

Phase III: Biblical Truths for Addictions

Fruit of the Spirit Pt 1

Fruit of the Spirit Pt 2

**Discipleship, Fellowship,
and Accountability**

Copyright Page

Biblical Truths for Addictions

Written by Jonathan Okinaga

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Fruit of the Spirit

Month Seven Words of Wisdom

Remember the Top 10 reasons that cause us to return to making foolish decisions.

- ~~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 Spiritual Warfare. Combating spiritual warfare requires putting on the Full Armor of God, as outlined in Ephesians 6:10-18. The passage encourages us, "*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.*" To effectively combat spiritual warfare, we must daily equip ourselves with truth, righteousness, the gospel of peace, faith, salvation, the Word of God, and prayer. This spiritual armor empowers us to resist temptations, lies, and attacks from the enemy, securing our walk with God and personal growth.

I remember still being up around 5am while I was taking care of my grandmother (my mom's mom.) She would start her day with a bible study and prayer every morning. The same thing always ended with her putting on the Full Armor of God over everyone, and I mean everyone in the family. All

of her children, and her grandkids. Then she would put the full armor of God over all her siblings, their kids, and grandkids. It was impressive to watch someone in her 80s who was committed to prayer and caring for her family. We need to understand that there is a spiritual realm (especially for those with struggles with drugs) that cannot be ignored. Don't freak out or hyper-focus on that realm; be aware it is there. However, know that God has provided us the tools to effectively and victoriously walk through our problems. Remember, all the armor is on the front. There is no buttplate of fear.

Daily Challenges

Love in Action: Reflect on how your life-dominating sin has fully impacted your ability to love God and others.

Finding Joy in Trials: Identify a recent situation where your addiction has stolen your joy.

Cultivating Peace: Analyze areas where addiction has caused turmoil or unrest in your life.

Exercising Patience: Consider a recent instance where impatience related to your addiction led to regrettable actions or decisions.

Pursuing a Heart Change: Identifying areas needing transformation within yourself and taking actionable steps towards change demonstrates our openness to God's renewing power.

Facing Your Barriers to Jesus: Confront the specific barriers, whether sins, fears, or spiritual disrespect, that hinder your walk with God.

Week Twenty-Seven: Love

Understanding and living out the Great Commandment from Matthew 22:37-39 is of paramount importance for anyone, but particularly for those wrestling with addiction. A genuine, wholehearted love for God becomes more than a religious duty; it evolves into the lifeline that pulls you out of the enslaving depths of addiction. Often, addiction finds its roots in a longing for something transcendent, something that promises relief, even temporarily. Our love for God offers not just a momentary escape but a transformative relationship that fills the emotional and spiritual voids that addiction tries to cover up. Encountering God's love does not just meet a need; it transforms the soul, replacing guilt and self-condemnation with grace and hope.

Likewise, the second part of the Great Commandment, to "*love your neighbor as yourself*," is the social complement to the spiritual endeavor of loving God. Loving others moves you beyond the isolation that addiction thrives on, launching you into a network of mutual support, accountability, and emotional stability. Being part of a community creates a safety net that can catch you when you stumble and offer a corrective course when you stray.

As you love, you are reminded of your intrinsic value and realize that you are more than your struggles. This outward focus on the well-being of others is a potent antidote against the narcissism and self-destruction that addiction can fuel. Both loving God and loving others are not mere religious ideals but are practical, life-altering principles that can bring about the freedom and transformation so desperately needed in the battle against addiction.

Love the Lord your God with all your heart, with all your soul, and with all your strength. Deuteronomy 6:5

This commandment serves as the foundation of your relationship with God, especially while overcoming addiction. Love is not merely an emotion but a commitment that requires your entire being. When you commit to loving God with all your heart, your desires, thoughts, and actions align with His will. This love transcends feelings and compels you to make choices that honor God, even when tempted to return to old habits. You are called to love God with all your soul, engaging your innermost self to pursue His presence. Addiction often seeks to fill the void in your soul, but true fulfillment comes from a deep and abiding love for God. Your soul, created for communion with the Creator, finds its true purpose in this love. As you love God with all your soul, you draw near to Him, experiencing His peace that surpasses all understanding. The command to love God fully becomes your guide and anchor as you navigate the recovery challenges. It is not simply a rule to follow but a relationship to cultivate. You are not alone in this journey; God's love empowers you to overcome the darkness of addiction, leading you into the light of His presence. As you grow in your love for Him, you will discover that this love fills the void that addiction once occupied, providing a deep and abiding satisfaction that nothing else can offer.

In what ways can a deep love for God fuel your journey toward overcoming life-dominating sin? How can life-dominating sin hinder your capacity to love God fully? What changes can you implement to remove these barriers and enhance your relationship with God?

You cant be afraid to go out and do whatever it takes. Pat Summit

Homework 1: Wholehearted Devotion to God

Objective: To understand and implement the Great Commandment in daily life, focusing on how a deep love for God can transform one's journey of overcoming addiction.

Task: Reflect on Matthew 22:37-39. Write a ½ page reflection on how your love for God can act as a driving force to defeat sin. Consider specific areas of your life where His love has been evident and what needs to grow.

Discuss: How does loving God with all your heart, soul, and strength catalyze positive change in your life? How can this love help you break free from the hold of addiction?

Homework 2: Love as a Catalyst for Transformation

Objective: To explore the transformative power of God's love in breaking free from addiction and fostering positive change.

Task: Study Deuteronomy 6:5 and journal how an all-encompassing love for God can help replace the fleeting pleasures of addiction with lasting joy. Identify and list three areas where you can replace addictive behaviors with actions that reflect your love for God.

Discuss: In what ways does addiction attempt to fill the void that only God's love can satisfy? How can you seek to let God's love fill those voids instead?

Homework 3: Loving God and Loving Others

Objective: To understand the importance of loving others as a reflection of one's love for God and how it aids in overcoming addiction.

Task: Read Matthew 22:39 and reflect on how loving your neighbor as yourself can be a practical tool in overcoming addiction. Write a letter to yourself outlining how loving others can help you stay accountable and help build positive relationships that support your journey.

Discuss: How does loving others provide the social support necessary for overcoming addiction? What steps can you take to strengthen your relationships to support your spiritual and emotional well-being?

Homework 4: Breaking Barriers to Love

Objective: To identify and remove barriers that hinder the ability to fully love God, focusing on overcoming life-dominating sins.

Task: Write down three life-dominating sins you struggle with, and analyze how each hinders your capacity to fully love God. Develop a plan to address these barriers, including specific actions you can take to enhance your relationship with God.

Discuss: How do life-dominating sins create barriers to fully loving God? What practical steps can you implement to remove these barriers and grow in your relationship with Him?

Homework 5: Love in Action

Objective: To apply the principles of loving God and others in practical, daily actions that aid in overcoming addiction.

Task: Over the next week, intentionally practice acts of love towards God and others. Document your experiences in a

journal, noting how these acts impact your journey of overcoming addiction. Focus on both small and significant actions that demonstrate your love.

Discuss: How does putting love into action help in the process of overcoming addiction? What changes did you notice in your thoughts, emotions, or behaviors as you practiced loving God and others this week?

Week Twenty-Eight: Joy

Understanding the Fruit of the Spirit, especially joy, holds importance for individuals wrestling with addiction. Unlike temporary euphoria provided by substances, the joy from the Spirit is unshakable, stable, and enduring. Grounded in a perfect source (God), this joy is not subject to the whims of life's circumstances. We can have joy in chaos when we put Jesus 1st, Others 2nd, and Yourself last. It transcends the temporary highs and lows often sought after in addictive behavior, providing a meaningful alternative to the ephemeral pleasure substances offer. When you experience genuine joy from God, you realize that what you have been searching for in substances can be authentically and eternally found in Him.

The Fruit of the Spirit, which includes joy and virtues like love, peace, and patience, offers a comprehensive framework for healing and transformation in overcoming addiction. This joy acts as a catalyst for emotional well-being and overall mental and spiritual health. When you are filled with joy, you are less vulnerable to the triggers that lead to addictive behaviors. Your worldview shifts, and the desire for a temporary 'fix' loses appeal. You become more resilient in the face of challenges and temptations, fortified by the joy that stems from a deep relationship with God. This leads to better decision-making, increased self-control, and a firmer resolve to continue on the path to recovery. An understanding and experiencing the fruit of the Spirit, especially joy, is not just a theological concept; it is a transformative reality that brings genuine freedom and restoration in the battle against addiction.

Then he said to them, 'Go and eat what is rich, drink what is sweet, and send portions to those who have nothing prepared, since today is holy to our Lord. Do not grieve, because the joy of the Lord is your strength.' Nehemiah 8:10

In overcoming addiction, this verse resonates with truth. You may face overwhelming battles against the temptations and strongholds that addiction brings. Nehemiah reminds you that your strength is not in your willpower or determination but in the joy of the Lord. This joy is not dependent on your circumstances or feelings but is a deep-seated, unshakable assurance in God's presence and promises. When you anchor yourself in this joy, you find a strength that surpasses human understanding, enabling you to persevere through the trials and temptations that come your way. This joy is a gift from God, a reflection of His grace that empowers you to rise above your struggles. It is not about denying the reality of pain or pretending that everything is okay, but rather about finding hope and strength in God's unchanging character. The joy of the Lord comes from knowing that you are loved, forgiven, and redeemed, regardless of your past mistakes or present challenges. It is a joy that acknowledges the gravity of sin and addiction but rejoices in the greater reality of Christ's victory over sin and death. You are not alone in this battle; the Lord is with you, and His joy will carry you through.

How can you cultivate a deeper understanding of the joy of the Lord in your daily walk, especially amid challenges and temptations associated with addiction? How can you share the joy of the Lord with others who are struggling, offering them hope and strength in their own battles?

Sometimes we expect more from others because we'd be willing to do that much for them. Expect less...do more.

Homework 1: Understanding the Source of Joy

Objective: Explore the difference between worldly happiness and the enduring joy that comes from the Holy Spirit.

Task: Reflect on Nehemiah 8:10 and write ½ page discussing the difference between temporary happiness and the lasting joy found in the Lord. Identify areas in your life where you have sought happiness through temporary means and how you can redirect those desires toward God.

Discuss: How does understanding the joy of the Lord change your perspective on challenges and temptations in your journey of overcoming addiction?

Homework 2: Joy as a Catalyst for Transformation

Objective: Identify how joy, as a fruit of the Spirit, can catalyze personal transformation and healing in addiction recovery.

Task: Write a ½ page reflection on how experiencing joy in Christ has impacted your journey toward recovery. Consider moments when this joy has helped you resist temptation and make decisions aligned with your commitment to sobriety.

Discuss: In what specific ways can the joy of the Lord act as a catalyst for overcoming triggers and temptations that lead to addictive behaviors?

Homework 3: Joy of the Lord

Objective: Understand the role of joy in encouraging others who struggle with addiction.

Task: Write a letter or note to someone you know who is also struggling with addiction, sharing the joy of the Lord with them. Offer encouragement, hope, and practical advice on how they can experience this joy in their own life.

Discuss: How does sharing the joy of the Lord with others reinforce and strengthen your own joy and commitment to recovery?

Homework 4: Cultivating Joy Amidst Trials

Objective: Learn practical ways to cultivate and maintain joy even during difficult times.

Task: Create a daily joy journal for one week. Each day, write down three things you are thankful for and how you experienced the joy of the Lord that day, even in trials or temptations.

Discuss: How has focusing on the joy of the Lord each day affected your mindset and resilience in facing addiction-related challenges?

Homework 5: Joy as Strength

Objective: Recognize and utilize the strength that comes from the joy of the Lord in your recovery journey.

Task: Reflect on Nehemiah 8:10 and write a prayer asking God to help you experience His joy more deeply and to use that joy as your strength in overcoming addiction. Memorize this verse and repeat it to yourself whenever you feel weak or tempted.

Discuss: How can you practically rely on the joy of the Lord

as your strength when you encounter temptations or difficult moments in your recovery process?

Week Twenty-Nine: Peace

Understanding peace from the Fruit of the Spirit is essential in overcoming addictions because it gives you inner tranquility that anchors you during life's storms. When you struggle with addiction, your life is often marked by chaos, anxiety, and a constant search for something to fill the void. This relentless pursuit of temporary relief only leads to deeper despair and instability. However, the peace that the Holy Spirit imparts is not like the fleeting peace the world offers; it is a deep, abiding sense of calm that surpasses all understanding. This peace is grounded in the knowledge that you are secure in God's love and sovereignty, providing a steady foundation as you face recovery challenges. When you experience this peace, you are better equipped to resist the temptations and lies that seek to pull you back into the cycle of addiction. It fortifies your resolve, reminding you that true contentment and rest are found not in substances or behaviors but in Christ alone.

Peace also plays a critical role in helping you navigate the emotional battles accompanying the sobriety journey. Addiction often leaves you feeling overwhelmed by guilt, shame, and fear. These emotions can create a sense of hopelessness that makes recovery seem impossible. It allows you to approach each day with a renewed sense of purpose and hope, confident that God is with you in every step of your recovery. This peace brings about patience and perseverance, enabling you to endure the difficulties and setbacks that may arise without losing sight of the ultimate goal—complete freedom in Christ. As you grow in this peace, you find that it not only helps you overcome addiction but also transforms your entire perspective on life, leading you to live with greater joy, purpose, and fulfillment in the Lord, living a life that honors God.

I will both lie down and sleep in peace, for you alone, Lord, make me live in safety. Psalm 4:8

In the battle against addiction, you often find yourself surrounded by chaos, anxiety, and turmoil. The weight of your struggles can feel overwhelming, pulling you into a cycle of despair and uncertainty. Biblical peace is not merely the absence of conflict or distress but the presence of God's calming assurance in your life. As you navigate the challenging road to recovery, you must grasp that this peace comes not from your circumstances but from a deep, abiding trust in God. When you surrender your anxieties to Him, you release the burden of control and embrace the reality that He is your refuge and strength, an ever-present help in trouble. In moments of temptation and doubt, you must remind yourself that God's peace is available to you, a gift that sustains you through the darkest nights. As you lie down and sleep in peace, you demonstrate your faith in God's sovereignty, acknowledging that He holds your life in His hands. It is not a fleeting emotion but a steady anchor for your soul, grounding you in the truth of God's Word and His unchanging love for you. In your journey of overcoming addiction, let the peace of Christ rule in your heart, leading you away from the turmoil that addiction brings. Whenever you choose to rest in God's peace instead of succumbing to the chaos, you are affirming your identity as a beloved child of God, fully secure in His care. Trust in this peace, allow it to guide you and let it remind you daily that in God's presence.

How do you find peace in God amidst life's challenges? Do you have a routine that helps you seek God's peace before sleep? If you don't, work on one.

Work on your weaknesses, strive on your strengths.

Homework 1: Cultivating Inner Peace

Objective: To internalize the peace of God by memorizing and meditating on key biblical passages that speak to His peace.

Task: Choose five verses from the Bible that speak about peace (e.g., Psalm 4:8, Philippians 4:7). Memorize these verses and spend time each day meditating on them. Reflect on how each verse relates to your current situation and how it can help you maintain inner tranquility during challenging moments. Write a one-page reflection on how meditating on these verses has impacted your thoughts and feelings about peace.

Discuss: How has meditating on these specific Scriptures affected your understanding of God's peace? Share one particularly impactful verse and explain why it resonates with you in your recovery journey.

Homework 2: Developing a Nightly Routine

Objective: Establish a bedtime routine that seeks God's peace before sleep.

Task: Design a nightly routine that helps you seek and experience God's peace before bed. This routine might include reading Scripture, praying, journaling, or listening to worship music. Implement this routine for the next week, noting any changes in your sleep quality or overall sense of peace. Keep a daily journal documenting your experiences and any challenges you encounter.

Discuss: How has implementing a nightly routine focused on seeking God's peace impacted your sleep and overall

sense of well-being? What adjustments might you make to enhance this routine further?

Homework 3: Identifying and Releasing Anxieties

Objective: To practice surrendering personal anxieties to God, allowing His peace to fill your heart.

Task: Write down the top three anxieties or worries in your heart. For each one, identify a Scripture that speaks to that specific concern. Spend prayer, surrendering each anxiety to God and asking for His peace to replace your fear. Over the next week, recall the corresponding Scripture and reaffirm your trust in God's sovereignty whenever these anxieties resurface. Document your experience in a one-page reflection.

Discuss: What was the most challenging part of surrendering your anxieties to God? How did the Scriptures you selected help you in the process? Share one anxiety you released and how God's peace has impacted your thoughts and actions.

Homework 4: Peace in Overcoming Temptation

Objective: To explore how God's peace can fortify you against temptations that threaten your recovery.

Task: Reflect on a recent situation where you faced temptation related to your addiction. Consider how a deeper sense of God's peace might have influenced your response. Write a one-page analysis discussing how you can apply the peace of God to future temptations. Identify specific actions or thoughts that will help you lean into God's peace when faced with similar challenges again.

Discuss: How does understanding and experiencing God's peace influence your ability to resist temptation? Share a

practical step you plan to take to ensure that God's peace remains central in moments of temptation.

Homework 5: Sharing Your Journey

Objective: To encourage others in their recovery journey by sharing how God's peace has impacted your own path to sobriety.

Task: Write a short testimony (approximately 500 words) about a time when you experienced God's peace in your addiction recovery. Describe the circumstances, how you sought God's peace and the outcome. Consider how this testimony might encourage someone else who is struggling. Prepare to share this testimony in a small group or one-on-one setting, offering encouragement and support to others seeking Christ's peace in their journey.

Discuss: What was the most significant takeaway from sharing your testimony of peace? How do you believe your experience might inspire others in their recovery process? What insights did you gain from hearing others' testimonies of God's peace?

Week Thirty: Patience

Patience is crucial for overcoming addiction because it embodies trust in God's sovereignty and perfect timing. You may often feel the urge for quick fixes or immediate results, but true healing and transformation are gradual processes that require steadfast faith and endurance. By exercising patience, you declare your dependence on God's strength rather than relying on your limited ability. Waiting on the Lord is an expression of worship, showing that you believe His ways are higher and His timing is perfect. As you wait, you cultivate a deeper relationship with God, learning to listen to His voice and follow His guidance with humility. Each step in patience becomes an act of surrender, where you release control and trust that God is working all things for your good and His glory.

Patience also equips you to navigate the inevitable trials and setbacks accompanying the recovery journey. When you face moments of temptation or discouragement, patience empowers you to endure, clinging to the hope in Christ. This enduring faith strengthens your relationship with God and is a powerful testimony to others who are watching your journey. Your willingness to wait on the Lord, even in struggle, demonstrates a profound trust in His promises and a commitment to glorify Him through your perseverance. By embracing patience, you align yourself with God's purpose, allowing your life to reflect His glory. In doing so, you become a living testimony of God's redemptive power, showing the world that true transformation is found not in quick fixes but in a life surrendered to God's will and timing.

Rejoice in hope; be patient in affliction; be persistent in prayer. Romans 12:12

In this context, patience is not passive waiting but an active, faith-filled endurance that looks beyond present struggles to the hope God has promised. Your journey toward freedom will undoubtedly include trials that test your resolve. Through them, God refines your character, shaping you into the image of Christ. Patience enables you to endure the discomfort of breaking old habits and forming new, Christ-centered ones. It is not merely about waiting for the cravings to cease but about cultivating a heart that trusts in God's timing and provision, even when progress seems slow. You may be tempted to give in to frustration, but biblical patience calls you to surrender your timeline to God's perfect plan, knowing that His ways are higher than yours. In moments of weakness, Satan may whisper that you are too far gone or that freedom is unattainable. Yet, patience grounded in the truth of God's Word counters these lies by reminding you of God's faithfulness. It teaches you to persist in prayer, not because God is reluctant to answer, but because persistence strengthens your faith and aligns your desires with His will. Patience helps you see that each day of obedience, no matter how small, is a victory in itself, a step closer to the full freedom Christ has already secured for you. You may not see the fruit of your efforts immediately, but patience assures you that God is at work, even in the unseen places.

How does our hope in Christ influence our ability to be patient in affliction? In what ways can persistent prayer change our perspective on life-dominating sins?

Meekness...enduring injury with patience and without resentment.

Homework 1: Cultivating Patience in Daily Life

Objective: To understand the importance of patience in daily interactions and how it aligns with God's character.

Task: Reflect on a recent situation where you were tempted to act impulsively or out of frustration. Write a one-page summary describing the situation, how you handled it, and what role patience played or could have played in the outcome. Identify any Scripture verses that would have helped guide your actions and explain how they apply to your experience.

Discuss: How does practicing patience daily reflect our trust in God's sovereignty? Share an example where you have seen the fruit of patience in your life or in the lives of others.

Homework 2: Patience in Prayer

Objective: To deepen the understanding of patience in the context of prayer and spiritual growth.

Task: Commit to a week of focused prayer, specifically asking God for patience in an area of struggle or temptation. Keep a prayer journal documenting your prayers, any Scripture that resonates with you, and how God is teaching you patience through this process. At the end of the week, write a reflection on what you have learned about the connection between patience and persistent prayer.

Discuss: How does persistent prayer cultivate patience? Discuss the relationship between patience in prayer and spiritual endurance.

Homework 3: Biblical Examples of Patience

Objective: To study the lives of biblical figures who exemplified patience and how their patience was rooted in their faith in God.

Task: Choose one biblical figure (e.g., Job, Abraham, Joseph) and study how they exhibited patience in trials. Write $\frac{1}{2}$ a page discussing their challenges, how they demonstrated patience, and what you can learn from their example.

Discuss: What can we learn from the patience of biblical figures? How can their experiences guide us in our own journey toward patience and trust in God's timing?

Homework 4: Patience and Spiritual Growth

Objective: To explore how patience contributes to spiritual maturity and sanctification.

Task: Reflect on your journey of spiritual growth and identify areas where God has taught you patience. Write a $\frac{1}{2}$ page reflection on how patience has contributed to your sanctification and shaped your relationship with God. Consider how you can cultivate more patience in your ongoing spiritual journey.

Discuss: In what ways does patience contribute to spiritual maturity? How has God used seasons of waiting to deepen your faith and trust in Him?

Homework 5: Patience in Relationships

Objective: To understand the role of patience in building and maintaining healthy, Christ-centered relationships.

Task: Choose a relationship in your life where patience has been particularly challenging. Write a ½ page letter to this person (you do not have to send it) expressing your commitment to practicing patience in your interactions with them. Reflect on how your patience reflects Christ's love and the steps you can take to grow in this area.

Discuss: How does patience impact our relationships with others? Discuss the connection between patience and love and how they work together to strengthen relationships.

Fruit of the Spirit pt 2

Month Eight Words of Wisdom

Remember the Top 10 reasons that cause us to return to making foolish decisions.

- ~~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

There is a program that says that the first few months of living a new lifestyle are basically you're living on a pink cloud. "When you're in this phase, you feel confident and excited about recovery." However, in the eighth month, life starts to get real. The excitement and novelty disappear, and that pink cloud is gone.

One of the significant causes of relapse is the inability to deal with stress without running to what once was the solution (drugs, alcohol, food, etc.) Now is the time to realize that having the Fruit of the Spirit in your life is more than just overcoming your presenting life-dominating sin, but everything. "*Anxiety in a person's heart weighs it down, but a good word makes it glad*" Proverbs 12:25. The pressures of daily life can accumulate, leading you to seek escape through old habits. You are returning to work (if you've left treatment), or now the reality of living on life terms starts to

hit home. Talk about it, go work out, etc. Do something to alleviate stress in a God-honoring way.

Daily Challenges

Kindness in Thought and Deed: Reflect on how your sin has affected your ability to be kind to others. Perform an act of kindness today without expecting anything in return.

Goodness as a Lifestyle: Consider how your life-dominating sins have hindered your pursuit of goodness. Make a conscious decision to pursue what is good, perhaps by avoiding situations that tempt you towards sin or by engaging in an activity that benefits others, reflecting God's goodness.

Faithfulness in the Small Things: Focus on being faithful in a small responsibility today, whether completing a task you've been avoiding or being fully present for a family member or friend in need.

Gentleness in Self-Reflection: Practice gentleness by speaking kindly to others, especially in moments of temptation or failure, perhaps through understanding and compassion in their struggles.

Humility Before God: Acknowledge that overcoming addiction is not something you can do in your own strength. Spend active humility before God, asking for His strength to live out the Fruit of the Spirit.

Self-Control in Daily Decisions: Identify a specific aspect of your addiction that challenges your self-control. Commit to exercising self-control today, whether avoiding a particular trigger, setting boundaries to protect yourself, or simply saying "no" to a temptation.

Week Thirty-One: Kindness

Biblical kindness is essential in overcoming addictions because it reflects the transformative power of Christ's love within an individual's heart. When kindness permeates your life, it reshapes your interactions with others, creating an environment where healing and growth can occur. This kindness, found in the fruit of the Spirit, becomes a testimony of God's work within you. It enables you to extend grace and compassion to yourself and those around you, crucial in a journey marked by brokenness and the need for restoration. Practicing kindness helps to rebuild relationships that addiction may have damaged, offering a tangible demonstration of God's redeeming love. By showing kindness, you line up your actions with God's nature, strengthening your resolve to resist the temptations that once held you captive.

When you are kind, even to those that you do not like, it acts as a guard against the selfishness and isolation that often accompany addiction. It encourages you to look beyond your struggles and engage with others in a way that reflects Christ's sacrificial love. This outward focus shifts your perspective, moving you away from the inward, destructive patterns of addiction toward a life that is centered on serving and loving others. Kindness can also encourage accountability and support, as it draws you into communities where you can give and receive encouragement. This communal aspect is vital, as it provides a network of support that reinforces your commitment to sobriety and spiritual growth. In this way, kindness not only aids in the healing process but also fortifies your walk with Christ, leading to sustained freedom and a deeper understanding of God's purpose for your life. You no longer have to live a life in bondage to sin.

And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ. Ephesians 4:32

When battling addiction, the practice of kindness becomes a vital weapon against the selfish tendencies that often accompany your struggles. The enemy seeks to isolate you, convincing you that your worth is diminished and that kindness is a weakness. As you extend kindness to others, even when you feel undeserving or incapable, you mirror Christ's grace, reinforcing your identity as a new creation in Him. This outward focus shifts your perspective from self-preservation to the service of others to a sense of purpose and belonging, essential elements in your recovery journey. The act of kindness carries a ripple effect that extends beyond your immediate interactions. When you choose to be kind, especially in the face of adversity or temptation, you sow seeds of hope and healing in your life and those around you. Addiction often leaves a trail of broken relationships and wounded hearts, yet through kindness, you begin the process of restoration. Your willingness to forgive and show compassion is not a superficial kindness; it is grounded in recognizing how much Christ has forgiven you. As you grow in kindness, you cultivate an environment where grace and truth thrive, providing fertile ground for lasting change. You will see God's redemptive power at work through consistent acts of kindness.

How does understanding God's forgiveness towards us in Christ influence our ability to forgive ourselves and others? In what ways can practicing kindness aid in the recovery process from addiction?

Show up daily, keep improving, follow through with excellence, do more than expected and inspire others.

Homework 1: Reflecting Christ's Kindness

Objective: To help you understand the importance of reflecting Christ's kindness in your daily life, especially in overcoming addiction, and how it can impact your relationships and spiritual growth.

Task: Reflect on Ephesians 4:32 and write a journal entry on how you have seen or can see the transformative power of kindness in your life. Consider moments where extending kindness was difficult but necessary and how it impacted your relationship with others and your walk with Christ. Also, identify one person in your life to whom you can show intentional kindness this week and describe the specific actions you will take.

Discuss: How has showing kindness to someone who has hurt you affected your relationship with that person? How has it affected your relationship with God?

Homework 2: Kindness as a Guard Against Selfishness

Objective: To explore how practicing kindness can serve as a protective measure against the selfish tendencies that accompany addiction.

Task: Write a ½ page reflection on how addiction has led to selfish behavior in your life and how acts of kindness can counteract this tendency. Choose three scenarios in your daily routine where you can replace a selfish impulse with a kind action. Implement these actions throughout the week, and document the changes you notice in yourself and others.

Discuss: In what ways has practicing kindness helped you move from a self-centered mindset to one that is Christ-

centered? How does this shift impact your recovery process?

Homework 3: Kindness and Community Building

Objective: To understand the role of kindness in building and maintaining supportive communities that encourage sobriety and spiritual growth.

Task: Identify a community or group you are part of (e.g., church, support group, family) and think of three ways you can demonstrate kindness within that group this week. These acts should aim to strengthen the bonds within the community and encourage others in their own journey of recovery. Record your experiences and reflect on how these acts of kindness contribute to your spiritual growth and the community's overall health.

Discuss: How does the act of showing kindness within a community enhance your sense of belonging and support in your recovery journey? What impact have you noticed in the community when kindness is consistently practiced?

Homework 4: The Ripple Effect of Kindness

Objective: To recognize the far-reaching impact that consistent acts of kindness can have on your life and the lives of those around you.

Task: Consider the “ripple effect” where one act of kindness leads to another. Reflect on when someone's kindness towards you inspired you to be kind to others. Write about how your week's kindness could create a positive ripple effect in your relationships and community. Plan and execute one significant act of kindness this week that could inspire others to do the same.

Discuss: How does understanding the ripple effect of kindness motivate you to continue practicing it, even when it feels challenging? What changes have you observed in yourself and others due to this ripple effect?

Homework 5: Kindness in the Face of Adversity

Objective: To encourage the practice of kindness even in challenging situations and to understand how it reflects Christ's love and strengthens your faith.

Task: Reflect on a recent situation where you faced adversity or temptation and struggled to show kindness. Write about how you could have handled the situation differently by demonstrating kindness and how this might have changed the outcome. Then, choose an upcoming situation where you anticipate difficulty and plan to intentionally respond with kindness, grounded in understanding Christ's forgiveness and love.

Discuss: How does showing kindness in the face of adversity reflect the transformative power of Christ's love in your life? How can this practice strengthen your resolve to resist temptations and grow in your faith?

Week Thirty-Two: Goodness

Goodness is essential to overcoming addictions because it reflects God's character, and you choose to live a life that brings Him praise, glory, and honor. When you pursue goodness, you actively choose to turn away from the sinful desires that fuel addiction and instead embrace what is pure, righteous, and pleasing to God. This pursuit helps you cultivate a heart sensitive to the Holy Spirit's guidance, enabling you to resist temptation and stay on the path of recovery. By seeking goodness, you demonstrate your commitment to living a life that honors God, showing that you value His commands and seek to glorify Him in all your actions. Furthermore, the pursuit of goodness fosters an environment where the fruits of the Spirit can flourish, creating a foundation for sustainable change rooted in Christ.

Pursuing moral excellence does not equate to becoming a Pharisee because true moral excellence is rooted in humility and a deep dependence on God's grace. The Pharisees were condemned by Jesus not for their pursuit of righteousness but for their hypocrisy, pride, and lack of genuine love for God and others. In contrast, when you seek moral excellence, you are called to live with integrity, transparency, and love, motivated by a desire to honor God rather than to earn human approval. Moral excellence involves striving to live out the commands of Scripture with a heart transformed by the Holy Spirit rather than adhering to a legalistic set of rules. It is about embodying Christ's virtues—humility, kindness, and purity—while recognizing your need for God's continual guidance and strength. By pursuing moral excellence, you cultivate a life that reflects the holiness of God, drawing you closer to Him and empowering you to overcome addiction in a way that brings glory to His name.

Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge. 2 Peter 1:5 (NASB).

Moral excellence is not simply about avoiding sin but is about pursuing righteousness with intentionality and commitment. It requires you to be diligent, meaning you must put forth consistent effort and dedication in aligning your thoughts, actions, and desires with God's truth. In a world where moral relativism often reigns, you must stand firm in what is true, good, and pleasing to God. As you fight the battle against addiction, you must recognize that moral excellence begins with transforming your heart through faith, which leads to a life that bears the fruit of righteousness. This transformation is not a one-time event but an ongoing process that demands your full participation and cooperation with the Holy Spirit. Pursuing moral excellence in your life should be marked by a growing sensitivity to sin and a deeper love for holiness. You must not be satisfied with merely abstaining from addictive behaviors; instead, you should actively seek to cultivate virtues that reflect the character of Christ. This pursuit will involve making difficult choices, such as removing yourself from environments that tempt you to sin and surrounding yourself with godly influences. Through this journey, you will grow in your faith, becoming more conformed to the image of Christ, and you will experience the freedom and joy that come from living a life that honors God.

In what specific ways can you actively pursue moral excellence in your daily life, particularly as you navigate the challenges of overcoming addiction? How does immersing yourself in Scripture and growing in your knowledge of God contribute to moral excellence?

Time doesn't heal all wounds. God does.

Homework 1: Reflecting God's Goodness in Daily Choices

Objective: To be aware of God's goodness and its role in overcoming addiction by making intentional, God-honoring choices daily.

Task: Reflect on your daily choices over the past week, identifying instances where you chose to follow God's goodness or fell short. In a journal entry, write about these moments, highlighting how you can better align your decisions with God's character. Identify specific areas where you need to grow in pursuing goodness and develop a plan to intentionally choose actions that honor God in those areas.

Discuss: How does recognizing God's goodness influence your daily decisions? How can you cultivate a habit of choosing what is good, even in challenging situations?

Homework 2: Pursuing Moral Excellence

Objective: To understand the importance of Scripture in guiding the pursuit of moral excellence, especially in overcoming addiction.

Task: Select three Bible passages that speak about goodness or moral excellence. Memorize these passages and meditate on them throughout the week. Write a short reflection on how each passage challenges or encourages you toward moral excellence. Consider how these Scriptures can guide in moments of temptation or weakness.

Discuss: How does Scripture shape your understanding of goodness and moral excellence? How can you use these

passages to strengthen your resolve in the battle against addiction?

Homework 3: Identifying and Overcoming Barriers to Goodness

Objective: Identify personal barriers to pursuing goodness and develop strategies to overcome them in your daily walk with Christ.

Task: Spend time in prayer, asking God to reveal specific barriers preventing you from fully pursuing goodness. List these barriers in a journal, and write a practical strategy for overcoming them beside each. This might include avoiding certain situations, seeking accountability, or adopting new spiritual disciplines.

Discuss: What are the most significant barriers to pursuing goodness? How can relying on God's strength help you to overcome these obstacles and grow in moral excellence?

Homework 4: Cultivating a Heart Sensitive to the Holy Spirit

Objective: To develop a deeper sensitivity to the Holy Spirit's guidance in pursuing goodness, particularly in moments of temptation.

Task: Set aside time each day for quiet reflection and prayer, specifically asking the Holy Spirit to guide you in making decisions that reflect God's goodness. At the end of each day, write a brief summary of how you felt the Holy Spirit's leading and how it influenced your actions.

Discuss: How does being sensitive to the Holy Spirit help you in the pursuit of goodness? What practical steps can you

take to cultivate a greater awareness of the Spirit's leading in your daily life?

Homework 5: Building a Community of Goodness

Objective: To recognize the importance of surrounding yourself with godly influences in pursuing goodness and moral excellence.

Task: Identify at least three individuals in your life who consistently demonstrate goodness and moral excellence. Arrange to spend time with each of them this week, whether through a phone call, meeting for coffee, or attending a Bible study together. Observe how they embody God's goodness and write a reflection on what you can learn from their example.

Discuss: How does being part of a godly community support your pursuit of goodness? In what ways can you contribute to building an environment that encourages others to live out God's goodness?

Week Thirty-Three: Faithfulness

As you navigate the challenges of addiction, faithfulness calls you to continually place your trust in God, seeking His strength and guidance rather than relying on your own limited understanding. This steadfastness is not about mere outward behavior but is rooted in a heart fully surrendered to God's authority. In moments of temptation or despair, faithfulness drives you to obey God's Word, knowing His commands are given for your ultimate good and spiritual growth. Faithfulness is essential to overcoming addictions because it reflects a deep and unwavering commitment to God's will and purposes, even when the road ahead seems uncertain, and the struggle feels insurmountable. Through consistent faithfulness, you rely on God's power to overcome the hold of addiction, recognizing that true freedom comes from your efforts and God's grace and provision.

Trusting in God, even when life does not seem fair and your circumstances are not what you desire, is an expression of faithfulness that honors God. In addiction, you may face situations where progress feels slow, setbacks occur, and nothing seems to go according to your plans. This trust requires you to look beyond your immediate circumstances and hold onto the truth that God is working all things together for your good, even when you cannot see it. By remaining faithful in these difficult moments, you declare that your hope is not in the immediate resolution of your struggles but in the unchanging character of God. You honor Him by demonstrating that your faith is not dependent on the outcome but on a deep-seated belief in His goodness, faithfulness to His promises, and unwavering presence in your life.

For his faithful love to us is great; the Lord's faithfulness endures forever. Hallelujah! Psalm 117:2

This truth serves as a cornerstone in the journey of overcoming addiction. You must deeply understand that God's faithfulness is not contingent upon your circumstances but steadfast and unchanging. While your struggles may seem insurmountable at times, you can find solace in knowing that God's faith remains your anchor. As you reflect on your journey, recognize that faithfulness is more than mere consistency; it reflects God's unwavering commitment to you. His faithfulness is the assurance that He will never leave or forsake you, even when the weight of your past mistakes threatens to pull you under. You are called to mirror this faithfulness in your daily life, not to earn God's favor but as a response to the love and grace He has already lavished upon you. As you continue to overcome addiction, you must remain vigilant, understanding that faithfulness involves the daily decision to trust in God's promises over the lies that addiction may whisper in your ear. Faithfulness compels you to lean on God's strength rather than your own, recognizing that true freedom is found in surrendering to His will. You must also extend this faithfulness to others, reflecting God's enduring love through your actions and relationships. As you continue to walk this path, may you be encouraged by the truth that God's faithfulness endures forever, and may it inspire you to live a life that honors and glorifies Him in all things.

How have you experienced God's faithful love in your struggle with addiction? In what ways can remembering the Lord's faithfulness impact your journey toward recovery?

Don't worry about tomorrow, take care of today.

Homework 1: Recognizing God's Faithfulness

Objective: To reflect on and identify moments where God's faithfulness has been evident in your journey toward overcoming addiction.

Task: Reflect on your past struggles and identify at least three instances where you have experienced God's faithful love. Consider how His unwavering presence has helped you through moments of temptation, despair, or uncertainty. Write a ½ page summary of these experiences, focusing on how they have strengthened your trust in God and deepened your commitment to recovery.

Discuss: How does recognizing God's faithfulness in the past encourage you to remain steadfast in your current struggles? What steps can you take to remind yourself of His faithfulness during moments of weakness?

Homework 2: Trusting God in the Midst of Setbacks

Objective: To develop a habit of trusting God's plan, even when progress in recovery seems slow or setbacks occur.

Task: Identify a recent setback or challenge in your recovery journey. Write a two-paragraph reflection on how you responded to this challenge and what it revealed about your faithfulness to God. Then, write a prayer asking for God's strength and guidance to trust Him more fully in similar situations in the future.

Discuss: In what ways do setbacks test your faithfulness to God? How can you shift your focus from immediate circumstances to God's unchanging character during these times?

Homework 3: Daily Acts of Faithfulness

Objective: To cultivate daily habits that demonstrate faithfulness to God and reflect His love to others.

Task: Identify three specific actions you can take daily to demonstrate faithfulness to God and others. Commit to practicing these actions daily for one week, and keep a journal of your experiences, noting any changes in your thoughts, attitudes, or behaviors.

Discuss: How do daily faithfulness strengthen your relationship with God and others? What challenges did you face in maintaining these habits, and how did you overcome them?

Homework 4: Overcoming Lies with God's Promises

Objective: To combat the lies of addiction with the truth of God's promises, reinforcing faithfulness in your journey.

Task: Identify three lies that addiction has led you to believe about yourself, God, or your circumstances. Find a corresponding Scripture verse for each lie that reveals God's truth. Write out each lie and truth side by side, and meditate on these truths daily, asking God to help you replace the lies with His promises.

Discuss: How have these lies affected your faithfulness to God and your recovery? How can God's promises empower you to remain faithful in the face of these lies?

Homework 5: Extending Faithfulness to Others

Objective: Reflect on how faithfulness to God can be mirrored in your relationships with others.

Task: Think of a relationship where you can demonstrate greater faithfulness, reflecting God's enduring love. Write a one-page letter or message to this person, expressing your commitment to being faithful in your relationship with them, whether through honesty, support, or love. Share how your faithfulness to God motivates this commitment.

Discuss: How does your faithfulness to God influence your relationships with others? What impact can demonstrating faithfulness in your relationships have on your recovery journey?

Week-Thirty Four: Humility

When you approach your struggles with humility, you open your heart to God's transformative work, recognizing that addiction is not merely a battle of willpower but a spiritual struggle that requires divine intervention. Humility allows you to admit your need for God's grace and the support of the Christian community, breaking down the walls of pride that often keep you trapped in cycles of sin. By humbling yourself, you can confess your sins and failures openly. Humility is foundational to overcoming addictions in a way that honors God because it places you in the right posture before Him, acknowledging that you are not self-sufficient and that true healing and freedom come from His power alone.

At the same time, humility does not mean you become a doormat, allowing others to trample over you or take advantage of your vulnerable state. Biblical humility involves a deep understanding of your worth in Christ, knowing that you are a beloved child of God, created in His image, and called to live in the freedom that Christ provides. Humility gives you the courage to set boundaries and protect your spiritual, emotional, and physical well-being, ensuring that your recovery journey remains centered on God's truth rather than the opinions or manipulations of others. It empowers you to stand firm in your identity, refusing to let addiction or past failures define who you are in Christ. By walking in humility, you can navigate the complexities of recovery with grace and strength, relying on God's wisdom to guide your decisions, foster healthy relationships, and maintain integrity in your walk with Him. Through this balance, you can experience the fullness of God's redemptive power, transforming your life in a way that sets you free from addiction and glorifies God in every aspect of your journey.

Humble yourselves before the Lord, and he will exalt you.
James 4:10

Humility is not a sign of weakness but an acknowledgment of your dependence on God's strength. You must realize that overcoming addiction is not something you can achieve through your own power. In your humility, you recognize that God is the one who equips, sustains, and empowers you to break free from the chains of addiction. You are called to submit to God's will, surrender your desires, and trust in His perfect plan for your life. By humbling yourself, you open the door for God to work mightily in your life, transforming your weaknesses into testimonies of His grace and power. In your daily walk, humility allows you to see yourself accurately—as someone needing God's mercy and grace. It guards you against pride, which can lead to relapse, by keeping your heart and mind focused on God's sufficiency rather than your own capabilities. Humility fosters a teachable spirit, enabling you to grow in wisdom and understanding as you walk the path of recovery. You will find that as you humble yourself, God's strength becomes more evident in your life, and His promises become your anchor in times of temptation. This posture of humility also helps you build authentic relationships with others, where you can give and receive support in a way that reflects Christ's love. Remember, God resists the proud but gives grace to the humble. Choose to humble yourself before the Lord, and you will find that He will lift you up,

What role does patience play in your recovery process, and how can you cultivate it more effectively? Can you think of a decision influenced by goodness that steered you towards righteousness? What happened when you were righteous?

Obeying God isn't always easy. Sometimes it seems unreasonable, but God always prevails.

Homework 1: Embracing Humility in Prayer

Objective: To cultivate a humble heart through prayer, acknowledging dependence on God for strength and guidance in overcoming addiction.

Task: Set aside time each day this week to engage in focused prayer, asking God to reveal areas in your life where pride may be hindering your recovery. Confess these areas to Him, and seek His help in developing a heart of humility. Journal your reflections after each prayer session, noting any insights or perspective changes. Share these reflections with a trusted friend or mentor at the end of the week.

Discuss: How has praying for humility impacted your view of your recovery journey? In what ways has God revealed areas of pride that need surrendering?

Homework 2: Humility and Scripture Memorization

Objective: To internalize the biblical principle of humility by memorizing and meditating on key Scriptures.

Task: Choose two Bible verses related to humility, such as James 4:10 and 1 Peter 5:6. Commit these verses to memory, and spend time meditating on their meaning and implications for your life each day. Reflect on how these Scriptures speak to your current struggles and how they can guide your decisions and actions this week. At the end of the week, write a ½ pages each on how these verses have influenced your recovery.

Discuss: How has Scripture memorization strengthened your understanding of humility? What changes have you noticed in your thoughts and actions as a result?

Homework 3: Practicing Humility in Relationships

Objective: To apply the principle of humility in your interactions with others, fostering healthier and more Christ-centered relationships.

Task: Identify a relationship in your life where pride has caused tension or conflict. This week, consciously approach this relationship with humility, seeking reconciliation and understanding rather than asserting your own way. Write down specific actions you will take to demonstrate humility, such as actively listening, apologizing for past wrongs, or offering forgiveness. Record the outcomes and any shifts in the relationship dynamics.

Discuss: How did practicing humility affect your relationship? What challenges did you face, and how did you overcome them?

Homework 4: Humility in Setting Boundaries

Objective: To understand the balance between humility and self-respect, particularly in establishing healthy boundaries during recovery.

Task: Reflect on any areas in your life where you have struggled to set boundaries, either due to pride or fear of appearing weak. This week, identify one specific boundary that needs to be set to protect your spiritual, emotional, or physical well-being. Write down the reasons for this boundary and how it aligns with biblical humility. Implement this boundary in your life and observe its impact on your recovery process.

Discuss: How does setting boundaries with humility differ from setting boundaries out of pride or fear? What benefits did you experience from establishing a boundary this week?

Homework 5: Humility and Personal Testimony

Objective: To use personal testimony as a means of glorifying God's work in your life through the lens of humility.

Task: Write a personal testimony that highlights how God has worked in your life through your recovery journey. Focus on how humility has played a crucial role in your progress, acknowledging areas where you have relied on God's strength rather than your own. Be prepared to share this testimony in a group setting or with a trusted friend, using it to encourage others in their journeys.

Discuss: How does sharing your testimony with humility differ from sharing it with a focus on your achievements? In what ways can your testimony serve as a witness to God's grace and power?

Week Thirty-Five Self-Control

Self-control is essential to overcoming addiction because it reflects a heart submitted to God's authority, prioritizing His will over the flesh's desires. Without self-control, you cannot effectively resist the temptations that continually pull you back into destructive behaviors. Exercising self-control demonstrates a commitment to living in obedience to God, acknowledging that your body is a temple of the Holy Spirit. This discipline strengthens your resolve, enabling you to endure trials and remain steadfast in your walk with Christ. True self-control comes not from your strength but the Holy Spirit working within you, guiding you to make choices that glorify God. As you cultivate self-control, you are better equipped to navigate recovery challenges, making decisions that align with God's truth and righteousness.

However, self-control in overcoming addiction is not merely about behavior modification or achieving sobriety. It is about transforming your heart to desire God above all else, ensuring you do not replace one sin with another. The goal is not just to abstain from substances or harmful habits but to bring about a heart change that draws you closer to Christ. This transformation requires daily surrender to God's will, allowing His grace to reshape your desires and motives. Without actual heart change, you risk falling into other forms of idolatry, such as pride, anger, or lust. Self-control must be exercised in every area of life, reflecting a comprehensive commitment to holiness. As you grow in self-control, you experience a deeper relationship with Christ, where your identity is rooted not in addiction but in being a new creation in Him.

The end of all things is near; therefore, be alert and sober-minded for prayer. 1 Peter 4:7

As you reflect on this verse, you must understand that self-control is not merely a practice to adopt but a spiritual discipline deeply rooted in your relationship with Christ. In your journey to overcome addiction, self-control becomes the fortress that guards your heart and mind against the enemy's schemes. Your ability to say "no" to temptation and "yes" to God's will demonstrates your dependence on Him. Self-control is not just about restraint; it is about redirecting your desires toward what honors God. When you exercise self-control, you acknowledge that your body is a temple of the Holy Spirit, entrusted to you for stewardship. In a world that often promotes instant gratification, self-control is a countercultural stance that requires you to submit your impulses to God's higher calling for your life. By depending on the Holy Spirit, you gain the strength to resist the urges that once held you captive. You are not striving for perfection but for progress, trusting that God's grace is sufficient in your weakness. Every time you exercise self-control, you reflect Christ's example of obedience to the Father, even in the face of great suffering. In these moments of resistance, your faith is tested and refined, shaping you into the person God created you to be. As you continue to cultivate self-control, you draw closer to God's heart, experiencing the fullness of His presence and the joy of a life surrendered to His will.

How does the practice of self-control serve as both a protective measure and a spiritual discipline in your journey to overcome addiction? In what ways can you rely more on the Holy Spirit to strengthen your self-control?

Impossible is not a word, it's just a reason not to try. Get moving.

Homework 1: Daily Surrender to God's Will

Objective: To deepen your understanding of how daily surrender to God's will strengthens self-control in overcoming addiction.

Task: Reflect on 1 Peter 4:7 and write a journal entry about being sober-minded for prayer in your life. Consider how this affects your ability to exercise self-control in your daily routines. Identify specific areas where you struggle with self-control and outline steps you can take to surrender those areas to God each day.

Discuss: How does daily surrender to God's will enhance your self-control, and how have you experienced His grace in moments of weakness?

Homework 2: Identifying Temptations and Building Defences.

Objective: To recognize the specific temptations that challenge your self-control and develop strategies to resist them through the power of the Holy Spirit.

Task: List the most frequent temptations you face to overcome addiction. Next to each temptation, write down a Bible verse that encourages self-control or resisting temptation. Then, describe practical ways to apply these verses to build spiritual defenses against these temptations.

Discuss: What specific temptations do you face, and how can Scripture guide you in resisting them? How can the Holy Spirit assist you in strengthening your defenses?

Homework 3: Heart Transformation and Self-Control

Objective: To explore the connection between heart transformation and the exercise of self-control in your life.

Task: Reflect on how your desires and motivations have changed since beginning your recovery journey. Write a two-page essay on the difference between behavior modification and heart transformation, focusing on the role of self-control.

Discuss: How does heart transformation differ from mere behavior modification, and why is it essential for sustained recovery?

Homework 4: Stewardship of the Body as a Temple

Objective: To understand the importance of viewing your body as a temple of the Holy Spirit in exercising self-control.

Task: Meditate on 1 Corinthians 6:19-20 and consider how this passage relates to self-control in your life. Write a reflection on how recognizing your body as a temple of the Holy Spirit changes your approach to daily decisions. Create a plan to honor God with your body through self-control.

Discuss: How does viewing your body as a temple of the Holy Spirit influence your exercise of self-control? What practical steps can you take to honor God with your body?

Homework 5: Practicing Self-Control in Community

Objective: To explore the role of Christian community in supporting and encouraging self-control in your journey of recovery.

Task: Identify two or three trusted individuals who can help hold you accountable in your pursuit of self-control. Plan a meeting or conversation with them to discuss specific areas where you need support. Write a summary of your discussion and outline a plan for how you will continue to seek their guidance and encouragement.

Discuss: How can your church community support your exercise of self-control, and why is it important to involve others in your journey of recovery? How will you actively engage with others to strengthen your self-control?

Discipleship, Fellowship, and Accountability

Month Nine Words of Wisdom

Remember the Top 10 reasons that cause us to return to making foolish decisions.

- ~~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

I have seen it too many times to count. The person I am investing in seems to be humming and doing everything right. But at the 9-month mark, they start to get complacent. Webster's Dictionary defines complacency as *a feeling of smug or uncritical satisfaction with oneself or one's achievements*. Whatever you have been doing right for the last few months, KEEP DOING IT. I dislike using 12-step terminology, but I remember a saying, "*Your disease is not taking a day off.*" While I strongly disagree with the disease model, they are right in one aspect. Satan is not taking a day off from trying to take you out. Look at my physical fitness journey. For a season of my life, I was in shape. I went to the gym, CrossFit, eating healthy, etc. But I got complacent. I stopped going to the gym and eating whatever I wanted, and now I am now a shape... round. The same thing applies to overcoming your life-dominating sin. As soon as you become complacent, eventually, old habits return.

One of the best ways to avoid complacency is having Discipleship, Fellowship, and Accountability. This is also an

indictment of myself. While I had those three things for work and my spiritual life, I did not have those for my physical. What am I doing in this phase of my life? I've gotten accountability partners to help. Hopefully, by the time this is finished, I will no longer be around, but I will return to being healthy!

Daily Challenges

Journaling for Reflection and Accountability: Daily journal your thoughts, actions, and how you see God working in your life.

Seeking Accountability in Community: Reach out to a trusted friend, mentor, or biblical wisdom group to share your journey. Sharing lightens your burden and brings wisdom and encouragement from others walking similar paths.

Cultivating Contentment and Gratitude: Take time to reflect on God's provision in your life, resisting the temptation to focus on what you lack.

Embracing Humility and Trust in God: Challenge yourself to recognize areas of pride or self-reliance. Humble yourself before God, acknowledging your need for His strength and guidance in overcoming addiction or temptation.

Facing Your Barriers to Jesus: Confront the specific barriers, whether sins, fears, or spiritual disrespect, that hinder your walk with God and find someone with whom you can share this journey.

Week Thirty-Six: Discipleship

Intensive discipleship is essential to overcoming addiction because it immerses you in a sustained, Christ-centered approach that goes beyond surface-level solutions, addressing the root of the issue in a way that honors God. Addiction is not merely a physical battle; it is a spiritual struggle that requires deep, consistent engagement with Scripture and the transformative work of the Holy Spirit. Through intensive discipleship, you are regularly exposed to the truth of God's Word, which confronts the lies and deceptions that addiction weaves into your mind and heart. This process helps you to renew your mind and align your desires with God's will, making His glory the central focus of your life. Discipleship equips you with the tools to resist temptation, cultivating spiritual disciplines that strengthen your faith and dependence on God. The ongoing nature of intensive discipleship provides you with the structure and accountability necessary to develop habits that reflect Christ's character, enabling you to live in a way that truly honors Him.

You must understand that overcoming addiction cannot be done alone. By submitting to intensive discipleship, you acknowledge your need for God's strength and the support of His people, recognizing that isolation only leads to vulnerability and defeat. The body of Christ exists to bear one another's burdens, and through discipleship, you are invited into a community where your struggles are met with compassion, prayer, and biblical wisdom. As you engage in this process, you are continually reminded of your identity in Christ, reinforcing that your worth is determined not by your past or your struggles but by the love and redemption in Him. This journey, though challenging, leads you to a place of lasting freedom, where your life becomes a testimony to God's transforming power and His glory.

Then Jesus said to his disciples, If anyone wants to follow after me, let him deny himself, take up his cross, and follow me. Matthew 16:24

Jesus's invitation to deny oneself, take up one's cross, and follow Him offers a blueprint for finding freedom through faith. This process of self-denial is not merely about refusing certain substances or behaviors; it is about a fundamental reorientation of your desires and priorities to God's will and purposes. It means choosing the path of righteousness over the fleeting allure of sin, seeking lasting joy and fulfillment in Christ rather than temporary satisfaction. Embracing one's cross, particularly in the context of addiction, symbolizes a willingness to confront and bear the pain and struggles inherent in the process of recovery. Taking up the cross is not a passive acceptance of suffering but an active engagement in the fight against sin, armed with the strength and hope that come from God. It requires courage, persistence, and reliance on His power rather than your own strength. Through this commitment, Christ's followers discover the resilience to withstand the trials of addiction and the transformative grace that leads to true healing and restoration. By placing your trust in Jesus and following His example, you engage in a daily practice of discipleship that continually molds us into His likeness, empowering you to break free from the chains of addiction and live in the victory of His resurrection.

How does denying oneself relate to overcoming personal struggles, especially addiction? In what ways can fellowship and accountability aid in your journey to healing and recovery?

If you can't pronounce it, don't eat it.

Homework 1: The Cost of Discipleship

Objective: Understand and apply the principles of self-denial and taking up one's cross as foundational aspects of discipleship, especially in overcoming addiction.

Task: Reflect on Matthew 16:24 and write a ½ page response on what it means to deny yourself and take up your cross in the context of your personal journey with addiction. Consider specific areas where you must surrender your desires and rely more fully on God's strength. Identify practical steps this week to embody this commitment in your daily life.

Discuss: How does embracing the cross and denying yourself serve as a powerful tool in overcoming the temptations of addiction? What are some areas in your life where this principle can bring about lasting change?

Homework 2: The Role of Community in Discipleship

Objective: Explore the significance of Christian fellowship and accountability in discipleship and addiction recovery.

Task: With the one, you are doing discipleship with a focus on Galatians 6:2, "*Carry one another's burdens; in this way you will fulfill the law of Christ.*" Reflect on your experience in the group and write a ½ page summary of how being part of a Christian community has impacted your recovery journey. Include specific examples of how others have supported you or how you have supported others.

Discuss: In what ways does the body of Christ help you carry your burdens in times of struggle? How can you contribute to the spiritual growth and recovery of others within your community?

Homework 3: Renewing Your Mind

Objective: Develop the habit of renewing your mind through consistent engagement with Scripture, and make sure your thoughts and desires do not go against God's truth.

Task: Select a passage of Scripture that speaks to overcoming temptation or finding strength in God (e.g., Romans 12:2, Philippians 4:8). Memorize this passage and meditate on it daily throughout the week. At the end of the week, write a journal entry discussing how this Scripture has influenced your thoughts and actions, particularly in moments of weakness or temptation.

Discuss: How do consistent Scripture memorization and meditation equip you to combat the lies of addiction? What changes have you noticed in your thought patterns and behaviors due to this discipline?

Homework 4: Cultivating Spiritual Disciplines

Objective: Establish and maintain spiritual disciplines that support your journey in discipleship and recovery.

Task: Identify two spiritual disciplines (e.g., prayer, fasting, daily Bible reading) that you will intentionally practice this week. Write a detailed plan outlining how and when to incorporate these disciplines into your daily routine. At the end of the week, evaluate your progress and write a brief reflection on the impact these disciplines have had on your spiritual growth and recovery process.

Discuss: How do spiritual disciplines serve as a safeguard against the temptations of addiction? What benefits have you experienced or do you anticipate experiencing through consistent practice of these disciplines?

Homework 5: Understanding Your Identity in Christ

Objective: Deepen your understanding of your identity in Christ and how it transforms your approach to overcoming addiction.

Task: Study Ephesians 1:3-14 and write a ½ page reflection on what these verses reveal about your identity in Christ. Consider how understanding your position as a beloved child of God can reshape your self-perception and empower you to resist the pull of addiction. Identify any lies or misconceptions you have believed about yourself and counter them with the truths found in this passage.

Discuss: How does embracing your identity in Christ empower you to overcome addiction and walk in freedom? What steps can you take to continually remind yourself of this identity and live it out daily?

Week Thirty-Seven: Fellowship

Fellowship is not merely a luxury in the Christian life; it is a necessity for anyone seeking freedom from the enslavement of addiction. Through authentic relationships with fellow believers, you find a space to be vulnerable about your struggles, eliminating the isolation that often fuels addictive behaviors. The encouragement, accountability, and mutual prayer within this community can serve as your lifelines for recovery.

Beyond emotional and social support, fellowship is a rich spiritual resource. You are more likely to engage in transformative practices like corporate worship, Bible study, and communal prayer within a church community. Each of these activities equips you with spiritual armor, reinforcing your capacity to resist temptations and triggers linked to addiction. Furthermore, fellowship helps you cultivate the Fruit of the Spirit—such as self-control, love, and peace—that are critical allies in the struggle against addiction. As you mature in these spiritual qualities, you are better positioned to combat the urges and cravings that challenge your sobriety. Ultimately, fellowship is not a sideline activity but central to your spiritual and emotional well-being, serving as a safeguard and catalyst for lasting freedom from addiction.

Fellowship brings you into a space where you can serve others, which shifts your focus away from yourself and toward fulfilling God's purposes. By participating in group worship, Bible study, and prayer, you actively engage in sanctification, which is crucial for long-term freedom from addiction. The relationships you build within this fellowship become a vital source of spiritual nourishment, helping you to cultivate the Fruit of the Spirit and glorify God in all aspects of your life.

If we say, 'We have fellowship with him,' and yet walk in darkness, we are lying and are not practicing the truth. If we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 1 John 1:6–7

When you embrace the light of Christ and allow His truth to permeate every aspect of your life, genuine fellowship becomes possible. Walking in darkness, however, isolates you from others, fostering a life filled with secrets and shame. True fellowship calls you out of that darkness into the light where transparency, accountability, and healing flourish. In addition, isolation can often feel like a safe haven, but it is a trap that deepens your struggles. On the other hand, Fellowship provides a support system, a community of believers who can bear your burdens, speak truth into your life, and encourage you to remain steadfast in your pursuit of freedom. Fellowship also reflects the communal nature of God's design for His people. As you engage in authentic relationships with others, you mirror the Trinity's eternal fellowship—Father, Son, and Holy Spirit. You cannot walk this journey alone; God has not designed you to do so. The blood of Christ binds you to others who are also walking in the light, creating a bond that transcends superficial relationships. In fellowship, you find strength in numbers and the shared commitment to live out the gospel's truth. Fellowship, you discover that your recovery journey is not just about personal victory but about being part of a community that reflects God's glory and His transformative power in the lives of believers.

In what ways does isolation hinder your spiritual growth? What steps can you take to remain connected to a supportive community, even when tempted to withdraw?

Sin is to our mind what fog is to the highway.

Homework 1: Embracing Vulnerability in Fellowship

Objective: To help you recognize the importance of vulnerability within church fellowship to combat isolation and promote healing.

Task: Reflect on when you chose to be vulnerable about your struggles within your church community. Write a ½ page reflection on how this experience impacted your recovery journey and what role the community played in offering support. Consider how vulnerability can strengthen your relationships and deepen your walk with Christ.

Discuss: How does vulnerability within fellowship help to combat the isolation that addiction often brings? What are some practical ways you can cultivate vulnerability in your current relationships?

Homework 2: Spiritual Armor of Fellowship

Objective: To understand how fellowship equips you with spiritual armor, empowering you to resist temptations and triggers associated with addiction.

Task: Identify and list at least three specific ways your fellowship with other believers has strengthened your spiritual life and resilience against addiction. For each way, provide a brief explanation (100-200 words) of how it has served as spiritual armor in your journey toward recovery.

Discuss: In what ways can corporate worship, Bible study, and communal prayer in your fellowship act as spiritual armor? How can these practices be incorporated into your daily life to fortify your resistance against temptation?

Homework 3: Cultivating the Fruit Through Fellowship

Objective: To explore how fellowship aids in cultivating the Fruit of the Spirit, particularly those most beneficial for overcoming addiction.

Task: Choose two Fruit of the Spirit (e.g., self-control, love, peace) crucial in your battle against addiction. Write a ¼ page on how your fellowship with other believers has helped you develop these Fruit and how they have influenced your recovery.

Discuss: How does fellowship help you cultivate the Fruit of the Spirit in your life? What specific actions or attitudes within your community have contributed to this growth?

Homework 4: Fellowship as a Catalyst for Service

Objective: To highlight the role of fellowship in shifting your focus from self-centeredness to serving others, which is crucial for long-term freedom from addiction.

Task: Participate in a group service project or ministry activity within your church or Christian community. Reflect on how serving others within fellowship has impacted your spiritual growth.

Discussion: In what ways does serving others within your fellowship community help shift your focus away from addiction and toward fulfilling God's purposes? How can regular participation in service strengthen your recovery?

Homework 5: The Power of Transparency

Objective: To explore the transformative power of walking

in the light of Christ within the context of fellowship, leading to greater transparency.

Task: Reflect on 1 John 1:6–7 and its implications for your recovery journey. Write ½ page on how walking in the light, as described in these verses, can raise transparency within your fellowship and lead to a deeper walk with those you are in fellowship with. Consider the role of accountability and how it can prevent relapse.

Discussion: How does walking in the light of Christ within fellowship challenge you to be more transparent about your struggles? What are the potential benefits and challenges of embracing this transparency in your relationships with others?

Week Thirty-Eight: Accountability

In a supportive community, you find an audience and active participants in your journey toward freedom from addiction. The community nurtures an environment where you can share temptations openly, eliminating the secrecy that often fuels addiction.

Accountability through community brings to life the biblical principle of “*iron sharpens iron*,” enabling you to strengthen others in their weakest moments while being strengthened yourself. Trusted individuals within this network offer timely counsel, prayer, and correction grounded in biblical wisdom. By holding one another accountable, the community helps prevent you from backsliding, consistently reminding you of your commitment to overcoming addiction. This collective responsibility also allows for a more objective assessment of your progress, as community members can often see changes and patterns you may not notice yourself.

Accountability is essential because it reinforces the importance of integrity and consistency in your walk with Christ. By regularly confessing struggles and victories to someone who holds you accountable, you are reminded that your actions have consequences for yourself and those who love and care about you. This constant awareness pushes you to live in a way that reflects the holiness and purity God calls you to as His child. Accountability partners serve as a mirror, reflecting back the truth of God’s Word, helping you to see areas where you may be drifting from His path, and urging you to return to a life that glorifies Him. In this way, accountability protects you from sin’s deceitfulness and strengthens your resolve to pursue a life that honors God, making it a critical element in overcoming addictions and growing in spiritual maturity.

No creature is hidden from him, but all things are naked and exposed to the eyes of him to whom we must give an account.
Hebrews 4:13

In your journey of overcoming addiction, accountability plays an indispensable role. It is a suggestion and a biblical mandate God Himself has set before you. Accountability is essential because it reinforces your commitment to walking in the light, keeping you from slipping back into darkness. You cannot hide your struggles from God, and in His love, He has placed others in your life to help you stay on the path of righteousness. Those who walk with you in this journey are not there to judge or condemn you but to lovingly hold you accountable, ensuring that you live in a way that honors God and reflects your new identity in Christ. As you face the daily challenges of overcoming addiction, you must understand that accountability is not a sign of weakness but a demonstration of strength and humility. This transparency before others reflects the transparency that is already present before God. His eyes see everything, and by embracing accountability, you align your life with the truth of His Word. You invite others to speak into your life, to encourage you, and to correct you when necessary. Embrace accountability as a vital component of your spiritual growth, knowing that through it, God is molding you into the person He has called you to be, free from the chains of addiction and living fully in His light.

In what ways has accountability helped you grow in your faith and overcome challenges in your journey of overcoming addiction? How can you further embrace accountability to deepen your walk with Christ?

Yes Lord, remove all the things I don't need in my life. I want your best & will trust you in all things.

Homework 1: Identifying Accountability Partners

Objective: To help you recognize trustworthy individuals who can serve as accountability partners in your journey of overcoming addiction.

Task: Reflect on your current relationships and identify at least two people who exemplify Christian virtues, such as integrity, compassion, and a commitment to biblical truth. Write a brief explanation (3-4 sentences) of why you chose each person and how you believe they can support your walk with Christ. Additionally, contact these individuals to discuss their possibility of becoming your accountability partners.

Discuss: How do you feel about inviting someone to hold you accountable? What qualities are most important in an accountability partner, and why?

Homework 2: Setting Accountability Goals

Objective: To establish clear, measurable goals for your accountability relationships.

Task: Write down three specific areas in your life where you need accountability. For each area, set a goal that you can regularly discuss with your accountability partner (3-4 sentences per goal). These goals should be focused on overcoming specific temptations or strengthening aspects of your faith that are crucial in your recovery journey.

Discuss: What challenges do you anticipate in reaching these goals? How can your accountability partner best support you in overcoming these challenges?

Homework 3: Creating a Weekly Accountability

Objective: To develop a consistent routine for accountability with your chosen partners.

Task: Design a simple check-in structure with your accountability partner(s) that will allow for honest communication and mutual support. Outline the key topics to discuss during each check-in, such as temptations faced, victories won, and areas needing prayer. Commit to a specific day and time each week for this check-in, and write a brief summary of your plan.

Discuss: How can regular check-ins with your accountability partner(s) help you stay on track in your recovery journey? What specific questions or topics do you think should be prioritized during these meetings?

Homework 4: Reflecting on Biblical Accountability

Objective: To deepen your understanding of biblical accountability and its role in spiritual growth.

Task: Study Hebrews 4:13 and other related Scriptures (e.g., Proverbs 27:17, James 5:16). Write a 3-4 sentence reflection on how these verses highlight the importance of accountability in the Christian life.

Discuss: How does the biblical concept of accountability challenge or affirm your current views? In what ways can Scripture guide you in holding yourself and others accountable in a loving and God-honoring way?

Homework 5: Accountability and Transparency

Objective: To embrace transparency as a crucial element of accountability in your walk with Christ.

Task: Write a letter to yourself, confessing any hidden struggles or sins that you have been reluctant to share with others. Reflect on how these struggles have impacted your relationship with God and recovery. Then, write a prayer asking God for the courage and humility to bring these struggles into the light by sharing them with your accountability partner(s). Keep the letter and prayer as a reminder of your commitment to transparency.

Discuss: Why is transparency important in the context of accountability? How can bringing hidden struggles to light strengthen your relationship with God and others in your faith community?

Week Thirty-Nine: Contentment

When you find true contentment in God, you start filling the emotional and spiritual voids that often serve as catalysts for addictive behavior. This God-centered satisfaction is a substitute for the fleeting allure of substances or destructive behaviors, offering a more enduring and meaningful fulfillment.

Contentment serves as a robust counterforce against the vicious cycles of craving and relapse that often characterize addiction. Being content anchors your emotions, making you resilient against the fluctuations of mood and situational temptations that commonly trigger a relapse. The peace and joy arising from godly contentment are not dependent on external circumstances. This sense of internal equilibrium provides a stable emotional footing that addiction struggles to undermine. As you cultivate this form of contentment, you begin to reshape your emotional landscape, creating an environment that is less hospitable to addiction.

Being satisfied in God brings a sense of well-being, replacing the urge to escape or numb pain through harmful substances. A deepening relationship with God replaces these destructive tendencies, providing a sturdy foundation for long-term recovery. Pursuing godly contentment is more than a mental or spiritual exercise; it has concrete implications for your life. It functions as a practical, life-altering reality that strengthens your efforts to break free from addiction. Achieving contentment is an admirable goal and an essential component in the toolbox for sustainable recovery.

So I take pleasure in weaknesses, insults, hardships, persecutions, and in difficulties, for the sake of Christ. For when I am weak, then I am strong. 2 Corinthians 12:10

Paul's contentment was not derived from favorable circumstances or the absence of suffering but from his unwavering reliance on the sufficiency of Christ's strength. You may find yourself grappling with temptations, battling intense cravings, and haunted by the echoes of past failures, but you are called to find strength not in your own ability to overcome but in the power of Christ that is perfected in your weakness. Contentment begins to take root in your heart when you recognize that your deepest need is not the elimination of struggle, but the abiding presence of Christ's strength. When you grasp this truth, you begin to see that the power of God is magnified through your dependence on Him, and His grace becomes the sustaining force that carries you through each moment of your recovery. By embracing your weaknesses and allowing Christ's power to rest upon you, you can experience a contentment that transcends circumstances, leading you into a deeper, more intimate relationship with your Savior. This contentment, rooted in Christ alone, becomes a beacon of hope in your recovery journey, guiding you to a place of rest and peace, even in the face of life's greatest challenges.

How can shifting your focus from what you lack to what you possess in Christ cultivate a deeper sense of contentment in your life? How can you actively seek to trust God's provision and grace, even when your circumstances do not change immediately?

Drugs and alcohol make you lie. Once you get sober there is nothing to lie about, nothing to hide anymore. Ozzy

Homework 1: Identifying the Roots of Discontent

Objective: To help you identify specific areas of life where discontentment fosters addiction and explore how trusting in God's provision addresses those voids.

Task: Reflect on and list the areas in your life where you experience discontentment. Consider how these areas have contributed to addictive behavior. Then, write a 1-2 page reflection on how God's sufficiency can fill those voids and lead to a deeper contentment that is not reliant on external circumstances. Support your reflections with relevant Scripture, focusing on how God's provision meets your needs.

Discuss: How can recognizing discontentment and surrendering it to God reshape your journey toward contentment and recovery? What practical steps can you take to fill these areas of discontentment with God's promises rather than worldly substitutes?

Homework 2: Contentment in Weakness

Objective: To understand the biblical principle of finding contentment in weakness and develop a practical approach to trusting God in moments of personal struggle.

Task: Read 2 Corinthians 12:10 and reflect on how Paul found strength in his weakness. Write a one-page reflection explaining how embracing weakness, instead of hiding it, allows God's strength to manifest in your life. Specifically, relate this to your journey in recovery, detailing how moments of weakness can serve as opportunities to deepen your trust in God's power.

Discuss: How does accepting your weakness in the face of addiction open the door for God's power to work through you? How can you practice depending on God during moments of vulnerability, rather than turning to substances?

Homework 3: Practical Steps Toward Contentment

Objective: To develop a set of practical steps for cultivating godly contentment in daily life.

Task: List five practical ways you can pursue godly contentment in your current situation. These can include daily habits, Scripture memorization, or relational changes. For each step, write a brief explanation of how it will help you trust God's provision and lessen your reliance on harmful behaviors. Your goal is to create an actionable plan to cultivate contentment, particularly when facing temptations or cravings.

Discuss: How can intentionally practicing godly contentment in everyday life help you resist addictive behaviors? What daily habits or spiritual disciplines can reinforce your reliance on God's sufficiency?

Homework 4: The Role of Gratitude in Cultivating Contentment

Objective: To explore how gratitude can shift your perspective and foster a deeper sense of contentment in God.

Task: Write a gratitude list of at least 10 things God has provided for you in this season of life. For each item, include a short reflection on how it points to God's care for you. Then, in a separate paragraph, reflect on how practicing gratitude can help you avoid discontent and reduce the

temptation to seek comfort in addictive substances or behaviors.

Discuss: How does focusing on gratitude for what God has already provided change your outlook on life and recovery? In what ways can practicing gratitude regularly reinforce your sense of contentment in Christ?

Homework 5: Recognizing God's Provision

Objective: To help you recognize and celebrate God's ongoing provision in your life, fostering deeper trust and contentment.

Task: Reflect on a difficult time when God provided for you, even if the provision did not come in the way you expected. Write a 1-2 page testimony detailing the situation, how you struggled with contentment, and how God's provision became evident. Conclude by explaining how this experience has shaped your trust in God's provision and how it impacts your recovery journey today.

Discuss: How can reflecting on God's past faithfulness help you cultivate contentment in your current struggles? How does focusing on God's provision strengthen your ability to resist the urge to return to your life-dominating sins?