

**Phase II: Biblical  
Truths for Addictions  
Transformation**

**Obedience**

**Integrity and Righteousness**



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Biblical Truths for Addictions

Written by Jonathan Okinaga

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Printed in the United States of America

First Edition

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# Transformation

## Month Four Words of Wisdom

Last month, I talked about the Top 10 reasons why people quit or revert to old behaviors, and 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. Stupidity

This month, I want to address overconfidence. This may be the longest you have ever been walking the walk. Friends and family are starting to trust you again, and the temptations/cravings may have decreased. Life is good, and it is easy to think it's clear sailing. Don't get big-headed and start to think that you can do this on your own. If you think you no longer have to live a pleasing life to God, you can get lazy by walking a disciplined life... you are in for a world of trouble.

Humility and understanding that this is a life-long commitment are needed right now. Rejoice in the freedoms, enjoy the newfound restored relationships, but keep your eyes on the Cross. Your best thinking and actions are what got you into trouble. Focus on being obedient to the Word and walking hand in hand with your Father in heaven. Keep living a disciplined life. The healthy and God-honoring

routines you've formed are just as important today as they were 4 months ago; you can do this when you remember who you serve, Christ and Christ alone.

## **Daily Challenges**

**Recognizing God's Power:** Just as God transformed the Earth from formlessness to beauty, He can transform the chaotic areas of our lives.

**Identifying and Rejecting Quick Fixes:** Reflect on how temporary solutions fail to provide lasting continuity and timing that only God can offer.

**Choosing Righteousness Over Temptation:** By pausing to consider God's Word in moments of temptation and opting for actions that align with His will, you set a foundation for overcoming sin with His strength.

**Seeing God's Presence in Trials:** Acknowledge God's role in challenging moments as opportunities for growth.

**Seeking God in Vulnerability:** Sharing our struggles with trusted others and turning to focused prayer invites God's strength into our lives, revealing His power in our weakness.

**Walking Through the Wilderness:** Marking out and crossing off areas dominated by addiction symbolizes the new beginnings God promises.

**Rekindling Our First Love for God:** Reflecting on and taking steps to revive our initial devotion to God is crucial for overcoming addiction and sin.

## Week Fifteen: Sanctification

The journey in sanctification is far from a solitary endeavor. It is a God-ordained process fueled by the Holy Spirit and greatly enriched through fellowship with other believers. This sense of community infuses the journey with accountability and mutual support, vital for sustainable transformation. Through this spiritual metamorphosis, you cultivate personal growth and acquire tools to serve others more effectively in their struggles. Sanctification broadens our perspective, prompting us to look beyond ourselves and our immediate needs. It elevates the quest for freedom from addiction into a more profound, God-glorifying transformation. This change does not just renew the individual; it contributes to the building up of the kingdom of God on earth, offering a testament to God's redemptive power.

Sanctification plays an indispensable role in individuals striving to overcome their life-dominating sins. 1 Thessalonians 4:3: "*For this is God's will, your sanctification.*" This is not merely a religious term but a transformative process that guides us in becoming more like Christ. For someone grappling with addiction, sanctification takes on an intense importance. It involves not just the elimination of self-destructive habits but also the active cultivation of virtues aligned with God's character. By committing to sanctification, you are doing more than evading the trappings of addiction. You are filling the spiritual void with Christ-centered thoughts, actions, and aspirations, effectively undermining the temptation of addictive substances or behaviors. The dynamic process of sanctification serves as a potent antidote to the stagnation and despair often associated with addiction.

*I will rescue you from your people and from the Gentiles. I am sending you to them to open their eyes so they may turn from darkness to light and from the power of Satan to God, that by faith in me they may receive forgiveness of sins and a share among those sanctified.* Acts 26:17-18

Sanctification is the ongoing process in which God sets you apart, moving from the darkness of sin into the light of His holiness. It is not merely a one-time event but a continual transformation by faith. As you walk the path of recovery, you must embrace this daily journey of being conformed to the image of Christ. You are no longer bound by the chains of addiction and darkness; by God's grace, you now belong to the light. Turning from the power of Satan to God is a profound shift in your identity—your past no longer defines you, but rather the faith that sets you apart for God's holy purposes. This process is about more than abstaining from harmful substances; it is about filling the spiritual void left behind by addiction with Christ's righteousness. Sanctification fuels your desire to grow in holiness, leading you to reject the temptations of your old life and pursue godliness.. Every victory over addiction is a testament to God's sanctifying power working in you, refining you for His glory. You are called to live in the freedom that Christ purchased for you, no longer a slave to addiction but a beloved child of God, set apart for good works. Your identity in Christ becomes the foundation for a transformed life, free from sin and addiction.

If God sent you, like He sent Paul, from darkness to light, what would He want you to do differently today? How can you start making those changes?

*If you keep putting one foot in front of the other, you can eventually run with a goal in mind, but it all starts with one step.*

## **Homework 1: Understanding Sanctification**

**Objective:** To explore the biblical foundation of sanctification and its significance in the believer's life.

**Task:** Read 1 Thessalonians 4:1-8 and Acts 26:12-18. Write a ½ page reflection on how these passages highlight the importance of sanctification in your journey.

**Discussion Prompt:** How does understanding sanctification as God's will for your life change your perspective on overcoming addiction? How does this shape your daily actions?

## **Homework 2: Practical Sanctification**

**Objective:** To identify practical ways to pursue sanctification in daily life.

**Task:** List five specific actions you can take this week to pursue sanctification, focusing on replacing destructive habits with Christ-centered practices. Implement these actions throughout the week.

**Discussion Prompt:** What challenges did you face in implementing these actions? How did focusing on sanctification help you overcome them?

## **Homework 3: Accountability in Sanctification**

**Objective:** To understand the role of Christian fellowship in sanctification.

**Task:** Identify one person who can hold you accountable in your sanctification journey. Meet with this person, share your struggles and goals, and establish a plan for regular



check-ins. Write a brief summary of your conversation and the accountability plan you created.

**Discussion Prompt:** How does accountability help you stay committed to sanctification? In what ways does Christian fellowship contribute to your spiritual growth?

#### **Homework 4: Sanctification Through Service**

**Objective:** To experience sanctification by serving others.

**Task:** Volunteer for a ministry or community service project that matches your gifts and interests. Write a ½ page report on your experience, focusing on how it contributed to your sanctification.

**Discussion Prompt:** How does serving others transform your understanding of sanctification? How did this experience help you shift your focus from yourself to God and others?

#### **Homework 5: Reflecting on Sanctification**

**Objective:** Review and reflect on your progress in sanctification over the past weeks.

**Task:** Write a ½ page reflection on how your understanding and pursuit of sanctification have evolved during this program. Consider how your thoughts, actions, and relationships have changed. Identify areas where you still need growth and develop a plan to address them.

**Discussion Prompt:** In what ways have you seen God work in your life through sanctification? What areas of your life still need to be surrendered to His transformative

power? How can you continue to grow in sanctification beyond this program?

## **Week Sixteen: Grace**

The grace of God extends far beyond initial realization; it equips us for the lifelong journey ahead. Grace is not merely a one-time event encapsulated in the moment of salvation. Instead, it is a continual, overflowing reservoir of assistance, always accessible. As you wage war against addiction, internalizing the fact that God's grace is perpetually at hand provides not only solace but also fortifying resilience. It bestows us the freedom to stumble, rise again, and persevere in our quest for holiness without the immobilizing dread of eternal condemnation.

Grace fundamentally alters our identity, transforming us from being ensnared by addiction to becoming liberated children of God. Consequently, we are empowered to live not in our frail human strength but in the miraculous, sustaining power of God's abundant grace. This grace does not just change us; it makes us conduits of God's love to others, amplifying His glory in a broken world.

Understanding the role of grace is critically vital for anyone earnestly striving to conquer addiction. Grace is not a concept to gloss over; it is a life-changing reality that we do not have to earn God's love or approval—His affection for us is freely given. This revelation becomes particularly transformative for individuals battling addiction, who frequently grapple with deep-rooted shame, guilt, and feelings of unworthiness. The assurance that God's love is unconditional serves as a rock-solid foundation upon which to build a new, flourishing life. This understanding can revolutionize our self-perception, shifting the narrative from defeat to hope and potential in Christ.

*The grace of God has appeared, bringing salvation for all people, instructing us to deny godlessness and worldly lusts and to live in a sensible, righteous, and godly way in the present age. Titus 2:11-12*

You stand at a crossroads, confronted by the weight of your addiction and the pull of your past. Yet, Scripture speaks of God's grace, which does more than cover your sins; it transforms your very desires and empowers you to live differently. God's grace does not merely offer a way out of addiction; it gives you the strength to walk in freedom daily. The same grace that saved you from sin now teaches you to say "No" to the very things that once enslaved you. This grace does not leave you in a cycle of defeat but leads you into a life marked by self-control, righteousness, and godliness.

Recognize that the battle you face is not just against the substance or behavior that has enslaved you but against the underlying lies and desires that fueled your addiction. The grace of God teaches you to reject these lies and replace them with His truth. Saying "No" to ungodliness and worldly passions is about avoiding sin and embracing a new identity in Christ. What once captivated you no longer holds the same power because God's grace has reoriented your affections toward Him. In this present age, where temptations are many, you can stand firm, knowing that God's grace is not just a past event but an ongoing force that equips you to live a sensible, righteous, and godly life.

In what ways does God's grace equip you to say "No" to ungodliness and worldly passions? What does living a self-controlled, upright, and godly life in this present age mean?

*Transformation and restoration are more important than "change".*

## **Homework 1: The Ever-Present Help of Grace**

**Objective:** To understand how God's grace continuously supports believers in overcoming addiction and pursuing holiness.

**Task:** Reflect on Titus 2:11-12 and write a ½ page entry describing how God's grace has helped you overcome addiction. Focus on moments when you felt empowered by God's grace to resist temptation and make righteous choices.

**Discussion Prompt:** How does recognizing the ongoing nature of God's grace change your approach to overcoming addiction? How can you lean on this grace more intentionally in daily life?

## **Homework 2: Identity in Grace**

**Objective:** To explore how God's grace transforms identity from addiction-bound to being a child of God.

**Task:** Create a "Before and After" chart. On the left side, list characteristics and behaviors that defined you during your addiction. On the right side, list the characteristics and behaviors that now define you as a child of God living under grace. Reflect on the transformation.

**Discussion Prompt:** How does viewing yourself as a child of God, empowered by grace, impact the way you live? How does it change the way you handle struggles and setbacks?

### **Homework 3: Grace-Fueled Resilience**

**Objective:** To understand how God's grace enables resilience and perseverance in the face of setbacks.

**Task:** Write about a recent struggle or setback where you relied on God's grace to move forward. How did grace help you rise after the fall? What did you learn about God's grace in the process?

**Discussion Prompt:** Why is it important to understand that grace allows for mistakes and growth? How can this understanding prevent you from falling into despair or self-condemnation after a setback?

### **Homework 4: Living a Godly Life by Grace**

**Objective:** To explore practical ways to live a sensible, righteous, and godly life empowered by God's grace.

**Task:** Identify three areas of your life where you struggle to obey God's standards. For each area, write down specific actions you can take to apply God's grace, allowing you to say "No" to ungodliness and embrace righteousness.

**Discussion Prompt:** How does God's grace help you in areas where you feel weak or prone to failure? How can you practically apply this grace daily to overcome these struggles?

### **Homework 5: Grace as a Transforming Force**

**Objective:** To reflect on the transformative power of God's grace in reorienting desires and affections.

**Task:** Meditate on a time when your desires shifted from worldly passions to godly pursuits because of God's grace. Journal about how this change has impacted your actions, decisions, and relationships.

**Discussion Prompt:** How has God's grace changed what you desire most in life? In what ways can you continue to allow grace to shape your thoughts, desires, and actions as you pursue a godly life?

## **Week Seventeen: Humility**

Surrender, enabled by humility, redirects our life trajectory from self-sufficiency to God-sufficiency, establishing a foundation for enduring change. A humble heart amplifies our spiritual sensitivity, enabling us to hear God's voice more clearly throughout the recovery journey. Humility is not merely a character trait but an essential catalyst in the transformative journey from addiction to Christ-centered living. James 4:6, "*But he gives greater grace. he says, God opposes the proud but gives grace to the humble.*" Acknowledging our need for intervention is the linchpin for genuine transformation. This act transcends a simple confession of weakness; it embodies a complete surrender, entrusting God with the steering wheel of our lives. In relinquishing control, we unlock unparalleled access to God's power and wisdom, indispensable assets for overcoming addiction's formidable challenges.

Humility can really change things for the better. It helps us be more open to advice, correction, and accountability from others - like family, friends, and spiritual mentors and their wisdom and encouragement together is valuable. Humility makes us ready to learn. It also helps us be more receptive to God's Word, so we are more flexible in God's hands, like clay. Plus, being humble breaks down our own barriers but also builds bridges with other people. This community focus strengthens God's work in our lives, which is also suitable for others' spiritual journeys. So, by living with humility, we unleash a massive wave of God's grace and power. This gift helps us conquer addiction and lifts us into lives that show Jesus' character and virtues.



*Do nothing out of rivalry or conceit, but in humility, consider others as more important than yourself.*  
Philippians 2:3

Embracing humility remains crucial on your path to overcoming addiction. This virtue is often misunderstood in today's society, where many view it as a sign of weakness. Yet, humility is a profound strength, reflecting Christ's transformation in one's life. Remember how Jesus washed His disciples' feet, an act deemed menial and degrading at the time, to model true servanthood.

In your fight against addiction, pride can erect formidable walls. It whispers that you can handle this alone, that seeking assistance shows weakness, or that acknowledging your struggles diminishes your stature among peers. Contrary to these lies, humility allows you to bow before God, confessing your dependence on Him. It opens the gateway for His divine intervention and cultivates a heart ready to receive support from those around you. Just as Christ chose service over status, you must also choose humility over pride to experience freedom and healing. This path brings you closer to God's will and strengthens your relationships with those committed to your recovery.

How can adopting humility, as Philippians 2:3 suggests, change our approach to addiction recovery? Share an experience where humility played a crucial role in overcoming a challenge in your journey towards healing.

*Being happy doesn't mean that everything is perfect. It means you've decided to look beyond the imperfections.*

## **Homework 1: The Power of Surrender**

**Objective:** To understand the role of humility in surrendering to God's will and its impact on overcoming addiction.

**Task:** Reflect on a moment in your life where you attempted to control a situation but eventually realized the need to surrender it to God. Write ½ page describing the situation, how pride influenced your actions, and the outcome when you chose humility and surrendered to God. Include a reflection on how this surrender deepened your dependence on God in your recovery journey.

**Discussion Prompt:** How does surrendering control to God, as an act of humility, contrast with the world's perspective on control and self-sufficiency? How has this surrender impacted your recovery?

## **Homework 2: Servanthood and Humility**

**Objective:** To explore the relationship between humility and servanthood as demonstrated by Christ.

**Task:** Read John 13:1-17, where Jesus washes His disciples' feet. Reflect on what this act teaches about humility and servanthood. Then, choose one person in your life who has supported you in your recovery journey. Perform a humble act of service for them this week, documenting your experience in a journal. In your entry, explain how this act impacted your relationship and how it deepened your understanding of humility.

**Discussion Prompt:** In what ways does serving others help cultivate humility in your life? How did your act of service change your perspective on those who support you?

### **Homework 3: Breaking Down Pride**

**Objective:** To identify and confront the areas of pride that hinder your recovery.

**Task:** This week, take time to identify three areas where pride manifests, especially in your recovery journey. Write a ½ page reflection on each area, discussing how this pride has created barriers to your growth and how embracing humility could change your approach. Use Philippians 2:3 as a guiding scripture for your reflection.

**Discussion Prompt:** How has pride negatively affected your recovery process? How can embracing humility in these areas lead to breakthroughs and lasting change?

### **Homework 4: Embracing Accountability**

**Objective:** To recognize the importance of accountability and how humility enhances your openness to correction.

**Task:** Meet with an accountability partner this week. Discuss areas where you have struggled to accept advice or correction due to pride. Ask them for specific guidance on these areas, and commit to following their advice. journey.

**Discussion Prompt:** How does pride resist accountability, and why is humility essential in accepting correction? Share how you plan to implement your mentor's advice in your life.

### **Homework 5: Humility in Community**

**Objective:** To understand how humility strengthens relationships and promotes a supportive community in your recovery.

**Task:** This week, attend a bible study or Sunday School class focusing on listening and learning from others' experiences. Reflect on how humility allows you to connect with others in a deeper, more meaningful way.

**Discussion Prompt:** In what ways does humility foster stronger relationships within a recovery community? How has being humble enriched your interactions and support from others?

## **Week Eighteen: Generosity**

Generosity is a required cornerstone for anyone traversing the arduous path from addiction to a Christ-centered life of freedom. This is not just about giving material things; it is about a transformed heart that revels in the joy of sharing. Escaping the clutches of addiction involves more than just ceasing harmful behavior; it demands a shift from self-centeredness to a life that cares for others. This new focus signals a departure from destructive habits and serves as an emblem of the transformative work Christ is accomplishing within us. Generosity becomes a litmus test for genuine spiritual change, offering a tangible measure of our growing Christlikeness.

In the dynamic of giving and receiving, generosity creates a mutually beneficial relationship that transcends mere transactional interaction. When we give—whether it is our time, talents, or resources—we tap into an economic system that reciprocates with blessings beyond human comprehension. This open-handed sharing elevates us from being mere recipients of God's grace to becoming conduits of that grace for others. This cyclical flow of giving and receiving underlines our connection to a community that extends beyond ourselves, integrating us into God's grand narrative. The generous life is a compelling testimony to God's transformative power, offering hope and encouragement to others mired in addiction. By embodying generosity, we do more than just change ourselves; we become catalysts for change in those around us, magnifying the scope and impact of God's redemptive work in the world.

*If there is a poor person among you, one of your brothers within any of your city gates in the land the Lord your God is giving you, do not be hardhearted or tightfisted toward your poor brother. Instead, you are to open your hand to him and freely loan him enough for whatever need he has.*  
Deuteronomy 15:7-8

Although directed towards the Israelites, this verse provides a principle about your heart's posture. Addiction often leads you into a cycle of isolation, shame, and self-preservation. These cycles harden your heart, making you more concerned with your own survival rather than embracing the needs of others. God instructs you to break this cycle by opening your heart and hands to those in need. Even in your struggle, you are called to reflect the generosity and compassion of God. The generosity God commands is not just about material resources; it is also about offering time, encouragement, and love. By focusing on others' needs, you allow the Holy Spirit to work in and through you, breaking the chains of self-centeredness that addiction often creates. Remember, the road to freedom involves receiving God's grace and extending it to those around you. As you walk this path, may your heart become increasingly open and your hands increasingly generous, trusting that God will meet your needs as you meet the needs of others.

In what ways has addiction caused your heart to harden toward others, and how can you begin to cultivate a spirit of generosity in your daily life? What practical steps can you take this week to open your heart and hands to those around you, even in your struggles?.

*Don't belittle God's plan for your life by settling your way into something comfortable! You are made for more than comfort.*

## **Homework 1: Reflecting on Generosity**

**Objective:** To identify areas in your life where generosity is needed and to develop practical ways to practice it.

**Task:** Write a ½ page reflection on how addiction has affected your willingness to be generous. Identify three specific areas where you can practice generosity this week. This could include your time, resources, or encouragement.

**Discussion Prompt:** How has your understanding of generosity changed through this reflection? What challenges do you anticipate in practicing generosity, and how will you overcome them?

## **Homework 2: Generosity in Action**

**Objective:** To put generosity into practice and experience the joy of giving.

**Task:** Choose one person in your community or circle of influence who could benefit from your generosity. Perform an act of kindness for them without expecting anything in return.

**Discussion Prompt:** How did this act of generosity impact both you and the recipient? What did you learn about yourself and God through this experience?

## **Homework 3: Biblical Study on Generosity**

**Objective:** To explore and apply biblical principles of generosity to your life.

**Task:** Study Deuteronomy 15:7-8 and three other scriptures that address generosity (e.g., 2 Corinthians 9:6-8,

Proverbs 11:25, Luke 6:38). Write a brief summary of each verse and how it speaks to your life.

**Discussion Prompt:** Which scripture resonated with you the most, and why? How can these principles guide you toward a life marked by generosity?

### **Homework 4: Generosity Journal**

**Objective:** To track and reflect on your growth in generosity over the week.

**Task:** Keep a daily list where you document at least one act of generosity you engaged in daily. Reflect on how these acts affected your mindset, relationships, and spiritual growth. At the end of the week, review your entries and write a summary of your observations and learnings.

**Discussion Prompt:** How did daily practice of generosity shape your attitudes and behaviors? In what ways did you see God working through your generosity?

### **Homework 5: Generosity in Community**

**Objective:** To adopt a spirit of generosity within a group setting.

**Task:** Collaborate with your small group or accountability partner to organize a community service project or outreach event that exemplifies generosity. Meet to discuss how the experience affected you and your group dynamic.

**Discussion Prompt:** How did the service project impact your understanding of community and generosity? How can your group continue to foster a culture of generosity together?



# Obedience

## Month Five Words of Wisdom

Remember the Top 10 reasons that cause us to return to our foolish ways.

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. Stupidity

This month, I want to address Neglecting Support Systems. At this critical juncture, recognizing the value of your support systems—both heavenly and earthly—is vital. Celebrate the liberty and renewed connections yet maintain a vigilant focus on Christ. It was never by your lone efforts that progress was made but through the strength and wisdom provided by your adherence to God’s Word and the support of those He placed in your life.

I was blessed to have two main support systems when I first got sober. The first group was my Marital Arts group that met on Tue/Thur/Fri from 4-8pm and on Wed from 6-8pm for our Bible Study. Next was my Garage CrossFit, which eventually became like my family. Kaala was the pastor of a church and opened his home to me. I went over Sun/Mon/Wed/Sat to do CrossFit. What was special was he

started every WOD with a prayer and I would stay working out for at least 2 hours and talking about Jesus.

Ecclesiastes 4:9-10 *“Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up, but pity the one who falls without another to lift him up!”* This wisdom highlights the significance of maintaining and valuing your support networks. Continue cultivating a disciplined life grounded in the routines that have borne fruit in your walk with God. These practices and relationships are as crucial now as ever. Remember, true strength and perseverance are found in serving Christ and leaning on the fellowship of believers.

## **Daily Challenges**

**Adoption into God’s Family:** Reflect on the meaning of being adopted into God’s family, especially during struggles with addiction.

**Embracing the Good Shepherd:** Ponder the qualities of Jesus as the Good Shepherd and how this identity impacts your addiction battle.

**Community and Prayer in Overcoming Struggles:** Open up to a trusted Christian friend or counselor, engaging in mutual prayer.

**Grace Over Personal Strength:** Acknowledge that overcoming addiction relies on God’s grace rather than personal resolve.

**Sharing Our Stories of Redemption:** By sharing your experiences with others, you can offer hope and demonstrate the redemptive power of Christ, praying for God to use your testimonies for His glory.

## Week Nineteen: Obedience

Obedience to God's will is not only essential but transformative. Jesus said, "*If you love me, you will keep my commands*" (John 14:15). In this statement, obedience is framed as genuine love, not a burdensome chore. For someone wrestling with addiction, obedience to God offers more than a set of rules; it provides a foundation on which to build a new life. Your addiction may have distorted your ability to make healthy choices, but God's commands provide structure, reintroducing the self-discipline that has likely been eroded. Obedience becomes a pathway for healing, guiding you back to the straight and narrow path from which addiction has diverted you.

The concept that "the reward for obedience is obedience" underscores this truth. As you walk in obedience, the act becomes its reward. Each obedient step deepens your spiritual maturity, allowing you to more readily obey God in the future. This creates a virtuous cycle: the more you obey, the more you desire to obey. Obedience leads to a life that is increasingly aligned with God's will, offering freedom, peace, and fulfillment that addiction could never provide. Rather than seeing obedience as a means to an end, you begin to understand that obedience is the end—a life lived in harmony with God's design. Obedience to God's will is indispensable in your battle against addiction. It shields you from temptation, empowers you with divine strength, and opens up a wellspring of ongoing spiritual nourishment. You must recognize that obedience is not simply about following rules but participating in God's transformative work. As you grow in obedience, you will find that God's grace is more than sufficient to carry you through the trials of recovery, offering you lasting freedom from addiction's chains.

*The one who keeps commands preserves himself; one who disregards his ways will die. Proverbs 19:16*

Obedience is not simply about following a list of rules; it should reflect walking step by step with God's will. When you obey His commands, you acknowledge His sovereignty and recognize that His instructions are given for your good and protection. In the context of overcoming addiction, obedience becomes an anchor that keeps you grounded in truth and redirects your heart toward holiness. The more you surrender to God's will, the more you begin to experience freedom from the chains of addiction. Obedience calls for consistency and perseverance, which are vital in your recovery journey. As you learn to obey in the small things, you will find that obedience in larger matters becomes more natural, guarding your heart from temptation. God's commands are not burdensome, but they act as a safeguard against the destructive tendencies of addiction, reminding you that obedience is the pathway to life. Disregarding God's ways leads to destruction. Addiction thrives in disobedience because it blinds you to the truth and causes you to seek fulfillment outside of God's design. Obedience, however, brings clarity. When you obey, you do not merely follow the rules—you submit to the loving authority of a Father who desires your restoration and redemption. Embrace obedience as a key element in your transformation journey, for it preserves your life and leads you toward abundant freedom in Christ.

Reflect on a time when obedience led to spiritual or emotional protection in your journey. How can this experience motivate you to follow God's instructions, even in difficult moments?

*You always suffer whenever you relegate God to a secondary position in our hearts and minds.*

## **Homework 1: The Role of Obedience in Healing**

**Objective:** To understand how obedience to God's will leads to healing and restoration in overcoming addiction.

**Task:** Reflect on an area where you struggle to obey God's commands. Write ½ page about how addiction has distorted your understanding of obedience. Identify specific biblical commands that challenge you, and outline a plan for how you will begin to obey those commands, especially in moments of temptation.

**Discuss:** How has disobedience kept you from healing, and how might obedience transform your recovery process?

## **Homework 2: Walking Step by Step in Obedience**

**Objective:** To cultivate the habit of daily obedience in small actions as preparation for obedience in larger matters.

**Task:** Over the next week, keep a daily log recording one small act of obedience to God's will. These can be simple things like resisting temptation, praying, or serving someone in need. At the end of the week, write a ½ page reflection on how these small acts have shaped your perspective on obedience.

**Discuss:** What has God revealed about His character and your recovery through these acts of obedience?

## **Homework 3: Obedience as a Path to Freedom**

**Objective:** To recognize how obedience provides freedom from the chains of addiction.

**Task:** Choose one of God's commands you previously

struggled to follow. Meditate on it and memorize it throughout the week. Write ¼ page explaining how obedience to this command can offer freedom in your recovery journey. Include Scripture to support your points.

**Discuss:** How can understanding obedience as freedom, rather than restriction, change your approach to recovery?

#### **Homework 4: Spiritual Maturity through Obedience**

**Objective:** To see obedience as a pathway to spiritual maturity and a deeper relationship with God.

**Task:** Study John 14:15 and Proverbs 19:16. Write a ¼ page on the concept that “*the reward for obedience is obedience.*” Explain how consistently obeying God’s commands deepens your spiritual maturity and discuss how this principle can apply to your recovery process.

**Discuss:** In what ways has God blessed your obedience, and how does this motivate you to continue growing in faith and recovery?

#### **Homework 5: Obedience and Emotional Protection**

**Objective:** To understand how obedience shields you from emotional and spiritual harm.

**Task:** Reflect on a past experience where obedience to God’s will provided emotional or spiritual protection. Write ½ page reflection connecting this experience to Proverbs 19:16. How did obedience preserve your well-being, and how can you use this memory to encourage future obedience, especially when faced with challenges in your recovery journey?

**Discuss:** What role does obedience play in guarding your heart from relapse, and how does it anchor you in God's truth?

## **Week Twenty: Temptation**

In every encounter with Satan, Jesus used the Word of God as His defense, demonstrating its unmatched power to overcome temptation. His example serves as a lesson for you as you battle addiction, emphasizing the necessity of Scripture in repelling the temptations of sinful desires. When temptation strikes, particularly in moments of weakness, turning to the Word of God equips you with immediate and divine counterforces. By embracing Bible verses that address your specific struggles, you open the door to wisdom, strength, and moral integrity, anchoring your heart and mind in the eternal truths that guide you from sin.

Overcoming temptation is about resisting in the moment and reshaping your entire being through Christ. The Word of God is critical in transforming your heart, mind, and spirit, addressing the root causes and the daily battles you face. Addiction thrives in the mind long before it becomes an action, with cravings often overwhelming your ability to resist. The discipline of engaging with Scripture regularly rewrites the mental patterns that have led you astray. It realigns your thoughts with God's will, providing a divine lens through which you discern the true nature of temptation. With each engagement in the Word, you train yourself to see temptation not as an inevitable defeat but as an opportunity to lean on Christ's strength.

Through this renewal of your mind, you cultivate spiritual resilience that goes far beyond individual moments of temptation. Over time, the lies and false promises of sin lose their grip as your heart is continually molded by the truth of God's Word. The Word of God serves as both your immediate shield in the face of temptation and the long-



term source of strength that erodes the power of sin in your life.

*No temptation has overtaken you except what is common to humanity. God is faithful; he will not allow you to be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.* 1 Corinthians 10:13

You are not alone in your struggle. Every temptation you encounter is something others have faced, yet God's provision is a constant reminder that no temptation is beyond your ability to resist. It is easy to feel overwhelmed when temptation arises, especially when addiction looms in your past, but remember that God's faithfulness transcends your circumstances. He promises to limit the intensity of your temptation and ensure that there is always a way out. When you feel tempted, your strength lies in your willpower and God's unfailing support. You must lean into His faithfulness and rely on the escape He provides through prayer, turning to Scripture, or seeking accountability from fellow believers.

You cannot rely on yesterday's victories to keep you grounded today. Each day brings challenges and temptations, but the same God who was faithful yesterday remains faithful. The enemy seeks to exploit moments of weakness, and your past struggles with addiction may feel like a constant weight on your journey. Victory over temptation is not achieved by avoiding challenging situations but by confronting them with the truth of Scripture. You must embrace the strength God has provided through the Holy Spirit, remembering that the way of escape is always available to you. God's faithfulness is your anchor, His Word your weapon, and His grace your shield.

In what practical ways can you lean into God's faithfulness to overcome temptation? How can you better recognize and respond to God's provision in temptation?

*Surrender your own agenda to God and pursue His plans.*

### **Homework 1: Memorizing Scripture to Combat Temptation**

**Objective:** Strengthen your ability to resist temptation by committing key Bible verses to memory.

**Task:** Select 1 Bible verse that directly speak to your areas of struggle and temptation (e.g., 1 Corinthians 10:13, Matthew 4:4, James 1:12). Memorize the verse over the week, and whenever you face temptation, recite the appropriate verse aloud.

**Discuss:** Reflect on how memorizing Scripture impacted your response to temptation. How did it shape your thought patterns and strengthen your reliance on God?

### **Homework 2: Identifying Triggers and Finding Escapes**

**Objective:** Become more aware of your specific temptation triggers and learn to rely on God's escape provision.

**Task:** List situations, emotions, or thoughts that lead to temptation. After identifying these triggers, write down ways God has already provided a "way out" in your past experiences. For each trigger, match it with a verse or prayer strategy you can use next time you face it.

**Discuss:** How has God faithfully provided a way out during past temptations? How can you better recognize and respond to these provisions in the future?

### **Homework 3: Reframing Temptation as an Opportunity**

**Objective:** Shift your mindset to see temptation not as an inevitable defeat but as an opportunity to rely on Christ's strength.

**Task:** The next time you feel tempted, instead of immediately reacting, take a moment to pray and reflect on God's promises. Journal your initial feelings and the steps you took to rely on Christ's strength. Focus on how the temptation provided an opportunity for spiritual growth rather than a moment of weakness.

**Discuss:** How did viewing temptation as an opportunity to rely on God change your approach? What can you learn about yourself and your relationship with God through this process?

### **Homework 4: Spiritual Resilience**

**Objective:** Develop a daily habit of engaging with Scripture to build spiritual resilience against temptation.

**Task:** Set aside at least 15 minutes each day this week to read and meditate on Scripture, focusing on passages that speak to temptation and victory in Christ (e.g., Psalm 119:11, Hebrews 4:15-16, Matthew 26:41). Keep a journal noting how regular engagement with God's Word is reshaping your thoughts and responses to temptation.

**Discuss:** How has consistent Scripture reading strengthened your spiritual resilience? What specific changes have you noticed in your ability to resist temptation?

## **Homework 5: Seeking Accountability**

**Objective:** Strengthen your resistance to temptation through accountability with other believers.

**Task:** This week, contact your accountability partner. Share your struggles with temptation, ask them to pray for you, and check your progress. Reflect on how their support helps you overcome moments of weakness.

**Discuss:** How did having an accountability partner affect your ability to resist temptation? How can accountability enhance your reliance on God's faithfulness and provision?

## **Week Twenty-One: Forgiveness**

Understanding the transformative power of forgiveness is essential in overcoming addiction, as it frees you from the weight that often accompanies overcoming life-dominating sins. When you truly grasp the depth of God's forgiveness, you realize that no matter your past mistakes or destructive choices, His grace covers them all. This truth allows you to break free from the cycle of shame and guilt, which can often fuel addiction. By embracing God's forgiveness, you can reframe your identity not as someone who is trapped in addiction but as a beloved child of God, empowered by His mercy and grace to walk in freedom.

Forgiveness also can heal the deep emotional wounds that often serve as triggers for addiction. Many who struggle with addictions carry unresolved hurt or the inability to deal with suffering, which can lead to patterns of self-destructive behavior. When you hold onto resentment, bitterness, or unforgiveness towards others, it can create a heavy burden that compounds your emotional pain and perpetuates the addictive cycle. When you forgive those who wronged you, you release yourself from bitterness and open the door to freedom. This act of forgiveness is not about excusing the wrongs done to you but about releasing their power over you, allowing you to move forward without carrying the weight of anger or hurt. In this way, forgiveness becomes a tool that helps you address the emotional roots of your addiction. When you embrace forgiveness—from God and others—you experience a release from the emotional, spiritual, and relational chains that have bound you. Forgiveness lifts the burden of guilt and shame, replacing it with hope, peace, and the assurance of God's love. This newfound freedom empowers you to make healthier choices and pursue a life reflecting your identity in Christ.

*Who is a God like you, forgiving iniquity and passing over rebellion for the remnant of his inheritance? He does not hold on to his anger forever because he delights in faithful love. He will again have compassion on us; he will vanquish our iniquities. You will cast all our sins into the depths of the sea. Micah 7:18-19*

Reflecting on this passage, you are reminded that God's nature is soaked in forgiveness. As you battle addiction, the weight of guilt and shame can easily overwhelm you. The enemy often whispers lies, telling you your sins are too great to be forgiven. Micah calls you to remember that God does not hold on to His anger forever. His forgiveness is not dependent on your performance but on His unchanging love. You are called to experience His compassion, which goes beyond human comprehension. He forgives your sins and casts them into the depths of the sea, where they are never to be retrieved or remembered. This truth shatters the chains of condemnation that often bind you to addiction. You must understand that when God forgives, He completely removes the barrier that sin places between you and Him. Forgiveness is not merely about being released from punishment but about restoring the right relationship with God. In Christ, you are no longer a slave to the shame that addiction often brings.. His compassion extends beyond just pardoning your wrongs; it transforms your heart and renews your spirit. Through this process, you are reminded that forgiveness is a continual act of God's love, drawing you closer to His heart and further from the grip of addiction.

How does understanding God's complete forgiveness reshape your view of your past mistakes and addiction? In what ways can extending forgiveness to others help you in your journey of overcoming addiction?

*Sin creates distance; thank God that God Forgives.*



## **Homework 1: Understanding God's Forgiveness**

**Objective:** To deepen your understanding of God's forgiveness and its role in breaking the cycle of guilt and shame associated with addiction.

**Task:** Reflect on Micah 7:18-19. Write a ½ page reflection about how God's forgiveness, as described in this passage, brings freedom from the weight of addiction. Discuss how releasing guilt can transform your relationship with God and yourself. Consider how recognizing this truth will impact your daily decisions moving forward.

**Discuss:** How does embracing God's forgiveness break the chains of shame in your life? How can this truth empower you to walk in freedom rather than remain trapped by past mistakes?

## **Homework 2: The Role of Forgiveness**

**Objective:** To explore how forgiveness of others contributes to emotional healing and recovery from addiction.

**Task:** Write a journal entry describing someone you need to forgive. Reflect on the emotional burdens you carry because of unresolved hurt or anger. Then, write a prayer of forgiveness for that person, releasing the pain to God. Reflect on how this act can impact your healing process and recovery from addiction.

**Discuss:** How does unforgiveness keep you trapped in patterns of addiction? How does forgiving others help free you from the emotional triggers that lead to destructive behavior?



### **Homework 3: Forgiveness as a Tool**

**Objective:** To understand how receiving and extending forgiveness can help break the addiction cycle.

**Task:** Reflect on your own journey of overcoming addiction. Identify moments where guilt or unforgiveness fueled your addiction. Write a ¼ page on how forgiveness, both from God and others, can serve as a tool for breaking the cycle of addiction. Use examples from Scripture, such as Micah 7:18-19, to support your understanding.

**Discuss:** How can embracing God's forgiveness change your identity from someone trapped in addiction to a beloved child of God? In what ways can extending forgiveness to others help you find emotional freedom?

### **Homework 4: God's Grace**

**Objective:** To grasp the importance of self-forgiveness in overcoming addiction and embracing a new identity in Christ.

**Task:** Write a letter to yourself from the perspective of God, reminding yourself of His forgiveness and grace. Acknowledge the mistakes you have made in your addiction, but focus on how God's forgiveness enables you to move forward without guilt. End the letter by committing to forgive yourself as God has forgiven you.

**Discuss:** Why is it often more challenging to forgive yourself than others? How can fully accepting God's forgiveness for yourself bring freedom from the emotional burden of addiction?

## **Homework 5: Breaking the Power of Guilt**

**Objective:** To reflect on how understanding God's forgiveness breaks the power of guilt and leads to spiritual freedom.

**Task:** Using Micah 7:18-19 as a foundation, write a reflection on how guilt and shame have impacted your life and fueled your addiction. Then, describe how understanding and accepting God's complete forgiveness has changed your view of your past mistakes. Consider how you can apply this truth to future situations that might tempt you to feel shame.

**Discuss:** How does understanding the depth of God's forgiveness reshape your view of your past mistakes? How can this truth transform your walk toward freedom from addiction?

## **Week Twenty-Two: Courage**

When you embrace courage, you do not simply confront your fears; you also hold fast to the promise that God is with you. His presence creates fertile ground for the freedom that your soul longs for. Courage is indispensable in overcoming the fear of man, a fear that often drives you toward addictive behaviors as a means of escape or validation. The fear of rejection, failure, or judgment can paralyze you, but courage propels you forward. When you start to see the truth, you will see that your value is rooted in Christ, not in the approval of others. As you stand firm in God's promises, courage strengthens your resolve to break free from the patterns of seeking man's validation. This boldness allows you to focus on God's purpose for your life, freeing you from addiction and societal pressures. When you are armed with courage rooted in faith, you are better equipped to engage with support networks, seek professional help, and adhere to recovery programs with a steadfast spirit.

Courage allows you to acknowledge your need for help without shame or fear, knowing that God guides you toward healing. By leaning on God-given courage, you reclaim your identity not as a victim of addiction but as a victor through Christ. You are no longer defined by your past or struggles but by the victory God has promised you in His Word. Courage is your constant companion in your journey toward sobriety and holistic well-being. It empowers you to break free from addiction and live according to God's will. This courage, fortified by faith and strengthened by God's presence, paves the way for a life transformed by His grace. As you continue to embrace courage, you will experience not only freedom from addiction but also a deeper, more intimate relationship with the Lord, who has been with you every step of the way.

*When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mere mortals do to me?* Psalm 56:3–4

Addiction thrives on fear—fear of man, fear of failure, fear of judgment, and fear of the future. The enemy whispers lies that keep you chained, convincing you that you are powerless, but the Word of God tells a different story. Your strength does not come from within yourself but from trusting in the One who holds all power. Courage in your recovery process begins when you acknowledge and surrender your fears to God, trusting Him to guide each step. He goes before you, fights for you, and provides the strength you need to move forward, even when the way seems impossible. As you progress toward freedom, courage will help you reject the enemy's lies and embrace the truth of God's promises. His goodness and faithfulness, even when your circumstances are overwhelming. When fear threatens to consume you, choosing courage by trusting in God's unchanging character will shift your focus from your limitations to His limitless power. You are not defined by your addiction; you are a child of God, redeemed and empowered by His grace. Courage strengthens your heart to persevere, even when temptation resurfaces or setbacks occur. It reminds you that God's love for you is steadfast, and His presence is your constant refuge. Trust in Him, take heart, and know that as you walk in faith, He will give you the courage to face every challenge.

How does trusting in God's Word increase your courage when facing fears related to your addiction? In what ways have you experienced God's faithfulness when you chose courage over fear in your recovery journey?

*You may have to sacrifice a lot, but how bad do you want it?*

### **Homework 1: Identifying Fears that Fuel Addiction**

**Objective:** To recognize and confront specific fears that drive addictive behaviors.

**Task:** Reflect on three specific fears that contribute to your addiction. Identify how these fears have influenced your choices and behaviors. Use Psalm 56:3–4 to guide your reflections and write down a prayer asking for God’s strength to overcome each fear. Be honest with yourself as you acknowledge these fears, and consider how trusting God can reshape your responses to them.

**Discuss:** How have these fears kept you in bondage, and what changes might occur in your recovery if you fully surrendered them to God?

### **Homework 2: Courage in the Face of Relapse**

**Objective:** To understand how courage helps you face the possibility of relapse and remain committed to recovery.

**Task:** Write a ½ page reflection on when you faced the temptation to relapse. How did fear play a role in that moment, and how could you have demonstrated courage by trusting in God’s promises instead? Use the truth of Psalm 56:3–4 as a foundation for your reflection, and consider practical steps for choosing courage over fear in the future.

**Discuss:** In what ways could trusting God’s Word have shifted your focus from fear to courage? What support systems can you rely on when fear of relapse arises?

### **Homework 3: Courage Through Prayer**

**Objective:** To cultivate courage through consistent, intentional prayer.

**Task:** Set aside time each day for one week to pray for courage in your recovery. Write a daily prayer journal entry reflecting on your fears and how you are surrendering them to God. As you pray, meditate on Psalm 56:3–4, asking God to fill your heart with courage and peace. At the end of the week, summarize what you learned about the role of prayer in building your courage.

**Discuss:** How did your daily prayers impact your mindset regarding fear and courage? What changes did you notice in your attitude toward your recovery?

### **Homework 4: Courageous Choices in Recovery**

**Objective:** To evaluate how courage can transform your decision-making in recovery.

**Task:** Identify three decisions about your recovery from which you can choose courage over fear this week. These could be related to seeking help, setting boundaries, or sharing your struggles with someone you trust. Write down each decision and how you plan to act with courage. Reflect on how trusting in God's power, as described in Psalm 56:3–4, gives you the strength to make these courageous choices.

**Discuss:** How might acting courageously in these areas deepen your relationship with God and strengthen your recovery? What fears need to be surrendered to allow courage to take hold?

## **Homework 5: The Role of Community in Courage**

**Objective:** To recognize the importance of community support in fostering courage during recovery.

**Task:** Reflect on how being part of a supportive Christian community has strengthened your courage. Write about a specific time when you leaned on others for support during your recovery. Then, consider ways to continue engaging with your community to build courage and accountability. Meditate on Psalm 56:3–4, and consider how God uses others to help you face fears and live courageously.

**Discuss:** How has your community played a role in building your courage? What steps can you take to deepen your involvement in a supportive, Christ-centered community as you recover?

# Integrity and Righteousness

## Month Six Words of Wisdom

Remember the Top 10 reasons that cause us to return to making stupid choices.

- ~~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. Stupidity

This month's focus is on Unresolved Emotional Issues. Addressing and resolving emotional issues is essential in maintaining emotional health. Ignoring these issues can lead us back into stupid behaviors, hindering our walk with God and personal growth. It may be a touchy issue you have hidden for decades like I did. But an amazing thing can happen: we trust God's Word. Psalm 147:3 states, "*He heals the brokenhearted and binds up their wounds.*" This verse assures us of God's presence and healing power. He knows our emotional turmoil and stands ready to heal our brokenness. The journey to emotional healing begins with laying our burdens before Him, and trusting in His ability to heal and restore.

My unresolved emotional issue was letting go of some things that happened between the age of 16-21. From



broken friendship, my mom coming down with a rare neurological disease, and both of my grandfathers passing away within 3 months of each other. I had to navigate through all of these unresolved emotional issues of anger, fear, sadness, anxiety, and grief. How did I do it? By seeking God's wisdom and guidance through prayer and studying His Word was crucial. Every day, time in Proverbs and in prayer. I also had to engage in honest, vulnerable conversations with fellow believers who provided me additional support and accountability. By doing this, I could experience personal healing and strengthen my relationships with the body of Christ.

## **Daily Challenges**

**Scriptural Response to Temptation:** Identify a common temptation in your life. Find a Bible verse that speaks to this issue memorize it.

**Active Listening for His Guidance:** Dedicate part of your day to silence, removing distractions to listen for God's voice. It could be during a walk, sitting quietly in a room, or before you begin reading the Bible.

**Serving Others as an Act of Righteousness:** Identify how to serve someone today.

**Forgiveness as a Path to Integrity:** Reflect on any grudges or bitterness you hold onto. Pray for the strength to forgive, as holding onto unforgiveness can hinder personal integrity and righteousness.

**Godly Wisdom in Daily Decisions:** Consider Scripture and pray for wisdom before making decisions.

## Week Twenty-Three: Integrity

Integrity is vital in the journey of overcoming life-dominating sins. It is consistently aligning one's actions with moral and biblical principles. When battling addiction, integrity becomes a guiding light that helps individuals remain committed to their recovery, rebuild trust, and reflect Christ's transformative power in their lives. Proverbs 10:9 *"The one who lives with integrity lives securely, but whoever perverts his ways will be found out."* This verse highlights how integrity establishes a foundation for a secure life, free from the instability and deception that often accompany addiction.

Maintaining integrity means being truthful with oneself, others, and God. Addiction thrives in darkness, secrecy, and deceit. By committing to integrity, one steps into the light of truth, where healing can occur. This commitment involves acknowledging one's struggles, seeking help, and remaining accountable throughout recovery. Integrity demands transparency—admitting weaknesses and failures and striving to live according to biblical standards. This transparency is not a display of weakness but of strength, as it requires courage to confront and confess sin, relying on God's grace for transformation.

Integrity is essential in rebuilding relationships damaged by addiction. Trust, once broken, can only be restored through consistent, integrity-driven behavior. Loved ones and friends need to see a genuine change marked by honesty, reliability, and a renewed commitment to live in a way that honors God. Integrity also guards against relapse, encouraging individuals to avoid compromising situations and remain steadfast in their recovery commitments. Integrity keeps the focus on long-term healing rather than temporary gratification.

*Vindicate me, Lord, for I have lived with integrity; I have trusted in the Lord without wavering. Psalm 26:1*

David's plea serves as a reminder of integrity's role in overcoming addiction. Integrity in this context is not merely about moral uprightness; it is about making sure your entire life is focused on God's truth and purpose. It requires you to walk in obedience, even when the path is challenging. Trusting in the Lord without wavering becomes the anchor that holds you steady when everything else seems uncertain. You must recognize that this trust is active, involving a daily surrender of your will to God's perfect plan. Your integrity is tested when faced with temptations, but it is refined through these trials. Leaning on God's strength rather than your own allows you to build a character that reflects His holiness. Integrity calls you to reject the fleeting comfort of addiction and instead embrace the lasting peace found in Christ. As you trust God more deeply, you will see how He empowers you to make decisions that honor Him, even in the smallest details of your life. This unwavering trust does not imply a life without struggles but assures you that God's grace is sufficient to see you through every obstacle. David's example reminds you that your integrity is not a product of your effort but a reflection of God's work in you. As you surrender your weaknesses to Him, you allow His strength to be made perfect in your life.

Who in your life embodies the integrity and unwavering trust in the Lord that David speaks of, and how can their example inspire you? What steps can you take today to strengthen your trust in God and walk more closely with His will?

*Fear is what stops you; courage is what keeps you going.*

## **Homework 1: Identifying Areas for Growth**

**Objective:** To help you evaluate your life, identify areas where integrity is lacking, and develop a plan to align your actions with biblical principles.

**Task:** Reflect on the past week and identify situations where you struggled to maintain integrity. Write a short journal entry describing these situations and how you could have handled them differently. Include a plan for how you will act with integrity in similar situations moving forward.

**Discuss:** How does Proverbs 10:9 challenge you to live a life of integrity? What steps can you take to ensure your actions align with this verse?

## **Homework 2: The Cost of Compromise**

**Objective:** To explore the consequences of compromising integrity and how to avoid situations that tempt you to do so.

**Task:** Read the story of Daniel in the lion's den (Daniel 6:1-28). Write a reflection on how Daniel's unwavering integrity influenced his actions and the outcome. Consider areas where compromise has led to negative consequences and how Daniel's example can guide you to stay firm in your convictions.

**Discuss:** What are the long-term effects of maintaining integrity, even when costly? How does integrity serve as a safeguard against relapse in your recovery?

### **Homework 3: Accountability and Integrity**

**Objective:** To understand the role of accountability in maintaining integrity during the recovery process.

**Task:** Identify an accountability partner or group that will help you maintain your commitment to integrity. Schedule a meeting or conversation with them this week. Prepare by writing down specific areas where you need support and how you want them to hold you accountable.

**Discuss:** In what ways can accountability strengthen your commitment to integrity? How can you create a transparent environment where honesty is encouraged and upheld?

### **Homework 4: Rebuilding Trust Through Integrity**

**Objective:** To help you understand the process of rebuilding trust by consistently demonstrating integrity in your relationships.

**Task:** Identify one relationship that has been damaged by your past actions. Write a letter or call the person, expressing your desire to rebuild trust. If appropriate, deliver the letter and follow up with actions demonstrating your commitment to change.

**Discuss:** How does consistent integrity rebuild trust in damaged relationships? What role does humility play in the process of reconciliation?

## **Homework 5: Daily Walk-in Integrity**

**Objective:** To cultivate a daily integrity habit reflecting a Christ-centered life.

**Task:** For the next seven days, start each day by reading Psalm 26:1 and reflecting on how you can walk with integrity that day. At the end of each day, write a brief (150-200 words) summary of how you lived out your commitment to integrity, including any challenges you faced and overcame.

**Discuss:** What impact does daily intentionality in integrity have on your overall recovery and spiritual growth? How can you trust the Lord without wavering, even in the face of temptation?

## **Week Twenty-Four: Work Ethic**

A godly work ethic serves as a fortress against the insidious confines of addiction. When battling addiction, the discipline instilled by a strong work ethic often becomes a first line of defense. This discipline, supported by Scripture, enables you to exercise self-control, a fruit of the Spirit identified in Galatians 5:22-23. In turn, self-control keeps you on the path of righteousness and integrity.

Taking work seriously as a service to God also fosters virtues like honesty, accountability, and reliability. These qualities are professional assets and spiritual disciplines that align you with God's expectations. By upholding these virtues, you create a lifestyle that stands in stark contrast to the deceit and compromise often found in a life ensnared by addiction.

Adopting a godly work ethic promotes consistency in your daily life. Regular, disciplined work leaves less room for idleness, a dangerous playground where addiction can thrive. Adherence to a godly work ethic becomes a living testimony to others. It reflects your transformed life, allowing you to minister to fellow strugglers. Your steadfastness is a beacon of God's redemptive power, which can deliver you and others from addiction.

A work ethic rooted in biblical truth does more than keep you employed; it elevates your labor to an act of worship and empowers you to combat addiction. This holistic approach, encompassing body and mind, guides you toward a fulfilling life of righteousness and integrity, bringing glory to God.

*Whatever you do, do it from the heart, as something done for the Lord and not for people, knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ. Colossians 3:23-24*

As you journey through the challenging path of overcoming addiction, you must recognize the significance of a Christ-centered work ethic. Every task, whether large or small, is an opportunity to glorify God. When your efforts are grounded in a desire to honor Christ, even the most tedious tasks become acts of worship. This mindset shifts your focus from seeking earthly validation to pursuing heavenly reward. You are not working merely to meet human expectations but laboring for the One who redeemed you. This understanding transforms your approach to life, encouraging you to give your best in every situation because your ultimate audience is the Lord. Addiction often thrives in an environment of self-centeredness and neglect, where responsibilities are overlooked in pursuit of destructive habits. When you commit your work to the Lord, you cultivate discipline, perseverance, and integrity—essential for lasting transformation. This work ethic requires you to be diligent, reliable, and faithful, reflecting the character of Christ in all you do. It compels you to reject the laziness and complacency that often accompany addiction and to replace them with a commitment to excellence in every area of life. In this process, you are not just overcoming addiction but becoming more like Christ.

How can you ensure that your work, whether in your job, or home, reflects your commitment to serving the Lord? How can cultivating perseverance and integrity through a Christ-centered work ethic strengthen your spiritual growth?

*Fear is what stops you; courage is what keeps you going.*



## **Homework 1: Christ-Centered Work Ethic**

**Objective:** To explore the biblical foundation of a godly work ethic and its impact on overcoming addiction.

**Task:** Reflect on Colossians 3:23-24 and write a ½ page essay on how a Christ-centered work ethic can transform daily tasks into acts of worship. Include examples of how this perspective could help combat addiction.

**Discuss:** How does viewing work as an act of worship change your approach to daily tasks? How can this mindset aid in overcoming addiction?

## **Homework 2: The Role of Discipline**

**Objective:** To understand how discipline, as part of a godly work ethic, aids in addiction recovery.

**Task:** Create a daily schedule incorporating work, prayer, and Scripture reading. Reflect on how adhering to this schedule can build discipline and help you avoid idleness, which can lead to relapse.

**Discuss:** In what ways can maintaining a disciplined schedule guard you against the temptations of addiction? How can you ensure that this discipline remains consistent?

## **Homework 3: Cultivating Integrity and Accountability**

**Objective:** To identify and apply the virtues of honesty, accountability, and reliability in daily life as defenses against addiction.

**Task:** List three areas where you can improve your integrity and accountability. For each area, write a plan of

action for how you will make these improvements over the next week.

**Discuss:** Why are integrity and accountability crucial in overcoming addiction? How do these virtues contribute to your spiritual growth and your witness to others?

#### **Homework 4: The Power of Perseverance**

**Objective:** To understand the importance of perseverance in maintaining a godly work ethic and resisting addiction.

**Task:** Reflect on a recent challenge where you were tempted to give up. Write a half-page summary on how perseverance in that situation could have led to a different outcome. Include ways you can develop perseverance in your current battle against addiction.

**Discuss:** How does perseverance relate to your spiritual journey and your work ethic? What strategies can you use to cultivate perseverance in your daily life?

#### **Homework 5: Transforming Labor into Worship**

**Objective:** To shift the focus of daily tasks from self-centeredness to Christ-centered service, fostering long-term recovery from addiction.

**Task:** Choose one task that you often view as mundane or tedious. Perform this task to glorify God, and write a one-page reflection on how this change in perspective affected your attitude and effort.

**Discuss:** How can you consistently view your work as an act of worship, even in the smallest tasks? How does this

perspective help you combat the complacency that can lead to addiction?

## **Week Twenty-Five: Purpose in Suffering**

Grasping the purpose of suffering is essential for anyone contending with the debilitating cycle of addiction. As James instructs, and this is a paraphrase, we should consider it a great joy whenever we experience trials because we know that testing our faith produces endurance. And endurance has its full effect, so we may be mature and complete, lacking nothing. This passage reveals that suffering is not aimless agony; it is God's tool for refining our character and crafting us into the image of Christ. Through life's trials, God gives us invaluable lessons in dependency upon Him—a cornerstone for living a life marked by righteousness and integrity.

Such a posture of dependency compels us to humility, pulling us closer to the endless grace that God supplies. Acknowledging the inadequacy of our own strength serves as an impetus to seek God's sufficiency. This pursuit sets in motion a transformative journey that deepens our commitment to live authentically and justly.

In the trial of suffering, God sharpens our spiritual resilience and molds our character, equipping us with the moral strength to confront addiction and be overcomers. This metamorphosis does not just enable us to fend off transient temptations; it empowers us to embody a lifestyle saturated with righteousness and integrity. The hardships endured in the struggle against addiction are not pointless. Instead, they function as appointed disciplines that enrich our character, fortify our resolve, and contribute to a life that brings honor and glory to God. In the past, struggles with addiction may have seemed like a no win situation, but by placing our faith in Him, we grow because of our suffering.

*The God of all grace, who called you to his eternal glory in Christ, will himself restore, establish, strengthen, and support you after you have suffered a little while. 1 Peter 5:10*

This verse assures you that suffering is not without purpose or end. Instead, it serves as a refining process, equipping you to endure and emerge stronger in your faith. Each moment of pain and difficulty pushes you closer to your Savior, who understands your trials and stands ready to sustain you. In God's hands, suffering becomes a tool of sanctification, shaping you into the image of Christ, who also suffered for you. As you navigate these painful experiences, you learn to lean more fully on God's grace, finding that His power is made perfect in your weakness. Your suffering is not a sign of God's abandonment but a testament to His ongoing work within you.

As you endure the trials of addiction, you are reminded that this suffering is temporary, but the fruits of God's work in you are eternal. You are being established in your faith, strengthened in your resolve, and supported by God's unwavering presence. This process builds endurance, deepens your character, and strengthens your hope in God's promises. The pain you experience today prepares you for the victory God has secured for you. In this journey, suffering becomes a means to fully experience God's grace, knowing that He will ultimately restore you completely.

Consider the role of suffering in the Christian journey. How can embracing suffering with faith deepen your relationship with Christ and bring lasting spiritual growth? How can you encourage others who are suffering, reminding them of the eternal hope found in Christ?

*Truth defeats the lies we believe.*

## **Homework 1: Understanding the Purpose of Suffering**

**Objective:** To grasp the biblical perspective on suffering and how it refines character and deepens faith.

**Task:** Read James 1:2-4 and 1 Peter 5:10. Reflect on a recent trial or hardship you have faced. Write a ½ page reflection on how this trial could be seen as a tool God uses to mature your faith. Include how you can embrace suffering as a means to grow in Christlikeness.

**Discuss:** How can viewing suffering as a tool for spiritual growth change your attitude during challenging times? In what ways has God used your suffering to draw you closer to Him?

## **Homework 2: Building Endurance Through Trials**

**Objective:** To recognize how suffering produces endurance and contributes to spiritual maturity.

**Task:** Memorize or Meditate on James 1:2-4. Write a journal entry describing a situation where your faith was tested. How did enduring this trial strengthen your faith and reliance on God? What steps can you take to build endurance in future trials?

**Discuss:** How does enduring suffering build spiritual resilience? How can you encourage someone struggling to endure by sharing your experiences?

### **Homework 3: The Role of Humility in Suffering**

**Objective:** To understand how suffering cultivates humility and dependency on God's grace.

**Task:** Reflect on 2 Corinthians 12:9-10. Write a ½ page on how acknowledging your weakness during times of suffering has led you to rely more fully on God's strength. Consider how this humility has transformed your approach to life's challenges.

**Discuss:** In what ways has suffering revealed your need for God's sufficiency? How does embracing weakness lead to experiencing God's power in a deeper way?

### **Homework 4: Encouraging Others Through Their Suffering**

**Objective:** To develop a compassionate approach to supporting others who are suffering.

**Task:** Read 2 Corinthians 1:3-4. Identify someone in your life who is currently suffering. Write a letter or card encouraging them with the truths found in 1 Peter 5:10. Share how you have seen God's faithfulness in your own suffering and how they can find hope in Christ.

**Discuss:** How can your experience of suffering equip you to minister to others in their time of need? What practical steps can you take to support someone who is struggling?

## **Homework 5: The Eternal Perspective on Suffering**

**Objective:** To gain a heavenly perspective on temporary suffering and its eternal impact.

**Task:** Study Romans 8:18 and 2 Corinthians 4:16-18. Write a reflection on how these verses reshape your understanding of suffering. Consider how focusing on eternal glory helps you endure present trials with hope and joy.

**Discuss:** How does having an eternal perspective influence your response to suffering? How can you remind yourself daily of your eternal hope in Christ?



## Week Twenty-Six: Righteousness

Addiction often thrives in an environment of secrecy, dishonesty, and self-indulgence. These behaviors are opposed to righteousness, which calls for truthfulness, integrity, and self-control. Your journey of recovery involves more than just abstaining from a substance or behavior. It requires a radical shift toward a life marked by righteousness. This shift is possible only through the power of the Holy Spirit, who empowers you to put off the old self, corrupted by deceitful desires, and to put on the new self, created to be like God in true righteousness and holiness.

Righteousness plays a foundational role in your journey of addiction recovery. It refers to being in right standing with God, living according to His standards, and reflecting His character in daily life. In overcoming addiction, righteousness is not merely about behavior modification but a transformation of your heart and mind. This transformation begins with a relationship with Jesus Christ, who imparts His righteousness to you. Embracing righteousness in recovery means striving to live a life that honors God, choosing His ways over destructive patterns from the past.

The central verse that encapsulates the role of righteousness in your recovery is found in Matthew 6:33: *“But seek first the kingdom of God and his righteousness, and all these things will be provided for you.”* In the context of recovery, this verse serves as a guiding principle. It reminds you that your primary focus should be on pursuing God’s righteousness above all else. This pursuit of righteousness is not a one-time event but a daily commitment to live in a way that honors God and reflects His holiness.

*Hallelujah! Happy is the person who fears the Lord, taking great delight in his commands. His descendants will be powerful in the land; the generation of the upright will be blessed. Wealth and riches are in his house, and his righteousness endures forever. Psalm 112:1-3*

Some blessings come from fearing the Lord and delighting in His commands. This fear isn't about being afraid but involves a deep respect and awe for God's majesty and holiness. Such reverence leads us to a life walking with God's will, marked by joy and the fruit of His promises. As individuals battling addiction turn their hearts to God, embracing His commands with delight, they unlock a treasure of God's strength and guidance. For someone walking the path of recovery, these words offer comfort and encouragement that adherence to God's ways brings lasting rewards beyond the temporal. The enduring nature of righteousness signifies that what we cultivate in our spiritual lives has everlasting value. This eternal perspective shifts the focus from the moment's struggle to the lasting peace and prosperity in a life surrendered to God. In this surrender, true freedom and victory over addiction are found.

How might your current struggles with sin be viewed differently if seen through the lens of seeking to delight in God's commands? Psalm 112 paints a picture of a life blessed not just in material wealth but in spiritual richness, where righteousness is not a burden but a source of enduring strength. How do you see your struggle with sin affecting your life and those around you, including future generations?

*Your mind is like this water my friend, when it is agitated it becomes difficult to see. But if you allow it to settle, the answer becomes clear. Oogway*

## **Homework 1: Understanding Righteousness**

**Objective:** To explore the biblical concept of righteousness and how it applies to personal recovery from addiction.

**Task:** Read Romans 6:15-23. Write a ½ page reflection on how righteousness contrasts with sin and how embracing righteousness can lead to freedom from the power of addiction.

**Discuss:** How does pursuing righteousness impact your daily decisions and interactions with others, especially in the context of your recovery journey?

## **Homework 2: Living Out Righteousness**

**Objective:** To develop practical steps for incorporating righteousness into daily life as part of addiction recovery.

**Task:** Reflect on Matthew 6:33. Identify three areas of your life where you can seek God's righteousness more intentionally. Write a plan for pursuing righteousness in these areas over the next week.

**Discuss:** In what ways can seeking God's righteousness transform your approach to overcoming challenges associated with addiction?

## **Homework 3: The Blessings of Righteousness**

**Objective:** To understand the blessings that accompany a life committed to righteousness, as described in Psalm 112:1-3.

**Task:** Study Psalm 112:1-3 and list the specific blessings mentioned. Write a two-paragraph reflection on how these

blessings can encourage and sustain you in your recovery.

**Discuss:** How can the promise of enduring righteousness motivate you to remain steadfast in your recovery process?

#### **Homework 4: Righteousness and Future Generations**

**Objective:** To consider the impact of righteousness on personal legacy and future generations.

**Task:** Reflect on Psalm 112:2 and write a letter to a future generation in your family. Explain how choosing righteousness today can shape the legacy you leave behind.

**Discuss:** How does the knowledge that your choices affect future generations influence your commitment to living righteously?

#### **Homework 5: The Role of Integrity in Righteousness**

**Objective:** To examine the role of integrity as a key component of righteousness in overcoming addiction.

**Task:** Reflect on Proverbs 10:9. Write a ½ pages on how integrity can protect you from the temptations and pitfalls of addiction. Include practical examples of how you will maintain integrity in your recovery.

**Discuss:** How does integrity strengthen your commitment to righteousness, and how can it help you avoid relapse?