take to better steward these gifts for God's glory?

The Sovereignty of God

Month Two Words of Wisdom

If the excitement of the life-changing decisions starts to wear off, good. You are now entering a phase where it gets a little more real; it's not just based on emotions but a genuine desire to change your life. I'm also going to bring up a word that most shudder at.... relapse. If it happens, don't return to Day 1 and start again. You made a mistake; move on; it doesn't define you. I've seen too many guys who had slipped up, and it beat them down and took a while to recover. Don't be that person. Nowhere in the Bible does it say that God expects perfection. He requires obedience.

As you embark on this next month, what the program calls the pink cloud, the euphoria and excitement, is gone. Some of you may have been in a 30-day residential facility, might be going home, and you are a little afraid; that is normal. I remember going from inpatient to transitional living, and my sponsor said, "*Don't change anything. Whatever has worked, keep doing those things.*" Keep making wise decisions and trust the process. You might feel a little brave, like you got the first month quickly, and now it's the time to spread your wings and enjoy freedom, don't. Stay close to those that are supporting your decisions and avoid being cocky and proud. I've seen too many people who followed all the rules in the first month and then started to freelance in the second; none succeeded.

Enjoy the journey; don't rush big decisions. Take it easy. If you are blessed enough to still be in a structured environment (rehab, sober living, IOP)...count yourself lucky. Many don't have the financial freedom to do so; for

this season, shut up, sit down, and listen. It's still just month two; you still have a way to go.

Daily Challenges:

Surrender Control: Recognize a situation where you've been trying to maintain control and decide to give God space to move.

Choose Stillness Over Fear: Instead of giving into fear, lay everything at the feet of Christ in prayer. Embrace stillness; there is nothing wrong with doing nothing.

Acknowledge External Dependencies: Confess and turn away from seeking help outside of God, especially in forms that lead you away from His presence.

Observe God's Creation: Take time to see God's handiwork in the world around you.

Consciously Choose God Over Sin: List and surrender your sins to God, acknowledging His sovereignty even in your weaknesses.

Reflect on God's Work in Your Life: Write a journal about how God has been active in your life, especially during tough times.

Embrace a Disciplined Spiritual Life: Dedicate time daily to prayer and Bible study.

Week Six: God's Sovereignty

When wrestling with the emotional and spiritual mess that addiction often represents, an unwavering understanding of God's sovereignty provides an anchor of hope. Such a realization equips us with the determination to surrender our weaknesses and lean into the steady authority of God during our weakest moments. The bedrock of God's sovereignty furnishes hope and revolutionizes the entire foundation of your recovery journey.

When you acknowledge the sovereignty of God, your eyes open to a broader spiritual landscape. No longer are you merely an individual scrambling to break free from the chains of addiction; you become an integral part of a narrative that God Himself authors. Each decision you make and each struggle you endure gains eternal significance, serving as building blocks in constructing a God-honoring life. Your commitment to recovery is about personal healing and liberation and walking alongside God's overarching purpose for humanity, specifically for you.

Comprehending God's sovereignty is far from a mere theological exercise; it is an essential, transformative mindset in the battle against addiction. It is not just some dry theology - grasping this truth can completely change your mindset and outlook. You will find renewed hope and purpose when God orchestrates everything, even when it feels like you are struggling and hitting walls. In the fight against addiction, it is more than a textbook truth. It is a perspective-shifting, hope-giving power source.

Yours, Lord, is the greatness and the power and the glory and the splendor and the majesty, for everything in the heavens and on earth belongs to you. Yours, Lord, is the Kingdom, and you are exalted as head over all. 1 Chronicles 29:11-12

Consider how God's sovereignty is not merely a grand theological concept but a deeply personal and transformative truth. This passage boldly proclaims that everything in the heavens and on earth belongs to the Lord, emphasizing His authority and supreme rule. When confronted with a life-dominating sin, you may feel overwhelmed by the weight of your struggles, caught in a cycle of guilt and defeat. Yet, this scripture reminds you that God's greatness, power, and glory are not distant or unreachable—they are actively present in your life. God's sovereignty encompasses every detail, from the vastness of the universe to the smallest challenges you face. Understanding this divine control offers you a new perspective on your battles. Instead of feeling crushed by the power of sin, you are invited to rest in the truth that God's authority is greater than any stronghold. His Kingdom reigns supreme, even over the areas where you feel weakest. This realization encourages you to release the burden of trying to conquer sin alone and instead rely on God's unshakeable control.

How does knowing that everything belongs to the Lord—including your struggles—change how you approach overcoming sin? Considering that 'everything in the heavens and on earth belongs to God,' how does acknowledging God's ownership over everything change your perspective on your struggles?

No one said it would be easy....it just gets a lot more rewarding. Don't give up, don't ever give up.

Homework 1: God's Sovereignty in Personal Struggles

Objective: To cultivate a deeper understanding of how God's sovereignty influences personal recovery from addiction.

Task: Read Psalm 139:1-18. Reflect on how God's omniscience and omnipresence provide comfort and direction in your recovery journey. Write a ½ page journal entry detailing how recognizing God's sovereignty has shifted your perspective on your addiction. Include specific moments when you felt God's guidance.

Discuss: How does acknowledging God's intimate knowledge of your life (as described in Psalm 139) affect your trust in His sovereignty? How can this influence your daily walk in recovery?

Homework 2: Surrendering to God's Sovereignty

Objective: To practice daily surrender to God's authority in the recovery process.

Task: For the next week, begin each day with a prayer of surrender, specifically acknowledging God's sovereignty over your struggles with addiction. Record your thoughts and experiences daily, noting how this practice impacts your emotions, choices, and mindset.

Discuss: In what ways did daily surrender to God's sovereignty change your approach to challenges and temptations this week? How did this practice strengthen your commitment to recovery?

Homework 3: The Role of God's Sovereignty in Overcoming Temptation

Objective: To recognize how God's sovereignty provides strength and assurance in moments of temptation.

Task: Memorize 1 Corinthians 10:13 and meditate on its truths whenever you face temptation this week. Write a ½ page reflection on how understanding God's control over your circumstances gives you the confidence to resist temptation.

Discuss: How does 1 Corinthians 10:13 illuminate God's sovereignty in your life? How has this scripture helped you see temptation as an opportunity to trust God's faithfulness rather than a moment of weakness?

Homework 4: Viewing Your Recovery Through the Lens of God's Sovereignty

Objective: Reframe your recovery journey as part of God's greater purpose.

Task: Study Romans 8:28-30. Write a ½ page entry explaining how God's sovereignty reassures you that your recovery is part of His good plan. Reflect on how this understanding motivates you to persevere through challenges.

Discuss: How does Romans 8:28-30 offer hope and perspective during difficult times in your recovery? How can you practically align your daily decisions with God's sovereign plan for your life?

Homework 5: Trusting God's Sovereignty in Community

Objective: To explore the role of community in reinforcing trust in God's sovereignty during recovery.

Task: Identify and meet with a trusted friend or counselor to discuss how you have seen God's sovereignty at work. Share specific examples of God's faithfulness in your recovery journey. Write $\frac{1}{4}$ page summary of your conversation, highlighting any insights or encouragement you gained.

Discuss: How has sharing your experience of God's sovereignty with someone else deepened your trust in Him? How can community play a role in reinforcing your belief in God's sovereign control over your recovery process?

Week Seven: Legalism vs. Freedom

When embroiled in the battle against addiction, the instinctual impulse might be to arm yourself with a formidable arsenal of do's and don't's; while well-intentioned, this approach often spirals into a relentless cycle of guilt and pride, overshadowing the redemptive grace freely offered through Christ. I have seen a few who find comfort in legalism, but there is something better, freedom in Christ.

The danger of legalism is that it tricks you into thinking that following a bunch of rules makes you holy. Sure, making up rules to stop your addictions might help for a little while. But real change comes from inside, not from a list of do's and don'ts. When Paul talks about freedom in Christ in Galatians, he says we must move past legalism's superficial rules. Instead of worrying about what we can and cannot do, we should focus on growing relationships with God; legalism holds us back. God wants to connect with our hearts, not grade us on how well we follow a set of laws. Once we let go of legalism and open ourselves up to God's grace, we will experience true transformation from the inside out.

By opting for the freedom found in Christ, your approach toward recovery takes on a new character, one grounded in a living relationship with God rather than an exhaustive list of religious obligations. Every decision you make and every hurdle you overcome emanates from the gratitude and love cultivated within this relationship. This approach turns every moment, including those spent in the valleys of addiction, into an opportunity for spiritual growth and glorification of God. Each day is no longer a painful task to be endured but a God-given occasion to experience and enjoy the grace that has set you free.

In order that the law's requirement would be fulfilled in us who do not walk according to the flesh but according to the Spirit. Romans 8:4

Many who struggle with addiction find themselves trapped in a cycle of guilt and shame, often striving to meet impossible standards yet constantly falling short. The difference between legalism and freedom is essential to distinguish. Legalism demands that you rely on your strength to obey rules, only to discover that the harder you try, the more you fail. It becomes a heavy burden that weighs down your soul, leading to despair. However, the freedom found in Christ is entirely different. Romans 8:4 reminds you that the righteous law requirement is fulfilled not by your efforts but by the Spirit who empowers you. Walking according to the Spirit means you live in a way that pleases God, not by your striving but through His strength within you. True freedom is found in surrendering to the Holy Spirit's work in your life. When you rely on Him, you are no longer under the weight of legalism but are lifted into the freedom of grace. The Spirit enables you to break free from the chains of addiction, guiding you to live a life that honors God. It is not about perfection but about progress as you walk in step with the Spirit, experiencing the true liberty that Christ offers. This freedom is not an excuse to sin but an invitation to live a life transformed by the power of the Holy Spirit.

What burdens or expectations do you need to release to fully embrace the freedom Christ offers? How can you cultivate a deeper reliance on the Holy Spirit to experience true transformation?

Growing towards Christ means stretching from 'Why is this happening to me?' to 'What can I learn.'

Homework 1: Identifying Legalistic Tendencies

Objective: To recognize and understand how legalistic tendencies manifest in your approach to overcoming addiction.

Task: Write down five specific rules or behaviors you have adopted in your recovery process that might be more about following a checklist than pursuing a relationship with God. Reflect on how each of these rules impacts your spiritual growth. Do they bring you closer to God or create a sense of guilt and failure?

Discuss: How can you shift from relying on these rules to deepening your relationship with Christ? Share an example of how you have experienced legalism and freedom in your recovery journey.

Homework 2: Freedom in Christ

Objective: To explore the concept of freedom in Christ and how it contrasts with legalism.

Task: Read Galatians 5:1-15. Reflect on Paul's teaching about freedom in Christ and write a one-page summary of what this freedom means in the context of addiction recovery. Include a personal reflection on how you can apply this freedom to your life.

Discuss: How does Christ's freedom differ from the freedom you thought you had before recovery? How can this true freedom influence your decisions and actions moving forward?

Homework 3: Living by the Spirit

Objective: To cultivate a deeper reliance on the Holy Spirit daily.

Task: Throughout the week, practice listening to the Holy Spirit's guidance in your everyday decisions, especially those related to overcoming addiction. Journal about a situation where you consciously chose to follow the Spirit's leading rather than your own rules or impulses.

Discuss: In what ways did relying on the Holy Spirit change your perspective or outcome? How can you continue to foster this reliance moving forward?

Homework 4: Breaking the Chains of Legalism

Objective: To confront and release the burdens of legalism that hinder spiritual growth.

Task: Reflect on the expectations and pressures you place on yourself in your recovery journey. Identify one area where you must release control and trust God's grace instead. Write a prayer of surrender, asking God to help you let go of legalistic tendencies and embrace His grace.

Discuss: How does releasing control feel to you? What fears or challenges arise when you consider letting go of legalistic rules? How can embracing grace lead to true transformation?

Homework 5: Embracing True Transformation

Objective: To understand the transformative power of grace in overcoming addiction.

Task: Study Romans 8:1-11 and write a ½ page reflection on the difference between living according to the flesh and living according to the Spirit. Describe a practical step to walk more closely with the Spirit this week.

Discuss: How does the Spirit's work in your life empower you to live differently? What changes have you noticed in your attitude, actions, or thoughts as you focus on walking by the Spirit instead of adhering to legalistic rules?

Week Eight: Truth vs. Lies

The fight against addiction is not just about willpower or your body - it is also a battle for your soul. That is why it is so crucial to be able to tell the truth from lies. When you start believing the lies that addiction tells you about yourself, it keeps you trapped. But God's Truth sets you free. This journey is not a quick fix; you will stumble. But each time you choose Truth over lies, you come closer to reclaiming your God-given identity. Keep fighting through the spiritual fog - the Truth will set you free.

Conversely, embracing God's Truth serves as a bulwark in your spiritual warfare against addiction. By consistently positioning your thoughts and actions with the Word of God, you don the full armor of God, equipped to confront and conquer the trials and temptations that come your way. Remember that all the armor is on the front to walk victoriously through your struggles. This commitment to truth equips you with a discernment that acts as your safeguard, enabling you to see through the enemy's lies that are aimed at destabilizing your journey. No longer are you easy prey trapped in a web of deceit; you become a fortified believer grounded in the enduring truth of God's Word.

Discerning God's Truth from Satan's lies is not merely an intellectual exercise. It is a life-changing discipline that strengthens your resolve, clears your path toward healing, and anchors you in the unchanging nature of God. As you continue your journey, prioritize permeating yourself in the Truth of God's Word. In doing so, you disrupt the enemy's plan to keep you bound and take confident strides in the direction God has lovingly and purposefully set for you.

You are of your father the devil, and you want to carry out your father's desires. He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he tells a lie, he speaks from his own nature, because he is a liar and the father of lies. John 8:44

When grappling with addiction, the struggle often feels overwhelming, driven by forces beyond mere physical dependence. You need to remember that there are deeper spiritual conflicts at play. Satan, the father of lies, is relentless in his efforts to deceive, particularly in times of vulnerability. His lies may sound convincing, offering temporary relief or false promises of satisfaction. He speaks with an intent to destroy, knowing that every lie draws you further from the truth that sets you free. God's truth, in contrast, is a beacon of light in the darkness of deception. His Word speaks life, offering freedom, healing, and restoration. The truth of God exposes the lies of the enemy, revealing that addiction is not just a physical battle but a spiritual one. It is not just a matter of breaking a habit; it is a matter of rejecting the lies that say you are powerless, worthless, or unredeemable. Standing on the truth of God's Word equips you to resist the enemy's lies and embrace the freedom Christ offers. While the battle may be fierce, God's truth is unwavering, and in His strength, you can overcome.

In what ways does Satan use lies to keep you bound in addiction, and how can you combat those lies with the truth found in scripture? What specific truths from God's Word can you hold onto when the enemy's lies seem overwhelming, and how can those truths help you find freedom in Christ?

"Abandon yourself to God." Once you make this decision, you never look back.

Homework 1: Identifying the Lies of Addiction

Objective: To recognize and confront the lies that addiction perpetuates.

Task: Write down three lies that addiction has caused you to believe about yourself. For each lie, find a corresponding verse in the Bible that reveals the truth about who you are in Christ. Reflect on how these truths challenge the lies.

Discuss: How does recognizing the lies you have believed about yourself impact your journey toward freedom? How does God's truth change your perspective?

Homework 2: Armor of Truth

Objective: To equip yourself with God's truth to stand against the enemy's lies.

Task: Read Ephesians 6:10-18 about the Armor of God. Identify how each piece of armor represents a truth of God that can protect you in your battle against addiction. Write a brief reflection on how you can "wear" this armor daily.

Discuss: Which piece of armor do you find most challenging to put on? How can you rely on God's strength to equip yourself fully for the spiritual battle?

Homework 3: Exposing the Deceiver

Objective: To discern and expose the tactics of Satan in perpetuating addiction.

Task: Reflect on John 8:44 and write a short essay about how Satan uses deception in your struggle with addiction.

Include practical ways you can expose and reject these lies using scripture.

Discuss: How has your understanding of Satan as the father of lies deepened your awareness of spiritual warfare in addiction? What strategies can you implement to counter his deception?

Homework 4: Truth That Sets You Free

Objective: To internalize and apply God's truth in overcoming addiction.

Task: Memorize a scripture that speaks directly against a lie you have believed. Meditate on this verse throughout the week and note any changes in your thoughts or actions as you confront the lie with the truth.

Discuss: How has meditating on God's truth impacted your response to temptation? What challenges did you face, and how did the truth help you overcome them?

Homework 5: Reclaiming Your Identity

Objective: To reinforce your identity in Christ by rejecting lies and embracing truth.

Task: Create a list of affirmations based on biblical truths about your identity in Christ. For each affirmation, find a verse that supports it. Use this list in your daily prayer and meditation.

Discuss: How does affirming your identity in Christ help you resist the lies of addiction? How can you make these truths central to your daily walk with God?

Week Nine: God's Love

When you are ensnared in the hold of addiction, it is all too easy to slip into a mindset of unworthiness. You may wrongly feel that God's love is conditional, that somehow your actions have created an insurmountable rift between you and God. Nothing could be further from the truth. His love is constant, unaffected by your circumstances or setbacks. Understanding the depth of God's love becomes crucial in your darkest hour. It dispels the deception that you are unlovable or unworthy of redemption, breaking down barriers that can hinder your relationship with God, the ultimate source of liberation.

Recognizing the immensity of God's love also breathes new life into your journey toward recovery. Your perspective shifts when you are secure in knowing that God's love is both steadfast and inexhaustible. You no longer see each day as merely a series of obstacles to overcome but as an opportunity to deepen your relationship with God. Your victories over addiction become powerful testimonies of His enduring love, encouraging you to live a life that glorifies His name. These triumphs become milestones in a transformative pilgrimage propelled by a love that knows no bounds.

The path to recovering from addiction can feel long and lonely, but you do not have to walk it alone. This is not just about getting clean for the sake of getting clean. It is about letting God's love change you deep down and draw you closer to Him. His love can lift you to new heights of joy and purpose if you let it guide your journey. Do not be afraid to lean on that love, call out for that love, and let that love come alongside you and help in your journey.

For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. John 3:16

Addiction often skews your vision, whispering lies that you are beyond help and beyond hope, trapped in a darkness that feels unbreakable. You may believe that no one could possibly understand the depths of your struggle, but God sees you entirely. His love is not based on your ability to clean yourself up or escape the snare of your addiction. Rather, He loves you, even knowing the battles you will face, the failures that will haunt you, and the moments of despair threatening to consume you. God's love is neither distant nor theoretical; it is deeply personal and sacrificial, as He gave His one and only Son for you. This love does not simply pat you on the back and leave you where you are; it reaches into your darkness and calls you into the light. In addiction, God's love offers you a way out—not by demanding that you first overcome your weaknesses, but by inviting you to believe in His Son, Jesus. This belief is not a mere acknowledgment of His existence but a call to a deep, personal trust in the power of His grace. You have tried to rely on your strength, leaving you in despair. By surrendering to this love, you are not guaranteed an easy path, but you are promised a new identity—one rooted not in your past, not in your addiction, but in the eternal life found in Christ. Embrace His love today, and allow it to reshape your life.

What does it mean for you to fully surrender to God's love and grace, rather than relying on your strength, as you face your struggles? In what ways can embracing a new identity in Christ help you break free from the labels and lies that your addiction has placed on you?

If you judge people, you have no time to love them.

Homework 1: Reflect on John 3:16

Objective: To internalize the message of God's love.

Task: Read John 3:16 every morning and evening this week. Write a short reflection (3-4 sentences) each day on how this verse speaks to your current struggles. Focus on the nature of God's love and how it applies to your life.

Discuss: How does knowing God's love is sacrificial and unconditional impact your thoughts, feelings, and actions today?

Homework 2: Identifying Lies About God's Love

Objective: To confront and replace false beliefs about God's love.

Task: List 3-5 lies you have believed about God's love, such as "*God cannot love me because of my past.*" For each lie, find a scripture that reveals the truth about God's love. Write a paragraph explaining how the truth of God's love contradicts each lie.

Discuss: How does replacing lies with the truth of God's love change your view of yourself and your addiction?

Homework 3: God's Love Journal

Objective: To cultivate an awareness of God's love in daily life.

Task: Keep a journal this week where you record instances where you recognize God's love at work in your life, whether through a kind word, a moment of peace, or a scripture that speaks to your heart. Aim to note at least one

instance each day. Reflect on how these moments can reinforce your recovery journey.

Discuss: How did focusing on God's love this week help you feel more secure in your recovery?

Homework 4: Memorize and Meditate

Objective: To strengthen your understanding of God's love through scripture memory.

Task: Memorize Romans 8:38-39. Each day, meditate on this passage for 5-10 minutes. Write down any thoughts, prayers, or insights that come to mind during your meditation time.

Discuss: How does the assurance that nothing can separate you from God's love influence your approach to overcoming addiction?

Homework 5: Share Your Testimony of God's Love

Objective: To encourage others and solidify your own understanding of God's love.

Task: Write a brief testimony (1-2 pages) about how God's love has impacted your recovery journey. Share it with a trusted friend or group. Focus on how understanding God's love has changed your perspective and given you hope.

Discuss: What did sharing your testimony teach you about the power of God's love in your life and others?

Sin, Repentance, Redemption, Reconciliation, Restoration

Month Three Words of Wisdom

Congratulations as you embark on the third month of living a new life. It is your opportunity to start growing in your faith and recovery. I just wanted to remind each and every one of you that you cannot get complacent. You must keep doing what you've done in the previous 2 months to keep moving toward absolute freedom. If I were to come up with a Top 10 of why people quit or revert to old behaviors, here it is.

- 1. Testing Boundaries**
2. Overconfidence
3. Neglecting Support Systems
4. Unresolved Emotional Issues
5. Spiritual Warfare
6. Stress
7. Complacency
8. Triggers and Cues
9. Lack of a New Identity
10. Inadequate Coping Strategies

This list is not to scare anyone; it is just my recent observations. It is not just a Top 10 for the 3rd month but a list that still applies to me, 17+ years later. I'm trying to say that yes, you have freedom in Christ, but all it takes is being foolish, one foolish moment that can damage what you have worked so hard to do.

If I were to pick one central to relapse/failure this early in your walk, it would be Testing Boundaries: 1 Corinthians 10:12 advises, "*So, whoever thinks he stands must be*

careful not to fall.” Experimenting with how close you get to old behaviors without actually relapsing is a dangerous game. I have seen many guys revert to old behaviors, hanging out with the same people as before, visiting old hangouts, etc. The biggest excuse is, “I’m going to help my old buddies.” While that is a noble cause, this change is a total immersion into a new lifestyle. It is not just bits and pieces that you change, but everything.

Daily Challenges

Self-Examination: Begin each day with a heart of introspection, comparing your actions and attitudes against the teachings of Christ.

Daily Battle Against Addiction with God’s Grace: Address the struggle with addiction by invoking what is found in God’s Word, seeking God’s mercy and strength.

Confession and Forgiveness for Freedom: Courageously confront your sins, seeking God’s forgiveness and, where necessary, making amends with those affected.

Restraint and Grace in Misunderstandings: In moments of being misunderstood or falsely accused, choose the path of Christ-like restraint and grace.

Efforts Toward Reconciliation: Proactively seek to mend strained relationships through humility and a genuine desire to restore unity.

Active Repentance and Embracing Redemption: Daily repentance is vital in your walk with the Lord, especially in overcoming our life-dominating sins.

Week Ten: Sin Nature

The idea that people are naturally prone to sinning is fundamental to wrap your head around, especially if you are dealing with an addiction. This helps explain why we fall into these harmful habits in the first place. When the Bible says, “*We all fall short,*” it makes it clear that addiction is not just a one-time mistake or medical issue. It is a visible sign of the sinful tendencies we all have inside. Realizing this can be freeing because it points us away from quick fixes and toward building a life-changing relationship with God. He is the ultimate source of freedom and healing. This view is valuable because it shows us that addiction is not a problem to be solved but a sin to turn away from through repentance.

Acknowledging our inherent sinful nature is a turning point, revealing our desperate need for a Savior. The misconception that many people battling addiction hold is the belief that they can conquer their challenges through sheer willpower. This self-reliant approach, pushed by secular thought, often results in a cycle of failure and despair. Recognizing our sinful nature shatters this deception, underscoring that we are fundamentally incapable of freeing ourselves from the bondage of sin on our own. This awareness is not meant to dishearten us but to redirect our focus toward God, who alone possesses the power to bring about lasting transformation. The realization that God is our only solution encourages a greater openness to His intervening grace. Accepting our sinful nature becomes a critical step in inviting God to enact a profound transformation in us—one that leads to true healing from addiction. No matter how much society pushes that narrative, we are not inherently good. We are ALL sinners in need of a savior. It

Go and sin no more. John 8:11

Jesus demonstrates the pinnacle of grace toward a woman ensnared by sin, stating, “*Neither do I condemn you; go your way; from now on sin no more.*” Instead of passing judgment, Jesus opts for mercy. This gesture of compassion resonates deeply with individuals battling addiction, who are often burdened by feelings of shame, guilt, and a sense of condemnation. You are the recipient of the same grace Jesus extended to the woman. He does not demand perfection as a prerequisite for His love. Instead, He assures you, “I don’t condemn you; now, go and sin no more.” This declaration beautifully combines grace with the call to responsibility. Grace forms the bedrock of our connection with Christ, a gift bestowed freely, beyond our ability to earn. Even while we were entangled in the throes of sin and addiction, Christ sacrificed Himself for us, offering a grace that envelops all our faults. Yet, this grace should not be mistaken for a license to persist in sin. Having been graced with God’s unfathomable favor, we must embrace the mandate to “*go and sin no more,*” shedding our former, sinful selves. This transformation isn’t about securing our salvation through works; it’s about expressing gratitude for the salvation we’ve received by living in accordance with it. Embrace the responsibility to pursue the life of renewal that Christ has laid before you, a journey marked by turning away from sin and stepping into the light of His grace.

How does the story of Jesus offering grace to the woman caught in sin inform our understanding of grace and responsibility in overcoming addiction?

Whatever we desire, whenever we are willing to wait....God will provide more than we expect or deserve.

Homework 1: Understanding Our Sinful Nature

Objective: To explore the concept of the sinful nature in humanity and its implications for those struggling with addiction.

Task: Read Romans 3:9-20 and reflect on how these verses describe humanity's sinful nature. Write a ½ page paper discussing how understanding our sinful nature shifts your perspective on addiction from a behavioral to a spiritual one.

Discuss: How does recognizing our sinful nature help acknowledge the need for God's grace in overcoming addiction?

Homework 2: The Deception of Self-Reliance

Objective: To identify the dangers of relying solely on personal willpower to overcome addiction.

Task: Read Proverbs 3:5-6 and Jeremiah 17:5-8. List how these passages warn against self-reliance. Discuss how relying on your own strength can perpetuate the cycle of addiction and how trusting in God can break that cycle.

Discuss: Why is self-reliance a flawed approach in the context of overcoming addiction, and how can placing trust in God lead to true freedom?

Homework 3: The Role of Grace

Objective: To comprehend the balance between grace and responsibility in overcoming addiction.

Task: Study John 8:1-11 and write a one-page essay on

how Jesus' interaction with the woman caught in adultery teaches us about grace and responsibility. Reflect on how this story parallels the journey of overcoming addiction, focusing on the command to "*go and sin no more.*"

Discuss: How does Jesus' offer of grace challenge and comfort those struggling with addiction?

Homework 4: Embracing Transformation

Objective: To understand the connection between grace and the call to live a transformed life free from addiction.

Task: Read 2 Corinthians 5:17 and Ephesians 4:22-24. Write a paragraph on what being a new creation in Christ means. Reflect on how this new identity empowers you to reject sin and pursue a life of holiness, even in the face of addiction.

Discuss: What steps can you take to fully embrace the new identity in Christ and turn away from the sins associated with addiction?

Homework 5: The Limits of Human Goodness

Objective: To challenge the secular narrative that people are inherently good and capable of overcoming addiction without divine intervention.

Task: Read Mark 10:17-27 and Isaiah 64:6. Write a half-page reflection on how these passages expose the limits of human goodness. Discuss how recognizing our inability to achieve righteousness drives us to seek God's grace and power.

Discuss: How does the belief in inherent human goodness

hinder recovery from addiction, and how does acknowledging our sinful nature lead to genuine transformation?

Week Eleven: Repentance

Repentance serves as a cornerstone in the battle against addiction, functioning not merely as an emotional reaction but as a decisive, deliberate action. Unlike mere remorse or regret, which focus solely on the consequences of addiction, repentance digs deeper. It acknowledges the sin at the core of addictive behaviors and resolves to forsake them entirely. As Acts 3:19 admonishes, “*repent and turn back, so that your sins may be wiped out,*” repentance is an unequivocal call to abandon self-destructive behaviors and earnestly seek God’s face. This is not just a momentary choice but a sustained commitment, an initial break from the bondage of addiction that sets the stage for growing to be more like Christ.

The journey towards repentance is not a one-off event; instead, it is an enduring discipline. Continually turning our backs on sin and setting our faces towards God creates fertile soil where God’s transformative grace can flourish. This commitment to continual repentance allows the Holy Spirit to nonstop work in our lives. It fuels the process of sanctification, renewing our minds and molding us increasingly into the likeness of Christ. Consequently, each day we actively choose repentance over complacency or compromise, we deepen our experience of the freedom and wholeness only God can provide.

Do not forget the essential role of sanctification in this process. As we continually choose repentance over compromise, the Holy Spirit fuels this ongoing work of making us more like Christ. Day by day, as we reject the lies and allure of addiction, we open ourselves to the transformation that enables us to live in the freedom and wholeness that God alone offers.

Therefore repent and turn back, so that your sins may be wiped out, that seasons of refreshing may come from the presence of the Lord. Acts 3:19

The call to repentance resounds through the pages of Scripture, reaching into the very core of your existence. This invitation isn't merely about halting detrimental habits; it's about positioning your heart with His will, allowing the cleansing power of God to purify you from all unrighteousness. The beautiful promise of "seasons of refreshing" emanating from the Lord's presence breathes hope and motivation into the weary soul, offering a sense of restoration and renewal for anyone engulfed in sin. This beckoning, highlighted by the anointing of Jesus as the Messiah, signifies the meticulous care and preparation God has extended toward you. In Jesus, you discover the strength to prevail, the grace for forgiveness, and the constant reassurance of God's unwavering backing. Embracing repentance means engaging in a continuous journey of turning your heart towards God, openly acknowledging your shortcomings while being enveloped in His boundless mercy. This journey invites you into a nurturing relationship with Him, a space where healing and overcoming your sin flourish. By choosing to repent and redirect your path toward God, you unlock the door to His transformative influence, allowing Him to erase the stains of sin and usher in an unparalleled refreshment of your spirit.

How have you experienced or hoped to experience "seasons of refreshing" in your struggle with addiction? What are some areas of your life that you need to repent?

Keep your heart free from hate; your mind from worry. Live simply, give much. Fill your life with love.

Homework 1: Daily Examination and Repentance

Objective: Cultivate a habit of daily repentance by recognizing and confessing sin to God.

Task: For the next seven days, spend at least 15 minutes each evening in self-examination. Reflect on your thoughts, words, and actions throughout the day. Identify areas where you fell short of God's standards, whether through intentional sin or missed opportunities to do good.

Discuss: How does daily self-examination and repentance help you stay aligned with God's will? In what ways have you seen growth through this practice?

Homework 2: Identifying and Renouncing Addictive Patterns

Objective: Acknowledge and renounce specific addictive behaviors through repentance.

Task: List behaviors, thought patterns, or triggers that lead to your addictive actions. For each one, write a prayer of repentance, asking God for forgiveness and strength to overcome these patterns.

Discuss: What practical steps have you found most effective in breaking addictive patterns? How does repentance empower you to stay committed to these changes?

Homework 3: Repentance and Restitution

Objective: Understand the connection between repentance and making amends with those you have wronged.

Task: Reflect on relationships damaged by your addiction. Identify at least one person to whom you owe restitution or an apology. Write a letter to that person expressing your repentance and your commitment to change. You do not have to send the letter unless you feel led to do so.

Discuss: How does making amends with others deepen your experience of repentance? What challenges or fears do you face in this process, and how can you overcome them with God's help?

Homework 4: Studying Biblical Examples of Repentance

Objective: Learn from biblical examples of repentance to better understand its significance and application.

Task: Choose three biblical characters who demonstrated true repentance (e.g., David in Psalm 51, the Prodigal Son in Luke 15:11-32, and Peter in Matthew 26:69-75). Read the associated passages and list key elements of their repentance. Reflect on how these examples apply to your life.

Discuss: What stands out to you about the repentance of these biblical figures? How can their experiences guide your own journey of repentance and restoration?

Homework 5: Prayer and Fasting

Objective: Seek God's guidance and strength through prayer and fasting as part of your repentance.

Task: Choose one day to fast from a specific meal or activity this week. When you typically eat or engage in that activity, dedicate yourself to prayer, focusing on areas of your life that need repentance. Ask God to reveal hidden sins and to help you turn away from them.

Discuss: How did fasting enhance your focus on repentance? In what ways did you sense God's presence and guidance during this time? How can you make fasting a regular part of your spiritual discipline?

Week Twelve: Redemption

The concept of redemption is not merely theological terminology but a lifeline for those trapped in addiction. Make no mistake: Redemption involves more than just liberation. It encapsulates transformation. Once upon a time, I fell for the lie that I was too dirty, broken, and sinned too much to ever have redemption; that was not true. As beneficiaries of God's overflowing grace, we are not stuck as "*addicts in recovery*." We are, in fact, new creations, just as 2 Corinthians 5:17 makes abundantly clear. The realization of our redeemed identity equips us with the resilience needed to overcome addictive behaviors. This newfound identity also reinstates our sense of worth and dignity, which can often be eroded by the cycle of addiction. Consequently, this redemptive perspective reinforces us against the lure of returning to destructive patterns. In embracing our redeemed identity, we find an escape from addiction and an entrance into a life filled with purpose, meaning, and joy.

If you are in bondage to addictions or any life-dominating sin, consider this: Redemption in Christ is not a theoretical concept but a life-altering reality. It provides not just liberation from addiction but transformation into a new creation. Choose today to live in the freedom and wholeness Christ offers, and as you do, you will step into a life of purpose that transcends addiction and brings glory to God. Our redemption in Christ is not just a ticket out of misery but an invitation into a transformative relationship with God. If I could go from a strung-out cocaine addict who everyone considered a lost cause to a seminary professor and pastor...so can you. Redemption is absolutely possible, but you need to take that step to lay EVERYTHING at the feet of Christ.

He made the one who did not know sin to be sin for us, so that in him we might become the righteousness of God. 2 Corinthians 5:21

Beneath the visible transgressions, at the very core of your struggles, lies a deeper issue—an inherent bent towards sin, and an inclination to live independently from God. It is not merely your actions that create distance from Him, but a sinful nature propels you further into darkness. What sets us apart is its direct confrontation with this inherent sinful nature, not just addressing the external symptoms of wrongdoing. In your journey toward recovery, understanding this distinction is crucial. Jesus did not merely bear the weight of your specific transgressions; He took upon Himself the entire sinful nature that permeates humanity. By doing so, He initiated an incredible exchange: your sin for His righteousness. Christ bore the cumulative weight of humanity's sin—past, present, and future—offering you the gift of redemption and the opportunity for reconciliation with God. This redemption is not something you can achieve on your own, through your own strength or willpower. It is a work solely accomplished by God, completed on the cross through the sacrificial death of Jesus Christ. Redemption also calls you to a new purpose. You are now called to live in a way that reflects the righteousness of God. This does not mean perfection but progress—a daily, intentional pursuit of holiness empowered by the Holy Spirit.

What role do you think repentance plays in our reconciliation with God? Considering that sin is more than just actions but a nature that distances us from God, how does this understanding change your approach to sin?

Pray with a true soul, love with an open heart.

Homework 1: Understanding Redemption

Objective: To explore the significance of redemption through Christ and how it transforms identity.

Task: Read 2 Corinthians 5:17-21 and write a ½ page reflection on how the passage redefines your understanding of identity in Christ, particularly concerning past struggles with addiction. Reflect on how this new identity empowers you to live differently.

Discuss: How does understanding yourself as a “*new creation*” in Christ influence your approach to overcoming addictive behaviors?

Homework 2: Sin for Righteousness

Objective: To grasp the depth of Christ’s redemptive work and its implications for personal transformation.

Task: Study 2 Corinthians 5:21. Write a ¼ page summary explaining the exchange on the cross. How does Christ taking on your sin and giving you His righteousness change your view of repentance and reconciliation with God?

Discuss: What does it mean to be the “*righteousness of God*” in Christ, and how does this truth affect your daily walk?

Homework 3: From Bondage to Freedom

Objective: To identify and apply the truths of redemption that lead from addiction to freedom in Christ.

Task: List three specific areas where you still struggle with addictive behaviors or thoughts. Next to each, write how

understanding your redemption in Christ provides a path to freedom.

Discuss: In what ways does recognizing Christ's redemptive power help you resist the temptation to return to old patterns?

Homework 4: The Role of Repentance in Redemption

Objective: To explore the connection between genuine repentance and reconciliation with God.

Task: Read Luke 15:11-32 (the Parable of the Prodigal Son). Compare and contrast the son's repentance with your own experiences of repentance. Share your observations with the one discipling you.

Discuss: How does repentance pave the way for experiencing the full benefits of redemption in your life?

Homework 5: Living as a New Creation

Objective: To integrate the identity of being a new creation daily, ensuring it shapes thoughts, actions, and decisions.

Task: Over the next week, document how your thoughts, actions, and reactions reflect your new identity in Christ. Write specific moments where you chose to act according to your redeemed identity rather than your old self.

Discuss: How does daily reminding yourself of your redeemed identity strengthen you against the temptation to return to addictive behaviors? How can you ensure this mindset becomes a permanent part of your life?

Week Thirteen: Reconciliation

In overcoming addiction, one must not overlook the significance of reconciliation. A God-centered approach to overcoming addiction also calls us to reconcile horizontally—with the people around us. This means extending the olive branch to family, friends, and even coworkers who are adversely impacted by our actions. Far from being a side note, mending these relationships stands as a non-negotiable step in God’s redemptive work in our lives. 2 Corinthians 5:18, “*Everything is from God, who has reconciled us to himself through Christ,*” This reconciliation serves as more than a theological concept; it represents a transformative encounter with the Almighty.

By having a foundation in the vertical relationship with God, we find unparalleled strength and wisdom that only He can provide. Such a connection empowers us to break free from the enslaving shackles of addiction. In this relationship, we find an anchor and a guiding light illuminating our path. Establishing God as our firm foundation prepares us for enduring change, equipping us to lead lives that radiate His glory. As we engage in this relational repair, we fortify crucial bonds that contribute to lasting recovery. This dual focus on vertical and horizontal reconciliation forms a comprehensive approach to healing. By combining both dimensions, we can now have a healthy, God-honoring strategy for recovery. Such a comprehensive plan not only aids us in overcoming addiction but also positions us to flourish in the liberating grace of Christ. If you are in bondage to life-dominating sins, let reconciliation with God and man be your pillars. Pursue them as non-negotiable aspects of your recovery process.

So if you are offering your gift on the altar, and there you remember that your brother or sister has something against you, first be reconciled to your brother, and then come and offer your gift. Matthew 5:23-24

Strained relationships often become a painful reality. Jesus underscores reconciling with those you have wronged before approaching God. This is not about indulging in self-pity or endless introspection; instead, it's about responding to the Spirit-led conviction that stirs your conscience. These encouragements are not mere fleeting thoughts to be ignored but urgent calls to action. Jesus' directive is clear: it involves taking proactive steps towards reconciliation, not passively waiting for the other person to initiate or standing firm on our perceived rights. For a follower of Christ, laying down your rights is sometimes essential for peace and obedience to Jesus' teachings. Reconciliation transforms into an act of worship, an unencumbered and pure offering you lay before God, manifesting His grace in your lives. In doing so, you reflect the heart of the gospel, mirroring God's reconciliation with humanity through Christ. It's a tangible demonstration of the gospel's transformative power in your daily lives. Live out the teachings of Jesus, exemplifying a life changed.

Jesus calls for proactive steps towards reconciliation. Can you think of a situation where you must take the first step to reconcile, even if you feel the other person is more at fault? What makes it challenging to take this step, and how can you overcome it by relying on God's strength and guidance?

*God is Trustworthy through the good, bad, happy & sad.
His hand is always upon whatever is going on.*

Homework 1: Understanding Vertical Reconciliation

Objective: To deepen your understanding of reconciliation with God and its foundational role in overcoming addiction.

Task: Read 2 Corinthians 5:18-21 and write a ½ page reflection on how reconciliation with God through Christ is the foundation for your recovery journey. Discuss how this vertical reconciliation influences your daily decisions and strengthens your resolve to overcome addiction.

Discuss: How does understanding your reconciliation with God change your perspective on past failures and future challenges

Homework 2: Practical Steps Toward Horizontal Reconciliation

Objective: To identify and take actionable steps toward reconciling with those who have been hurt by your addiction.

Task: List people you have wronged due to your addiction. Pray over this list, asking God for guidance and the right timing to seek forgiveness. Select one person from your list and write a letter of apology or call them, focusing on acknowledging your wrongdoing and expressing your desire for reconciliation.

Discuss: What fears or challenges do you face in reaching out for reconciliation, and how can you rely on God's strength to overcome them?

Homework 3: The Heart of Reconciliation

Objective: To examine the internal attitudes and motivations behind reconciliation.

Task: Study Matthew 5:23-24 and write a ½ page entry on the importance of a heart attitude that prioritizes reconciliation over pride or self-righteousness. Reflect on how Jesus' teaching applies to your relationships today.

Discuss: How does pride hinder reconciliation, and what steps can you take to cultivate humility as you seek to restore relationships?

Homework 4: Reconciliation as Worship

Objective: To explore the concept of reconciliation as an act of worship to God.

Task: Meditate on Romans 12:1-2, focusing on the idea that true worship involves offering your whole self to God, including your relationships.

Discuss: How does reconciliation mirror the gospel's message, and how can you see it as an ongoing act of worship?

Homework 5: Reconciliation in Action

Objective: To implement practical reconciliation in daily life.

Task: Identify a strained relationship in your life that needs reconciliation. Develop a reconciliation plan that includes prayer, seeking God's guidance, and actionable steps. Aim to complete at least one step toward reconciliation by the end of the week.

Discuss: What role does accountability play in your journey toward reconciliation, and how can your group or mentor support you?

Week Fourteen: Restoration

Restoration is not merely a reversal of loss but a transformation into something better than the original. Through God's redeeming power, not only can the years and resources taken by addiction be reclaimed, but they can be used for greater purposes—namely, for the glory of God and the benefit of others. In the hands of Christ, you may have once been addicted but can now become a living testimony of God's restorative power, serving as a beacon of hope for others caught in similar trials. This transformative aspect of restoration transcends the mere recovery of losses by representing a life that radiates God's grace and mercy. As we lean into this promise, we not only emerge from the fog of addiction but also step into a calling God has uniquely prepared for us. In this calling, our lives gain purpose and direction, and we find ourselves being used as instruments in God's grand narrative of redemption and restoration.

The powerful theme of restoration resonates deeply with those trapped in the struggles of addiction. According to Joel 2:25-26, God promises, *"I will restore to you the years that the swarming locust has eaten... You shall eat in plenty and be satisfied and praise the name of the Lord your God."* This promise is not just a metaphor; it signifies the reclaiming of time, resources, and relationships that addiction often devours. It speaks to the very essence of God's nature—His ability to make all things new. When someone is lured by addiction, it can feel like years have been stolen, relationships have been fractured, and opportunities have been missed. God's promise of restoration gives hope that these losses are not final. This Truth serves as a lifeline, reminding us that a new chapter of abundance and wholeness is always possible with God.

After Job had prayed for his friends, the Lord restored his fortunes and doubled his previous possessions. Job 42:10

While suffering, Job's restoration came after he interceded for his friends. It wasn't until Job prayed for his friends—those who had misunderstood and misjudged him—that God restored his fortunes and blessed him with twice as much as he had before. This intercession marked a significant turning point in Job's journey, offering a vivid illustration of the multifaceted nature of restoration in the life of a believer. Intercession, particularly in the context of overcoming addiction, encompasses far more than personal recovery; it extends to the mending of broken relationships and the healing of communities. Your efforts to rectify wrongs and rebuild what has been lost often fall short, leaving you weary and disheartened. The true essence of restoration lies in recognizing and embracing the redemptive work of Jesus Christ on the cross—a gift of immeasurable value that is received by faith, not by works. By positioning your heart with God's redemptive purpose through prayer, you step into God-given role as agents of restoration, demonstrating the love of Christ in a tangible and impactful way. Through selfless love, illuminate the path to wholeness for yourself and those around you, participating in God's grand narrative of restoration and redemption.

How can you practically apply the principle of intercessory prayer in your daily life to bring about restoration? In what ways does the story of Job's restoration challenge your understanding of personal suffering?

Acceptance of all things, both good and bad, changes our perspective. It humbles us and allows us to grow.

Homework 1: Embracing Restoration Through Scripture Memorization

Objective: To internalize and meditate on key Scriptures that highlight God's promise of restoration.

Task: Select three Bible verses that focus on restoration, such as Joel 2:25-26, Job 42:10, and Psalm 51:12. Memorize one of these verses over the week, and write a reflection on how the verse resonates with your journey of overcoming addiction.

Discuss: How does meditating on God's promises of restoration shift your perspective on past losses and future possibilities?

Homework 2: Intercessory Prayer for Restoration

Objective: To engage in intercessory prayer to participate in God's restorative work.

Task: Identify three people in your life who need restoration—whether in their relationships, health, or faith. Commit to praying for them daily throughout the week. Keep a journal of your prayers and any insights or changes you observe in yourself or those you pray for.

Discuss: How did focusing on others' restoration affect your own sense of healing and recovery? In what ways did God reveal His restorative power during this exercise?

Homework 3: Restoring Broken Relationships

Objective: To actively participate in the restoration of relationships that have been damaged due to addiction.

Task: Identify one relationship that has been strained or broken due to your past struggles. Take intentional steps to restore that relationship by seeking forgiveness, offering reconciliation, or simply extending kindness.

Discuss: How did reaching out to restore a broken relationship change your perspective on God's restorative power? What insights did you gain about forgiveness and healing?

Homework 4 : Reflecting on Past Losses and Future Restoration

Objective: To better understand how God's restoration transforms loss into something greater for His glory.

Task: Write a letter to your past self, acknowledging the losses and pain experienced due to addiction. Then, write a second letter to your future self, envisioning how God's restoration will transform those losses into blessings. Share both letters with the one disciplining you, focusing on contrasting your past and future in Christ.

Discuss: How does reflecting on your past losses and envisioning future restoration shape your current walk with Christ? What new purpose do you sense God is calling you into?

Homework 5: Visualizing Restoration

Objective: To creatively express the transformation through God's restorative work.

Task: Create a visual representation (such as a drawing, collage, or digital artwork) that illustrates the restoration concept. Focus on the transformation from brokenness to wholeness, highlighting how God has or will restore the areas of your life affected by addiction.

Discuss: How did creating a visual representation of restoration deepen your understanding of God's transformative power? What specific areas of your life do you believe God is in the process of restoring?