

# **Phase IV: Biblical Truths for Addictions**

**The Power of Prayer**

**Identity in Christ**

**Eternal Perspective**

Copyright Page

Biblical Truths for Addictions

Written by Jonathan Okinaga

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# The Power of Prayer

## Month Ten 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

Identifying triggers and cues is crucial for maintaining sobriety because it equips you with the awareness needed to navigate potential pitfalls in your recovery journey. Triggers are situations, emotions, or even people that can stir up memories or desires related to your past substance use. By recognizing these triggers, you can prepare yourself to respond in a way that aligns with your commitment to sobriety. Conversely, cues are the smaller, often subconscious signals that can lead you toward old habits. While I have been blessed to never have had a relapse, I've worked with hundreds of individuals over the years. Sadly, I can guess who is close to relapsing based on their social media or conversations.

When I see:

Those who struggle with alcohol start to visit bars/nightclubs  
...trigger them to start drinking again.

Those who struggle with weed start to visit smoke shops ... trigger them to start smoking weed again.  
Those who struggle with MDMA/Cocaine start to go to “festivals”....trigger for them to start partying again.

The list could go on and on. Sometimes, the trigger can happen even when you are NOT doing anything wrong. These might include specific places, smells, or even certain times of the day. When you identify these cues, you become more vigilant and can develop strategies to avoid them or counteract their influence. Understanding your triggers and cues allows you to be proactive rather than reactive. Instead of being caught off guard and potentially falling into old patterns, you can implement mechanisms that help you stay grounded in your sobriety.

## **Daily Challenges**

**Start with Prayer:** Dedicate 15 minutes in the morning and evening to intentional, focused prayer. Use this time to seek God’s guidance and strength to resist temptation.

**Fasting from Distractions:** Choose one thing that distracts you from your relationship with God (e.g., social media, television, or non-essential internet use) and fast from it.

**Confession and Accountability:** Set aside time to confess your struggles and sins to God, being completely honest about your weaknesses (1 John 1:9).

**Sabbath Rest:** Dedicate this day to practicing Sabbath rest. Avoid any work or activities that cause stress, and instead focus on restful activities that draw you closer to God, such as reading Scripture, spending time in nature, or engaging in worship.

## **Week Forty: Prayer Life**

An unwavering commitment to prayer is indispensable for anyone grappling with addiction. Keeping an open channel with God offers a stable anchor for your soul while giving you access to wisdom, strength, and inner peace. By fervently praying about your fears, cravings, and lapses, you invite God's transformative grace into your struggle. Prayer is not just a religious routine; it is an intimate, ongoing dialogue with God that arms you with the spiritual resilience needed to face addiction. This continuous connection with the Almighty serves as a barrier against relapse and a refuge in vulnerable moments.

Earnest prayer helps you align your will with God's perfect plan, which counteracts the destructive urges of addiction. As you deepen this communion, you become more sensitive to the guiding whispers of the Holy Spirit. Heeding this direction supplies you with strategies to conquer addiction and deepens your relationship with your Creator. This way, prayer equips you with spiritual armor, defending you against the enemy's enticements and lies.

Consistent prayer is crucial for anyone dealing with addiction, as it builds a spiritual stronghold that both guards against temptation and supplies heavenly encouragement. Integrating prayer into your daily life offers more than just personal benefits; it glorifies God by displaying the efficacy of His redemptive power. Through prayer, you witness firsthand how God can turn your weaknesses into testimonies of His grace. So, a robust prayer life does double duty: It shields you from falling back into addictive behaviors and continually refills you with biblical courage and hope.

*Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. Matthew 26:41*

In the pursuit of sobriety, you face a battle not only against external temptations but also against the internal weaknesses that threaten your progress. The journey to wholeness is not merely a physical endeavor but a spiritual one. The spiritual disciplines of prayer and spending time in the Word are your vital tools in this battle. The heart, filled with a sincere desire for change, often encounters the stubborn resistance of the flesh. Scripture offers you the perfect solution: remain vigilant and prayerful. Cultivating a deep relationship with Christ is foundational to lasting sobriety. While various recovery programs provide valuable guidance, your journey's true and enduring strength often springs from a vibrant connection with Jesus Christ. This relationship is nurtured daily through intentional practices—immersing yourself in prayer, dedicating time to studying the Word, and engaging in acts of service. When you entrust your struggles to Christ, you experience His peace that transcends understanding and discover the strength to persevere. Your journey to sobriety then becomes more than just abstaining from harmful behaviors; it transforms into a life that reflects the glory and love of Christ in every aspect. In this journey, you are not alone. Christ's presence, His Word, and the community of believers around you are all part of the divine provision for your success. Embrace these gifts, and let them propel you toward a life marked by the freedom that comes from walking closely with your Savior.

Share a particular verse or biblical narrative that has strengthened you in moments of weakness? How does engaging with the Word equip us to face life-dominating sins?

*Nothing of value in life comes easy. Never give up.*

## **Homework 1: Building a Consistent Prayer Routine**

**Objective:** Develop a disciplined and regular prayer life to overcome addiction.

**Task:** Spend at least 15 minutes each morning and evening in prayer for the next week. Focus on praying specifically about your addiction, asking for God's strength, wisdom, and guidance. Journal your prayers and any insights or answers you perceive during this time. Reflect on how consistent prayer affects your daily struggles and victories over temptation.

**Discuss:** How has establishing a consistent prayer routine impacted your emotional and spiritual well-being? Can you identify specific moments when prayer helped you resist temptation or provided peace?

## **Homework 2: Praying Through Scripture**

**Objective:** Strengthen your prayer life by incorporating Scripture, allowing God's Word to guide your prayers.

**Task:** Choose a verse or passage of Scripture each day that speaks to your struggle with addiction. Use that Scripture as the basis for your prayers, asking God to help you internalize His truths and apply them to your life. Record your chosen Scripture and the prayers that emerge from it in your journal. Reflect on this practice's impact on your understanding of prayer and Scripture.

**Discuss:** How has praying through Scripture deepened your connection with God and His Word? What specific passages have been most helpful in addressing your addiction?

### **Homework 3: Intercessory Prayer**

**Objective:** Develop a habit of intercessory prayer, focusing on praying for others to shift focus from self to serving others.

**Task:** Dedicate at least one of your daily prayer sessions this week to praying for others struggling with addiction. Pray for their strength, healing, and transformation. Write down the names of those you prayed for and any specific needs you lifted to God. Reflect on how intercessory prayer changes your perspective on your struggles and draws you closer to God.

**Discuss:** How has praying for others affected your own journey of overcoming addiction? What did you learn about the power of intercessory prayer in the lives of others and in your own life?

### **Homework 4: Prayer and Accountability**

**Objective:** Bring a deeper sense of accountability in your prayer life by sharing your prayers with a trusted friend or mentor.

**Task:** Choose a trusted friend or counselor with whom you can share your prayer requests this week. Commit to praying for each other's specific needs daily and checking in regularly to discuss how God is working through your prayers. Record your shared prayer requests and any answered prayers or progress made. Reflect on the role of accountability in your prayer life and how it impacts your journey toward sobriety.

**Discuss:** How has involving a friend or mentor in your prayer life strengthened your resolve to overcome addiction?



What have you discovered about the importance of accountability in prayer?

### **Homework 5: Praying in Times of Weakness**

**Objective:** Learn to turn to prayer immediately when facing moments of weakness or temptation.

**Task:** Identify triggers or moments when you feel most vulnerable to relapse. Immediately stop and pray in those moments, asking God for strength and protection. Keep a log of these moments, including what you prayed for and how the situation was resolved. Reflect on how immediate prayer changes your ability to resist temptation in times of weakness.

**Discuss:** What did you notice about the effectiveness of prayer in moments of weakness? How did turning to God in prayer during these times help you stay committed to your recovery journey?

## **Week Forty-One: Fasting**

Voluntarily choosing to abstain from food or other comforts is not merely an act of self-denial; instead, it is an intentional decision to seek God's guidance and deepen your relationship with Him. By prioritizing spiritual nourishment over physical sustenance, fasting equips you to focus on the eternal perspective, unearthing root issues that may be fueling your addiction. This sacred practice allows you to silence the world's noise, tuning your heart and mind to God's voice with greater clarity. Doing so gives you access to divine wisdom and fortitude essential for conquering your internal battles. Essentially, fasting redirects your attention from worldly temptations to spiritual truths, offering a transformative shift in mindset that is crucial in overcoming addiction.

While you fast, it invites you into a deeper level of self-examination, helping you identify the areas where you may be holding onto idols or false sources of comfort. By stripping away these distractions, fasting allows you to confront the underlying issues that contribute to your addiction, leading to genuine repentance and transformation. In this place of surrender, you find true freedom as you relinquish control and allow God to lead your recovery journey. Fasting teaches you to depend on God for strength, cultivates humility, and allows the Holy Spirit to work powerfully in your life. As you engage in fasting, you are drawn closer to God, gaining the wisdom and fortitude needed to resist temptations and break free from the bondage of addiction. This discipline equips you to triumph over addiction and deepens your relationship with God, bringing glory to Him as you experience the transformative power of His grace and mercy.

*Whenever you fast, don't be gloomy like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward. But when you fast, put oil on your head and wash your face, so that your fasting isn't obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you. Matthew 6:16-18*

Fasting is not merely an outward act of denying yourself food but rather an expression of humility and dependence on God. When you fast, you are called to approach it with a heart fully surrendered to the Lord, seeking not the approval of others but the intimacy of communion with God. Jesus instructs you to fast in secret, anointing your head and washing your face so that your fasting will not be evident to others but only to your Father, who is in secret. This practice draws you into a deeper relationship with God, where your focus shifts from earthly needs to spiritual nourishment. Fasting is a powerful tool in your battle against addiction, as it helps you break free from the grip of physical cravings and refocus your mind and spirit on God's sustaining power. When you fast with a heart of humility and submission, you align yourself with God's will, allowing His strength to be perfected in your weakness. As you fast, your body's hunger is a tangible reminder of your deeper hunger for God's righteousness and deliverance. The reward Jesus speaks of is not material but the incomparable joy and peace that come from knowing you are living in obedience to God and that He sees and honors your sacrifices.

How does fasting help shift your focus from self to dependence on God? In what ways can fasting serve as a weapon against your life-dominating sin?

*Gods purpose in suffering is to bring us to the end of ourselves so we trust in Him more.*

## **Homework 1: The Heart of Fasting**

**Objective:** To understand the true purpose of fasting as an expression of humility and dependence on God.

**Task:** Reflect on Matthew 6:16-18 and write a one-page paper discussing how fasting shifts your focus from worldly concerns to spiritual growth. Consider how this shift can help you confront and overcome the root causes of your addiction.

**Discuss:** How does fasting reveal the areas of your life where you rely on temporary comforts rather than on God? How can this realization impact your journey of overcoming addiction?

## **Homework 2: Fasting and Spiritual Nourishment**

**Objective:** To explore how fasting deepens your relationship with God by prioritizing spiritual nourishment over physical sustenance.

**Task:** Write a journal entry documenting your fasting experience for one day. Focus on moments of physical hunger and how they reminded you of your deeper spiritual hunger. Describe how this experience helped you connect more deeply with God and gain clarity in your battle against addiction.

**Discuss:** How did fasting help you discern the spiritual needs that have been overshadowed by physical cravings? How can this practice become a regular part of your recovery process?

### **Homework 3: Fasting and Repentance**

**Objective:** To examine how fasting can lead to genuine repentance and transformation by confronting underlying issues contributing to addiction.

**Task:** Identify one area of your life where you have been holding onto a false source of comfort. Commit to fasting from that source for three days, and during this time, pray for God's guidance in confronting and overcoming this stronghold. Write a reflective essay on the impact of this fast on your relationship with God and your recovery journey.

**Discuss:** How did fasting from this comfort exposed deeper issues in your life? How did God use this time to bring about repentance and healing?

### **Homework 4: The Secret of Fasting**

**Objective:** To understand the importance of fasting in secret, seeking only God's approval and intimacy.

**Task:** Choose a day to fast without informing anyone. During your fast, spend extra time reading prayer and Scripture, focusing on your dependence on God. Write a private letter to God, expressing your desire to grow closer to Him and to rely on His strength in your struggle against addiction.

**Discuss:** How did fasting in secret change your perspective on seeking approval? How did this private act of worship deepen your relationship with God?

## **Homework 5: Fasting as a Spiritual Weapon**

**Objective:** To explore how fasting can be a powerful tool in your battle against life-dominating sin.

**Task:** Study and meditate on passages about fasting and its spiritual significance (e.g., Isaiah 58, Joel 2:12-13). Write ½ page on how fasting can be a strategic weapon in overcoming addiction and how it helps you walk in obedience with God's will for your life.

**Discuss:** In what ways can fasting strengthen your resolve to resist temptation? How does it equip you with spiritual fortitude to fight against your life-dominating sin?

## **Week Forty-Two: Confession**

Confession in prayer holds immense significance in your journey to overcome addiction. When you confess your sins to God, you unlock His promise to cleanse you from all unrighteousness, offering you the grace and strength necessary to confront and conquer your addiction. This practice transcends mere admission of wrongdoing; it is a profound act of vulnerability, where you lay bare your deepest struggles and weaknesses before a God who knows you completely and loves you unconditionally. By openly confessing, you allow God to penetrate the darkest corners of your soul, restoring your fellowship with Him and providing the spiritual sustenance needed to resist the pull of addiction. When you confess, you acknowledge your inability to overcome addiction on your own, creating space for God's all-sufficient grace to work in your life. As you incorporate confession into your daily spiritual practices, you continually receive God's forgiveness and cleansing, equipping yourself with the spiritual armor necessary to withstand temptation and walk in lasting freedom.

Confession is not a one-time event but an ongoing, life-altering discipline. It shields you from the dangers of relapse by keeping your heart attuned to God's will and your mind focused on His promises. Through confession, you are reminded of your identity in Christ, not as one enslaved to addiction, but as a beloved child of God who has been set free. This practice is essential in battling spiritual warfare, giving you the power to break free from the chains of addiction and walk confidently in the freedom Christ has already secured for you. Confession in prayer to God and within a trusted community is a transformative practice that leads to lasting victory over addiction, filling you with the courage and strength to live a life that glorifies God.

*Confess your sins to one another and pray for one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect. James 5:16*

Confession of sin is not merely an act of admission; it is a humbling acknowledgment of your need for God's grace. When you openly confess your sins, you demonstrate a willingness to expose the darkness within your heart to the light of Christ. This transparency is vital in your journey toward overcoming addiction because it breaks the chains of secrecy and isolation that often accompany addictive behaviors. As you confess, you recognize that sin is not just a private matter between you and God but affects your relationship with others in the body of Christ. Confession also leads to a deeper awareness of your need for God's ongoing sanctifying work.

Mutual confession creates a culture where grace is extended, and the power of God's forgiveness is tangibly experienced. It is important to remember that confession is not about dwelling on your failures but moving forward in the strength of God's grace. As you confess, you are reminded that you are not defined by your past sins but by your new identity in Christ. This confession is a step of faith that aligns you with God's will, acknowledging that true freedom from addiction is found in surrendering your burdens to Him. Through confession, you open the door to receive the powerful prayers of others, which God promises will affect your life.

How can mutual confession strengthen the bonds of accountability and support in your recovery process? Why is it important to remember that confession is not about dwelling on past failures but embracing your new identity in Christ?

*You can be a victim or a fighter. Choose to fight for life.*



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

**Objective:** To understand and experience the transformative power of confessing sins to God, leading to spiritual cleansing and strength in the battle against addiction.

**Task:** Reflect on a time when you struggled with unconfessed sin. Spend time in prayer, confessing that sin to God, and ask Him for forgiveness and strength to overcome it. Afterward, write a one-page reflection on how this act of confession has impacted your relationship with God and your ability to resist temptation. Focus on the changes in your heart and mind following the confession.

**Discuss:** How does confession before God change your perception of His grace and forgiveness? What spiritual and emotional shifts do you notice after confessing a sin to God?

## **Homework 2: Confession and Accountability**

**Objective:** To explore the role of mutual confession within a trusted community as a tool for accountability and healing in addiction recovery.

**Task:** Identify a trusted individual or group within your faith community and share a struggle related to your addiction. Confess your sins in a safe and supportive environment, inviting them to pray for you. Write a ½ page reflection on the experience, focusing on how this confession has strengthened your accountability and encouraged your recovery journey.

**Discuss:** How does confessing sins within a trusted community help build accountability in your life? What role does community play in your ongoing journey of overcoming addiction?

### **Homework 3: Confession as a Daily Discipline**

**Objective:** Establish confession as a regular spiritual discipline that keeps your heart attuned to God's will and guards against relapse.

**Task:** For the next seven days, incorporate a time of confession into your daily prayer routine. Each day, confess any sins or struggles you have encountered and ask God for His cleansing and guidance. At the end of the week, write a two-page summary of how daily confession has influenced your spiritual walk, particularly concerning overcoming addiction. Focus on the changes you have noticed in your thoughts, emotions, and actions.

**Discuss:** What are the benefits of making confession a daily practice? How has this discipline affected your ability to resist temptation and grow closer to God?

### **Homework 4: Confession and Identity in Christ**

**Objective:** To understand how confession helps you embrace your new identity in Christ, rather than being defined by past sins or struggles with addiction.

**Task:** Reflect on how past sins or addictions have shaped your identity and self-perception. Spend time in confession, acknowledging these past failures before God, and ask Him to help you embrace your true identity in Christ. Write a one-page essay on how confessing your sins has shifted your identity from one defined by addiction to one defined by freedom in Christ.

**Discuss:** How does confessing sins help you let go of your old identity tied to addiction? How does it reinforce your new identity as a beloved child of God?

## **Homework 5: Confession and Spiritual Warfare**

**Objective:** To explore the role of confession in spiritual warfare, particularly in breaking the strongholds of addiction and resisting the enemy's lies.

**Task:** Study Ephesians 6:10-18, focusing on the Full Armor of God. Reflect on how confession plays a role in equipping yourself with this armor, particularly in resisting the lies and temptations of addiction. Write a ½ page on discussing how confession strengthens your spiritual defenses and enables you to stand firm against the enemy's attacks.

**Discuss:** How does confession of sin act as a weapon in your spiritual warfare? In what ways does confession help you resist the lies and temptations that accompany addiction?

## **Week Forty-Three: Sabbath Rest**

Embracing the principle of Sabbath rest offers immeasurable value in your journey to overcome addiction. The Sabbath is not merely a day off; it is an opportunity to disconnect from the relentless demands of the world and reconnect with the One who sustains you. By intentionally setting aside this special time, you create space to draw near to God, allowing His presence to permeate your heart and mind. This deliberate pause is more than a retreat from the pressures of life; it is a strategic withdrawal to recalibrate, equipping you with the spiritual strength and wisdom necessary to confront the challenges of addiction.

Engaging in Sabbath rest enables you to break free from the cycle of constant activity that often intensifies addictive tendencies. The relentless pursuit of productivity can leave you vulnerable to stress and fatigue, both of which are common triggers for addictive behavior. By observing the Sabbath, you build a protective barrier that shields you from these pitfalls. This day of rest is not an escape but a proactive step towards fortifying your spirit, ensuring that you are not merely reacting to the pressures of life but responding with intentionality and grace.

The Sabbath is an act of trust in God's provision. By resting, you demonstrate faith that God will sustain you even when you step back from the hustle. This trust is a critical component of your recovery, as it reinforces the truth that your well-being is not contingent on your ability to manage every detail of your life but on God's unwavering faithfulness. Sabbath rest is, therefore, a vital discipline in your journey to freedom from addiction, providing both the spiritual nourishment and the practical framework needed to sustain your recovery over the long term.

*Remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there with a strong hand and an outstretched arm. That is why the Lord your God has commanded you to keep the Sabbath day.*  
Deuteronomy 5:15

Sabbath rest reminds you that you are no longer a slave to your past, your sins, or the addictions that once dominated your life. Just as God delivered Israel from Egypt, He offers you freedom from the bondage of addiction. This rest is a tangible expression of the grace you have received, a grace that empowers you to lay down the burdens of striving, guilt, and self-reliance, trusting in God's strength rather than your own. Sabbath rest also reorients your life around God's provision, teaching you to depend on Him for your needs, rather than seeking fulfillment in substances or destructive behaviors. The world demands constant productivity, often equating worth with what you can achieve, but the Sabbath counters this lie by reminding you that your worth is found in being a beloved child of God. This weekly pause is an opportunity to realign your heart with God's priorities, allowing His peace to wash over the chaos that addiction often brings. As you set aside this time, you are invited to meditate on God's past faithfulness, recalling how He has led you through valleys of despair into the light of His grace. Sabbath rest becomes essential, deepening your relationship with God and empowering you to walk in freedom.

In what ways does setting aside a day for Sabbath rest help you remember and celebrate the freedom God has given you from the bondage of addiction? How does this practice reinforce your identity in Christ rather than your past struggles?

*Life is a continuous chain of decisions. Make choices based on truth, not assumptions. Trust me, it will save your sanity.*

## **Homework 1: Preparing for Sabbath Rest**

**Objective:** To prepare for a meaningful Sabbath rest by intentionally planning how to disconnect from daily pressures and focus on spiritual renewal.

**Task:** Identify the activities or responsibilities that consume your time during the week. Create a plan to set aside these tasks in preparation for the Sabbath. Consider how you will use this day to rest, worship, and reconnect with God. Write ½ page reflection on how you anticipate this Sabbath rest will impact your recovery and spiritual growth.

**Discuss:** How does preparing for the Sabbath in advance change your approach to rest and spiritual renewal? What challenges do you anticipate, and how can you overcome them to ensure a meaningful Sabbath experience?

## **Homework 2: Experiencing Sabbath Rest**

**Objective:** To engage fully in a day of Sabbath rest, focusing on spiritual rejuvenation and reflection on God's provision.

**Task:** Spend a full day practicing Sabbath rest, disconnecting from all work-related tasks, technology, and distractions. Use this time to engage in activities that draw you closer to God, such as prayer, Scripture reading, and meditation. Afterward, write a two-page journal entry describing your experience, challenges, and spiritual insights you gained.

**Discuss:** What did you learn about God and yourself during your Sabbath rest? How did this experience reinforce your recovery journey and deepen your trust in God's provision?

### **Homework 3: Reflecting on God's Faithfulness**

**Objective:** To reflect on God's past faithfulness and its significance in your recovery journey.

**Task:** Meditate on Deuteronomy 5:15 and write a ½ page essay reflecting on how God has delivered you from the bondage of addiction, just as He delivered Israel from Egypt. Consider how the Sabbath serves as a reminder of this freedom. Include specific examples of how God has shown His faithfulness in your life.

**Discuss:** How does remembering God's past faithfulness during your Sabbath rest encourage you to trust Him with your future? In what ways does this practice help you break free from the lies and pressures that addiction often brings?

### **Homework 4: Trusting in God's Provision**

**Objective:** To cultivate trust in God's provision by observing the Sabbath as an act of faith.

**Task:** Choose a specific area of your life where you struggle to trust God's provision. On the next Sabbath, intentionally lay down this burden, committing it to God in prayer. Write a two-page reflection on this experience, focusing on how resting and trusting God impacted your perspective on this issue.

**Discuss:** How does the discipline of Sabbath rest challenge your tendency to rely on your own strength? How has trusting in God's provision during the Sabbath changed the way you view your struggles with addiction?

## **Homework 5: Reorienting Your Life**

**Objective:** Always follow God's priorities by practicing regular Sabbath rest.

**Task:** Reflect on how your life has been oriented around the world's demands rather than God's priorities. Create a plan for using the Sabbath to reorient your life around God's will and purpose. Write a ½ paper discussing how the Sabbath can help you realign your heart with God's priorities, focusing on daily changes you plan to make.

**Discuss:** How does observing the Sabbath help you resist the world's pressures and refocus on God's will for your life? How can this practice of rest transform your identity from one shaped by past struggles to one grounded in your relationship with Christ?



# Identity in Christ

## Month Eleven 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

One of the most significant issues I have with our current options for helping those with life-dominating sins is the constant reinforcement that their identity is wrapped up in their sin. “*Hi, I’m Jon, and I’m a \_\_\_\_\_.*” Every fiber in me cringes when I had to say those words in meetings. No! That’s NOT who I am. I am a child of God who declares that I am His masterpiece, created in His image. This practice is both spiritually disheartening and counterproductive, as it conflicts with the biblical truth of who we are in Christ.

You are described as God’s workmanship, created in Christ for good works that God prepared for you to do. This verse calls you to understand that your identity is not shaped by your sins or past mistakes but by your new life and purpose in Christ. You hinder the gospel’s transformative power when you continuously identify with your sin. Instead of seeing yourself as a new creation, you risk remaining bound

to the old self, which perpetuates a cycle that makes relapse more likely.

The critical issue is that you remain tied to your old life if you do not embrace your new identity in Christ. This lack of identity transformation can lead to feelings of hopelessness and inadequacy as you struggle to break free from the sin that still seems to define you. When you internalize the belief that your sin is who you are, the possibility of relapse looms large because your identity has not truly changed. You continue living in the shadow of your past rather than walking in the light of who God has called you to be.

## **Daily Challenges**

**Remember Your Identity in Christ:** Daily remind yourself that Christ's love, grace, and mercy cover you. Your identity is secure in Christ's redeeming work.

**Renew Your Mind with Scripture:** Daily immerse yourself in God's Word. Scripture is powerful in overcoming addiction, reminding you that transformation comes from God.

**Pray for Daily Guidance:** Pray without ceasing, asking the Holy Spirit to guide you each day. Invite God into every decision and struggle, knowing He is faithful to lead you.

**Embrace Your Freedom in Christ:** Addiction wants to keep you in chains, but Christ has set you free. Remember, Christ's sacrifice on the cross broke the power of sin over you, and your life is no longer ruled by addiction.

## **Week Forty-Four: Identity in Christ**

Recognizing that you are a new creation in Christ is a cornerstone for defeating addiction. This is not just about starting over but about becoming a completely new person from the inside out. Embracing this new identity can reshape your self-view, giving you a different lens to understand your worth and potential. This can be life-altering, especially when trying to break free from addiction, which often works to skew how you see yourself.

Accepting that you are a new person in Christ helps you cast off the weight of guilt, shame, and regret that often come with addiction. This new reality does not just give you room to breathe; it changes the air you breathe. It is like stepping out of a cramped, dark room into an expansive, light-filled space. Your past mistakes do not define you; your future is defined by the transformative power of Christ's love. This foundational belief lets you lay a spiritually solid groundwork for a fulfilling, addiction-free life. It shifts your focus from what you have lost to what you can gain. It does not just liberate you; it empowers you to build a life that ultimately will bring the God praise, glory, and honor that he deserves.

As you embrace this new identity, you will also realize that victory over addiction is not merely about behavior modification but about heart transformation. The process of sanctification is a lifelong journey, and through the Holy Spirit, God is continually molding you into the image of His Son. This journey is not without its challenges, but you can be confident that He who began a good work in you will complete it. Your struggles with addiction become opportunities for God to demonstrate His strength in your weakness, showing you that His grace is sufficient.

*From now on, then, we do not know anyone from a worldly perspective. Even if we have known Christ from a worldly perspective, yet now we no longer know him in this way. 2 Corinthians 5:16*

Your transformation journey is an ongoing challenge, not a mere moment in time. While the thoughts of your life-dominating sins may have faded, you continue to grapple with other lingering weaknesses. It's easy to dismiss these residual habits as less harmful, yet they can prove equally devastating. This is particularly true in the realm of decision-making, especially concerning relationships.

Although addiction no longer ensnares you, numerous other snares lie in wait. What you are going to learn is that if you are not careful, you replace your addiction with another life-dominating sin. Like any sin or entrenched bad habit, overcoming these requires fully surrendering to Christ for genuine transformation. You might feel confident about your progress in shedding your former self, yet clinging to even small remnants of your previous life can obstruct your full renewal. Rely solely on God's wisdom, not your own, for He alone will navigate your path through this relentless journey of renewal.

Considering 2 Corinthians 5:16, how does the concept of no longer knowing Christ from a worldly perspective impact our understanding and approach to ongoing personal transformation? In light of the day's theme, 'A New Creation, Still in Progress,' how can we effectively identify and surrender the subtler yet harmful habits that may persist in our lives, even after significant transformations like overcoming addiction?

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

## **Homework 1: Identity and Transformation**

**Objective:** Reflect on the significance of being a new creation in Christ and its impact on your recovery journey.

**Task:** Write a ½ page reflection on how 2 Corinthians 5:16-17 shapes your understanding of being a new creation in Christ. Include specific ways this new identity challenges your old thinking and behavior patterns.

**Discuss:** How does seeing yourself as a new creation in Christ help you overcome guilt and shame from your past?

## **Homework 2: Identifying Lingering Habits**

**Objective:** To recognize and surrender subtle habits that hinder full transformation in Christ.

**Task:** Create a list of five habits or thought patterns that have persisted despite your progress in recovery. For each, identify one Scripture that addresses it, and write a short prayer asking God for strength to fully surrender it to Him.

**Discuss:** What subtle habits or thought patterns are hardest for you to surrender, and how does God's Word guide you in overcoming them?

## **Homework 3: Embracing Freedom in Christ**

**Objective:** To understand the freedom found in Christ as a new creation and its implications for daily living.

**Task:** Memorize Galatians 5:1. Reflect on how this verse influences your daily decisions, particularly in areas where old temptations might arise. Journal about a recent situation

where you applied this truth to avoid falling back into old patterns.

**Discuss:** How does embracing freedom in Christ empower you to resist returning to old habits, especially in moments of weakness?

#### **Homework 4: Viewing Trials as Mercies**

**Objective:** To reinterpret life's trials as opportunities for spiritual growth and deeper reliance on Christ.

**Task:** Reflect on a recent trial or challenge. Write a ½ page entry exploring how this trial could be seen as God's mercy in disguise, leading to a deeper understanding of your new identity in Christ.

**Discuss:** How does recognizing trials as mercies change your perspective on struggles you face in your recovery journey?

#### **Homework 5: Shifting Perspectives**

**Objective:** To shift from a worldly perspective to a Christ-centered perspective in understanding personal transformation.

**Task:** Write a ½ page entry on 2 Corinthians 5:16-17, focusing on how a Christ-centered perspective changes the way you view your past, present, and future.

**Discuss:** In what ways does shifting from a worldly perspective to a Christ-centered one redefine your identity and purpose, particularly in overcoming addiction?

## **Week Forty-Five: Faith**

Within faith, you are not merely acknowledging God's existence. You are testifying to His might, His capability to intervene, transfigure, and bring about freedom. This deep-seated conviction forms the unshakeable foundation for your recovery journey, fortifying you with the spiritual resilience to confront and conquer each day's trials.

Faith not only acts as an anchor in tumultuous seas but also as a channel through which resources flow into your life. It establishes an unbreakable connection to Christ, the inexhaustible wellspring of vitality and regeneration. Faith ushers in the realm of possibility into your daily existence. It equips you with a God-forged arsenal—weapons and strategies designed to dismantle the fortresses addiction has built within you.

When you wield faith in Christ for your deliverance, you do more than wish upon a star; you grab hold of the hand that flung those stars into the sky. With faith, you do not merely hope for change; you enact it, drawing upon Christ's transformative power to redeem and renew. Addiction's chains may seem unbreakable, but remember, we serve a God who specializes in liberating captives and setting prisoners free.

Faith is the catalyst that ignites your journey from addiction to freedom. As you activate this vital spiritual principle, you invite the presence and power of Christ to pervade every facet of your life. With a foundation firmly rooted in faith, you do not just aim for recovery; you set your sights on a transformed life that glorifies God. Take hold of this promise, for in faith, your deliverance is not just a potentiality; it becomes a God-ordained certainty.

*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God. Ephesians 2:8*

You navigate the turbulent waters of life's dominating sins, facing the trials of today and the long shadows cast by past mistakes. Emotional, financial, physical, and mental burdens may weigh heavily upon you. These challenges do not vanish overnight. It may take months or even years to sift through the debris left by former choices and actions. You may find yourself searching for solace in places that offer no lasting peace, overlooking the source of liberation and healing—God's unmerited favor. Paul underscores in Ephesians that your salvation is not a reward for your deeds but a gift received through faith, rooted in God's grace. This grace not only secures your eternal salvation but also releases you from today's addictive behaviors that bind you. Your instincts might drive you to strive harder, to prove your worth, or to depend on worldly solutions. Though such methods might provide short-lived ease, they fail to deliver the change that God's grace brings. A transformation unfolds when you fully surrender to God and trust Him. Embracing this faith is not merely about proclaiming belief but committing to a lifelong journey with Christ. By steadfastly holding to this faith, you pursue not temporary respite but enduring freedom.

How does embracing God's grace, rather than relying on our efforts, fundamentally transform our approach to overcoming addiction? How can we practically apply Biblical truth in our daily struggle against addiction, keeping faith as our anchor?

*There is more to learn in giving than in taking.*



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

**Objective:** To explore and understand how faith in Christ empowers individuals to break free from addiction and live a life that glorifies God.

**Task:** Read Hebrews 11:1-6 and reflect on how faith is described in this passage. Write a ½ page discussing how faith provides the assurance of things hoped for and the conviction of things not seen, particularly in the context of overcoming addiction.

**Discuss:** How does faith in Christ strengthen your resolve to overcome addiction? Share a specific instance where your faith made a tangible difference in your recovery journey.

## **Homework 2: Faith as a Weapon**

**Objective:** To identify and apply biblical principles that describe faith as a spiritual weapon in the battle against addiction.

**Task:** Study Ephesians 6:10-18 and write a paragraph for each piece of the armor of God, explaining how it applies to your fight against addiction. Pay particular attention to the “*shield of faith.*” Describe how wielding this shield has or could protect you from relapse and spiritual attacks.

**Discuss:** In what ways has your faith acted as a shield against the temptations and challenges of addiction? How can you strengthen this aspect of your spiritual armor?

## **Homework 3: Living Out Faith Daily**

**Objective:** To cultivate practical habits that reinforce and

express faith in daily life, especially in moments of weakness.

**Task:** Create a daily routine with at least three faith-based activities (e.g., prayer, Scripture reading, worship) designed to reinforce your trust in God. Implement this routine for one week and keep a journal documenting your experiences and any changes you observe in your thoughts, emotions, and behaviors.

**Discuss:** How did incorporating faith-based activities into your daily routine impact your journey toward recovery? What challenges did you face in maintaining these habits, and how did faith help you overcome them?

#### **Homework 4: The Role of Faith in Transformation**

**Objective:** To understand the transformative power of faith and its role in turning away from past behaviors and embracing a new life in Christ.

**Task:** Reflect on 2 Corinthians 5:17 and write a letter to your past self, explaining how faith in Christ has transformed your identity and life. Focus on the changes in your thoughts, actions, and relationships since embracing faith.

**Discuss:** How has your faith in Christ redefined your identity and purpose? In what ways does this new identity empower you to stay committed to your recovery and pursue lasting freedom?

#### **Homework 5: Grace, Faith, and Freedom**

**Objective:** To recognize the relationship between God's grace, faith, and the freedom from addiction that follows.

**Task:** Memorize Ephesians 2:8-9 and meditate on its meaning. Write a ½ page reflection on how God's grace, accessed through faith, offers true freedom from addiction. Consider the difference between overcoming addiction through human effort versus relying on God's grace.

**Discuss:** How does understanding that salvation and freedom are gifts of grace rather than rewards for effort shift your perspective on recovery? How can you keep this truth at the forefront of your mind in your daily battles against addiction?

## **Week Forty-Six: Hope**

Unlike worldly hope, this heavenly variety shifts your focus from your current anguish to a glorious, God-ordained future. This eternal perspective is invaluable, providing the stamina needed to endure the grind of the present. In the face of addiction's assaults, hope sustains you, fortifying your spirit and enabling perseverance. It tells you that today's struggle is a brief chapter in a grand narrative ending in glorious victory.

But the influence of hope extends even further. It reshapes your viewpoint to align with life beyond addiction and the expansive scope of God's redemptive mission. This is not mere optimism but an assurance grounded in God's immutable promises. When fueled by hope, your fight against addiction takes on new meaning. You begin to comprehend that each trial, each setback, and each victory is part of a grander plan that aims for your ultimate redemption and God's eternal glory.

With hope in Christ, you do not merely aspire for a better future; you anticipate it, reinforced by God's irrevocable guarantees. Hope transforms your vision, allowing you to see beyond the constraints of addiction and into the richness of a life lived in an intimate relationship with God. It assures you that even when the journey seems unbearable, you are never walking alone; you are held secure in the hands of the God of hope.

Hope is not a wishful thought but an unyielding conviction that God's promises are steadfast and true. With this assurance, you do not merely cope with addiction; you conquer it, propelled by an eternal perspective that transcends temporal setbacks.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13*

In the depths of addiction, the concept of hope often appears distant, almost alien. Many who struggle with addiction feel that they've run out of hope, as everything around them seems bleak and unchangeable. Yet, Romans 15:13 offers a transformative message: hope can be replenished when we place our trust in Christ. The God of the Bible is a God of hope, willing and able to fill us with joy and peace when we choose to trust Him. The nightlife, the substances, the cycle of addiction—all these things may have once given you a semblance of joy or an escape from reality. But eventually, they take more than they give, leaving you empty and miserable. As you so poignantly put it, you reach a point where you feel that life is unbearable without these substances. Yet, it's crucial to understand that true living is unattainable without Christ. When you trust in Him, your emptiness can be replaced with hope, joy, and peace. He is the one who can help you overflow with hope by the power of the Holy Spirit.

When you think about what has brought you joy in the past, do these sources provide lasting satisfaction, or do they leave you feeling emptier than before? Consider the role of the Holy Spirit in infusing your life with hope during the trials of addiction. How does this align with your experiences?

*I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.  
Bruce Lee*

## **Homework 1: Recognizing the Source of True Hope**

**Objective:** To help you identify and reflect on the difference between worldly and biblical hope, emphasizing the assurance in God's promises.

**Task:** Read Romans 15:13 and write a reflection on how this verse speaks to your current struggles with addiction. Identify and compare two examples of hope from your past—one grounded in worldly expectations and one aligned with biblical hope. How did each type of hope influence your actions and mindset?

**Discuss:** How does understanding the difference between worldly hope and biblical hope reshape your approach to overcoming addiction? Share your reflections on how Romans 15:13 impacts your view of hope in this season of recovery.

## **Homework 2: Hope-Fueled Perseverance**

**Objective:** To encourage you to explore how hope can sustain you through challenging circumstances by providing a God-centered perspective.

**Task:** Reflect on a time when you felt overwhelmed by the challenges of addiction. Write a brief narrative detailing that experience. Then, using 2 Corinthians 4:16-18 as your guide, explain how a hope-centered perspective could have altered your response to that situation. What does fixing your eyes on the unseen rather than the temporary mean?

**Discuss:** How does shifting your focus to the eternal help you persevere through the daily struggles of addiction? Discuss how the hope described in 2 Corinthians 4:16-18 could practically apply to your current situation.

### **Homework 3: The Role of the Holy Spirit in Sustaining Hope**

**Objective:** To deepen your understanding of the Holy Spirit's role in sustaining hope through the trials of addiction.

**Task:** Read Galatians 5:22-23 and Romans 15:13. Write down how the Fruit of the Spirit—particularly joy and peace—interacts with hope in your life. Then, consider how the Holy Spirit has worked in your past to fill you with hope. Identify three specific instances where you experienced hope through the Holy Spirit's influence during challenging times.

**Discuss:** What role does the Holy Spirit play in keeping your hope alive during recovery? How can you intentionally rely on the Holy Spirit to cultivate joy, peace, and hope amid your struggles?

### **Homework 4: Hope Beyond Addiction**

**Objective:** To help you envision a future beyond addiction, grounded in the hope of God's promises.

**Task:** Create a list of future hopes and goals, emphasizing life beyond addiction. Include Scriptures highlighting hope, representing your desired future, and words inspiring you to keep going.

**Discuss:** How does creating a vision of your future grounded in biblical hope change your perspective on your current struggles? Share how this exercise has influenced your motivation to pursue recovery with a hopeful heart.

## **Homework 5: Sharing Hope with Others**

**Objective:** To cultivate a mindset of generosity by sharing the hope you have found in Christ with others.

**Task:** Identify someone in your life who is also struggling with addiction or facing a difficult situation. Write an email, text message or card encouraging them, using Scripture to point them to the hope available in Christ. Reflect on how sharing hope strengthens your resolve and deepens your understanding of God's promises.

**Discuss:** How does sharing Christ's hope affect your recovery journey? Discuss how this helped you see the power of hope not only for yourself but for others as well.



## **Week Forty-Seven: Spiritual Growth Milestones**

Acknowledging spiritual growth milestones can serve as a powerful motivator in your journey toward freedom from addiction. When you celebrate these milestones, you are not just patting yourself on the back; you are affirming the transformative work God is actively doing in your life.

These recognitions should not be about boosting your ego; they ignite hope and foster a palpable sense of accomplishment. By marking your progress, you shift your view from an arduous struggle to a journey of measurable growth. During moments of difficulty or temptation, these milestones are steadfast reminders that you are not stagnating; you are, in fact, moving forward.

Importantly, these milestones are not solely about you. Each is a tangible display of God's ongoing sanctifying work in your life. They collectively build up a portfolio of faith, confirming God's faithfulness and the potency of His transformative power. This visible proof strengthens your resolve and serves as a shining beacon for others wrestling with similar challenges.

Spiritual growth milestones are not just markers on a personal journey; they are signposts of activity in your life. We are not counting how many days we are sober. It is about how many days we have been serving the Lord. They instill hope, confirm progress, and amplify the sense of God's nearness and active involvement in your transformation. Do not overlook or downplay these milestones; embrace them as God's gracious reminders that you are growing, changing, and becoming more like Christ daily.

*But it is from Him that you are in Christ Jesus, who became wisdom from God for us—our righteousness, sanctification, and redemption. 1 Corinthians 1:30*

It is crucial to remember that our strength does not come from within ourselves but from Christ Jesus. Paul directs our attention to the reality that our true identity is not defined by our struggles or failures but by our union with Christ. In Him, we are not just struggling individuals but the recipients of divine wisdom, righteousness, sanctification, and redemption. This is a transformative truth. When the weight of addiction tries to claim your identity, remember that in Christ, you have a new identity—one that is not tarnished by your past or your struggles. You are defined by what He has done for you, not by what you have done. This new identity in Christ offers a powerful antidote to the feelings of guilt and shame that often accompany addiction. Righteousness is not something we earn through our efforts; it is a gift from God through Christ. Sanctification, the process of becoming more like Christ, is an ongoing journey that doesn't demand perfection from the outset. And redemption reminds us that no matter how far we have fallen, we are never beyond God's grace. Embrace this new identity, for in Christ, you are no longer defined by your addiction but by His victory and love.

How does understanding that your righteousness comes from Christ, not your efforts, change how you view your struggles? How can remembering that you are sanctified in Christ alter your response in moments of temptation or failure?

*To give any less than your best is to sacrifice a gift. Steve Prefontaine.*

## **Homework 1: Reflecting on Past Milestones**

**Objective:** Identify and reflect on key spiritual growth milestones in your journey.

**Task:** Spend 30 minutes writing a list of at least five significant spiritual growth milestones you have experienced since beginning your journey toward freedom from addiction. Write 2 sentences describing each milestone, how it impacted your faith, and what it taught you about God's work in your life.

**Discuss:** How does reflecting on past milestones change your perspective on your current struggles? Share one milestone and discuss how it has served as a motivator in moments of temptation.

## **Homework 2: Setting New Spiritual Growth Goals**

**Objective:** Identify and plan for future spiritual growth milestones.

**Task:** Prayerfully consider the next steps in your spiritual journey. Write down three new spiritual growth goals you want to reach in the next six months. For each goal, outline the practical steps you need to take and the spiritual disciplines you will commit to to achieve them.

**Discuss:** How do these new goals align with your understanding of God's transformative work in your life? Discuss how setting these goals helps you stay focused on your spiritual growth rather than merely avoiding relapse.

### **Homework 3: Creating a Spiritual Growth Journal**

**Objective:** Develop a habit of regularly documenting and celebrating spiritual growth milestones.

**Task:** Start a spiritual growth journal where you will record your progress, setbacks, and reflections on your journey. Write an entry at least twice a week, focusing on the evidence of God's work in your life, Scriptures that speak to your current season, and prayers for continued growth.

**Discuss:** How does journaling your spiritual journey provide a sense of continuity and growth? Share how this practice can help you during times of doubt or discouragement.

### **Homework 4: Sharing Your Testimony**

**Objective:** Recognize and share the significance of spiritual growth milestones with others.

**Task:** Prepare a brief testimony (2-3 minutes) highlighting key spiritual growth milestones in your journey. Focus on how these milestones demonstrate God's faithfulness and transformative power. This week, plan to share this testimony with a small group or a trusted accountability partner.

**Discuss:** How does sharing your testimony of spiritual growth strengthen your faith and encourage others? Discuss how these milestones serve as a witness to God's ongoing work in your life.

## **Homework 5: Anchoring Your Identity in Christ**

**Objective:** Internalize and live out your new identity in Christ.

**Task:** Memorize 1 Corinthians 1:30 and meditate on its meaning daily. Reflect on how your identity in Christ—rooted in righteousness, sanctification, and redemption—affects your view of spiritual growth milestones.

**Discuss:** How does understanding your identity in Christ reshape your approach to overcoming addiction? Discuss how this identity impacts your perspective on spiritual growth milestones.

# Eternal Perspective

## Month Twelve 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**

Overcoming stupidity while battling addictions is like trying to win a race while carrying a backpack full of rocks—you will get there eventually, but you might trip over your own feet a few times. The first step is to admit that stupidity is not a permanent condition but a temporary lapse in judgment. We have all had those moments when we thought, “*This seems like a great idea!*” only to realize later that our brain must have been on vacation. When fighting addiction, recognizing your own foolish patterns can actually become a superpower. It allows you to laugh at yourself, learn from your mistakes, and move forward with a clearer head.

The trick is not to take yourself too seriously. Yes, you have made some dumb decisions—who has not? But that does not mean you are stuck in that rut forever. Replace that foolishness with wisdom, one choice at a time. Read the book of Proverbs, which is full of nuggets like, “A fool’s way

is right in his own eyes, but whoever listens to counsel is wise” (Proverbs 12:15). Start listening more to others and less to your own impulsive desires. Eventually, you will find that the less you rely on your own “*brilliant*” ideas, the easier it becomes to make choices that align with your goal of overcoming addiction. And if you do stumble again, just remember—it is all part of the process. I end every podcast with the same tagline, and I’m going to end our Words of Wisdom in the same way.... “*Be good, don’t be stupid.*”

**Maintaining Spiritual Disciplines:** Neglecting your spiritual nourishment is easy as you disciple others. Each day brings the challenge of staying devoted to Scripture reading, prayer, and fellowship. These disciplines are vital for keeping your relationship with Christ strong, ensuring you pour from a well that is being consistently filled.

**Overcoming Fear of Rejection:** Evangelizing often brings rejection, and that can be particularly challenging for someone who has experienced shame or self-worth struggles in addiction. You must remind yourself daily that your identity is in Christ, not in the approval of others.

**Balancing Compassion with Truth:** When ministering to the lost or teaching believers, it is crucial to balance compassion with truth.

**Guarding Against Relapse:** Ministering to others can sometimes stir emotions or memories tied to addiction. Guard your heart, not only for yourself but also for the sake of those you are leading, ensuring that you remain on the path of recovery and righteousness.

## **Week Forty-Eight: Resurrection Hope**

The hope of resurrection is a transformative concept for those grappling with addiction. Understanding this truth provides a framework for lasting change. It shifts the focus from the immediate allure of addictive substances to the eternal significance of life in Christ. When someone fully grasps that earthly struggles are but a fraction of an eternal journey, temporary comforts lose their appeal. This eternal perspective makes the quest for lasting transformation more urgent. It also reassures individuals that victory over sin and death is already a reality through Jesus Christ. Knowing our eternal destination can inject a sense of purpose into everyday decisions, leading to choices that honor God rather than fleeting pleasures.

Additionally, the hope of resurrection provides powerful tools for combating addiction. It is a constant reminder that the same power that raised Christ from the dead dwells within believers. This indwelling power equips individuals to transcend their past and current failings, including addiction. An identity rooted in Christ becomes the defining feature of their lives, not their struggles with addiction. This shift in perspective creates fertile ground for faith, personal renewal, and long-term recovery.

The concept of an eternal destination elevates the stakes of breaking free from addiction while offering unparalleled strength and motivation. Embracing the hope of resurrection opens the door for intervention, setting the stage for miraculous breakthroughs. This profound spiritual foundation becomes an unshakeable pillar, supporting individuals as they strive to live a life that reflects their eternal calling. Embracing the hope of resurrection is critical for anyone committed to overcoming addiction.



*Jesus said to her, 'I am the resurrection and the life. The one who believes in me, even if he dies, will live.'* John 11:25

In your struggles, when you feel consumed by the weight of past decisions or the stronghold of addictive behaviors, it is easy to feel spiritually dead. The enemy whispers that change is impossible and that your identity is tied to your addiction. Yet, Jesus declares Himself as the resurrection and the life. This means that no matter how deep your addiction has taken you, no matter how broken your life may seem, you are not beyond hope. Christ has the power to resurrect not just your soul for eternal life but also to resurrect your purpose, your relationships, and your ability to live a life free from the bondage of addiction. Through His resurrection power, you have the promise of new beginnings every day.

You must anchor your recovery in this resurrection hope, understanding that Jesus not only died for your sins but rose again to give you abundant life. His resurrection is the ultimate victory over sin and death, and it assures you that nothing—no addiction, no failure—has the final word over your life. You are called to die to your old self, the one bound by addiction, and rise to a new life empowered by the Holy Spirit. This resurrection is not just future-oriented; it is a present reality you can experience today as you surrender every part of your life to Christ. You are not defined by your addiction; you are defined by Christ, who lives within you.

How does the resurrection of Jesus give you hope in your journey of overcoming addiction, especially when you feel defeated or overwhelmed? How can you continually remind yourself that your identity is in Christ and not in your past mistakes?

*I didn't quit drugs/alcohol. I just started to live a life full of blessings without them.*

## **Homework 1: Reflecting on Resurrection Hope**

**Objective:** To deepen your understanding of how Jesus's resurrection influences your recovery journey.

**Task:** Write a ½ page on John 11:25, focusing on how Jesus' declaration that He is "*the resurrection and the life*" applies to your life. Specifically, reflect on how this promise gives you hope and strength when you feel overwhelmed by the temptations of addiction. Be specific in identifying the moments you have felt defeated and how the hope of resurrection encourages you to press forward.

**Discuss:** How can embracing the hope of resurrection help you resist the fleeting comforts of addiction and instead pursue eternal, lasting change? How does Jesus' resurrection promise inspire you to seek freedom today?

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## **Homework 2: Embracing New Life in Christ**

**Objective:** To develop a personal strategy for daily reminders of your new identity in Christ.

**Task:** Write down five practical ways to remind yourself daily that your identity is in Christ and not your addiction. These can include Scripture memorization, prayer, or daily affirmations rooted in the resurrection hope. Create a schedule for one week where you intentionally incorporate these practices into your routine.

**Discuss:** Why is it important to keep your mind focused on your new identity in Christ rather than your past mistakes? How can these practices strengthen your commitment to recovery?

### **Homework 3: Victory Through Resurrection Power**

**Objective:** Identify the spiritual power available to you as a believer through Jesus' resurrection.

**Task:** Read Romans 8:11 and meditate on the power of the Holy Spirit who raised Jesus from the dead living in you. Write ½ page on how this power can equip you to break free from addictive behaviors. Consider specific struggles and how this resurrection power gives you the strength to overcome them.

**Discuss:** How does knowing that the same power that raised Christ from the dead resides in you change the way you approach your recovery journey? How can you practically apply this truth to moments of weakness?

### **Homework 4: Eternal Perspective in Recovery**

**Objective:** To shift your focus from temporary temptations to eternal rewards.

**Task:** Write a list of 10 ways that focusing on eternity can impact your daily decisions, especially in the context of your recovery.

**Discuss:** How does an eternal focus change the way you view your struggles with addiction? How can the hope of resurrection inspire perseverance and long-term transformation in your life?

### **Homework 5: Resurrection Power for Daily Living**

**Objective:** To practice surrendering every area of your life to Christ's resurrection power.

**Task:** Choose three areas of your life where you are still struggling with addiction or areas that are not bringing God praise, glory, and honor. Write a prayer for each area, surrendering it to Christ and asking for His resurrection power to bring renewal and victory. Commit to praying these prayers daily for the next week, and keep a journal noting any changes in your mindset or behavior.

**Discuss:** How does surrendering these areas to Christ impact your recovery? In what ways do you experience His resurrection power working within you as you trust Him with your struggles?

## **Week Forty-Nine: The Trinity**

The Trinity, encompassing the Father, Son, and Holy Spirit, presents an understanding that can bring solace and strength to those combating addiction. Recognizing the Father's role as the loving Creator, individuals can grasp their inherent value, understanding that they were fashioned for a destiny higher than their current challenges. Such knowledge instills a drive to seek change, seeing oneself as a cherished creation of God. The Son, Jesus Christ, the ultimate counselor symbolizes the bridge to that change, offering Himself as a beacon of hope through His sacrificial life, death, and subsequent resurrection. His example provides a concrete roadmap for those aspiring to transcend addiction, demonstrating that redemption and transformation are attainable.

The Holy Spirit, often called the Comforter, empowers believers in their journey towards wholeness. The Spirit's presence in the lives of the faithful ensures guidance, conviction, and the necessary resilience to surmount addiction. The Trinity's collective influence provides a comprehensive approach: the Father bestows purpose and unwavering love; the Son offers redemption and a model of perseverance. At the same time, the Holy Spirit continually equips and inspires.

For someone wrestling with addiction, this triune relationship forms a steadfast foundation upon which they can build their recovery. A deeper appreciation of the Trinity's dynamics enhances a person's spiritual connection, fostering an enriched prayer life and continuous communion. The embrace of the Trinity is, an anchoring force, grounding individuals in their pursuit of a life free from addiction's chains.

*and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, "You are my beloved Son; with you I am well pleased." Luke 3:22*

The Trinity—Father, Son, and Holy Spirit—actively participates in your spiritual renewal. As you face struggles with addiction, you do not stand alone. In His sovereign love, the Father identifies you as His beloved, just as He declared over Christ. The Holy Spirit descends upon you, empowering you to resist the grip of sin. Jesus, the beloved Son, stands as the one who endured all temptation yet remained without sin, ensuring your path to victory. Each person of the Trinity uniquely transforms your life, particularly in the battle against addiction. Like a loving Father, God affirms you as His child, grounding you in a love that addiction tries to deny. Jesus, through His life and sacrificial death, offers an example of how to live in obedience and freedom from sin. He faced temptations much like your own, yet overcame them by walking in the will of the Father. His death and resurrection make it possible for you to walk in the newness of life, no longer enslaved to addiction. The Holy Spirit, symbolized by the descending dove, represents the power you need to break free from the chains of sin. The Spirit does not merely comfort; He strengthens, convicts, and empowers you to walk in victory each day. As you rely on each member of the Trinity, you can be assured that you are not alone in this journey.

How can you deepen your awareness of the Father's love when addiction tries to convince you otherwise? What areas of your life need to reflect more of Christ's example of overcoming temptation?

*Adversity is a bridge to a deeper relationship with Christ.  
~Charles Stanley*

## **Homework 1: Understanding the Father's Role**

**Objective:** Reflect on how God, the Father, shapes your identity and purpose, providing hope in overcoming addiction.

**Task:** Spend time in prayer and meditation on Psalm 139:13-16, reflecting on how you are wonderfully made by God. Write a ½ page reflection on how knowing God as your loving Creator affects your approach to overcoming addiction. Focus on how the Father's love and purpose for you contrast with the lies of addiction.

**Discuss:** How does recognizing yourself as God's beloved creation change your view of your value and future? How can this understanding motivate your pursuit of recovery?

## **Homework 2: Following Christ's Example**

**Objective:** To explore Jesus' life and how His example provides a roadmap for overcoming temptation and addiction.

**Task:** Read Hebrews 4:15-16 and reflect on how Jesus, who faced temptation yet remained sinless, offers a model for your struggles. Write ½ page on how Christ's obedience to the Father and His victory over temptation applies to your fight against addiction.

**Discuss:** In what areas of your life do you need to rely more on Christ's example to overcome temptation? How does Jesus' sacrificial love give you hope in your journey toward freedom?

### **Homework 3: The Holy Spirit's Empowerment**

**Objective:** To explore the role of the Holy Spirit as the Comforter and Empowerer in your recovery process.

**Task:** Reflect on Romans 8:11 and how the same Spirit that raised Jesus from the dead lives within you, empowering you to overcome addiction. Write two paragraphs describing how you can rely on the Holy Spirit for strength and resilience in your daily walk. Focus on how the Spirit provides comfort and conviction in moments of temptation.

**Discuss:** How can you deepen your relationship with the Holy Spirit to fully experience His empowerment? In what ways has the Spirit already strengthened you in your recovery journey?

### **Homework 4: Embracing the Fullness of the Trinity**

**Objective:** To integrate the understanding of the Trinity—Father, Son, and Holy Spirit—into your spiritual renewal and recovery process.

**Task:** Meditate on Luke 3:22 and reflect on the interconnectedness of the Father, Son, and Holy Spirit in your recovery journey. Write a ¼ page on how each Person of the Trinity provides unique support in your battle against addiction, focusing on the Father's love, the Son's sacrifice, and the Spirit's empowerment.

**Discuss:** How does your understanding of the Trinity bring comfort and strength in times of struggle? How can you intentionally rely on each member of the Trinity as you walk toward healing?



## **Homework 5: Cultivating a Deeper Prayer Life**

**Objective:** To develop a richer, more meaningful prayer life by embracing the relational aspects of the Trinity.

**Task:** Begin each day this week by addressing a different Person of the Trinity in prayer. On Day 1, thank the Father for His love and purpose for your life. On Day 2, thank the Son for His sacrifice and example. On Day 3, thank the Holy Spirit for His comfort and power. Write ½ page on how this practice has deepened your awareness of God's presence and strength in your recovery.

**Discuss:** How does addressing the distinct roles of the Father, Son, and Holy Spirit in prayer impact your spiritual life and battle against addiction? How can this approach strengthen your prayer life going forward?

## Week Fifty: Spiritual Warfare

Spiritual warfare plays a role in battling addiction, but you must balance this understanding without allowing it to overshadow other vital aspects of recovery. Ephesians 6:12 reveals the nature of this struggle, declaring, *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens”* Addiction often feels like a battle fought on multiple fronts—physical, and emotional—but you must also realize that the spiritual dimension of this fight cannot be ignored. The enemy seeks to exploit your weaknesses and entrap you in shame, guilt, and despair cycles. By recognizing the spiritual warfare at hand, you can better understand that your struggles with addiction are part of a larger battle waged against your soul.

As you face this spiritual battle, equipping yourself with the full armor of God becomes essential. Ephesians 6:13-18 outlines each piece of this armor—the belt of truth, breastplate of righteousness, shoes of the Gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit, which is the Word of God. Each element provides necessary spiritual protection, grounding you in truth and righteousness while guarding your mind and heart. With the sword of the Spirit, which is the Word of God, you wield divine power to counter the lies and temptations that addiction can whisper to your heart. Regular immersion in Scripture strengthens your defenses, ensuring that you stand firm in God’s truth when spiritual attacks arise. Spiritual warfare is not the sole focus of your recovery, but it is important in equipping you to stand firm, resist the enemy’s schemes, and walk in Christ’s freedom.

*Our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens.*  
Ephesians 6:12

As you walk the path of overcoming addiction, you must understand that your battle is not merely against the substance or behavior that has enslaved you. The enemy is far more deceptive and destructive than you might realize. Satan and his forces of evil work tirelessly to draw you away from the light of Christ and back into the darkness of bondage. The cravings, temptations, and lies you face are not just physical or emotional; they are deeply spiritual. This is why you must learn to fight on a spiritual level, relying not on your own strength but on the power of God. The forces you battle aim to exploit your weaknesses and deceive you into thinking that your addiction defines you. But you are not defined by your past or present struggles. In Christ, you are a new creation, and spiritual warfare is a fight to live out that truth daily. As you face moments of temptation, you must remember that Satan will try to isolate you, making you feel alone, ashamed, or beyond redemption. You cannot afford to fall for those lies. Your struggle is not one of flesh alone but of spirit, and the victory is already secured through Christ's death and resurrection. The more you embrace this reality, the more you will experience true spiritual freedom, a freedom that addiction cannot steal from you. The path is difficult, but you can resist the enemy's schemes.

How can recognizing the spiritual nature of this battle help you seek God's strength rather than relying solely on your own willpower? What role does prayer and Scripture play in resisting the enemy's attacks?

*True peace of mind is not dependent on circumstances. It comes from Christ.*

## **Homework 1: Recognizing the Spiritual Nature**

**Objective:** To understand that addiction involves both physical and spiritual battles, requiring a reliance on God's strength for victory.

**Task:** Read Ephesians 6:12-13 and reflect on how addiction is more than a physical struggle; it is a spiritual battle against the enemy. Write a 200-word response on how recognizing the spiritual nature of addiction helps you shift from relying on your own willpower to seeking God's strength in your recovery. In your response, include personal examples of times when spiritual warfare seemed evident in your struggles with addiction.

**Discuss:** Share how understanding this spiritual warfare perspective has transformed your approach to recovery. Does recognizing the enemy's schemes change how you view setbacks or cravings?

## **Homework 2: Equipping Yourself with the Armor of God**

**Objective:** To equip yourself with the spiritual armor necessary to withstand the enemy's attacks, as outlined in Ephesians 6:13-18.

**Task:** Study each piece of the armor of God described in Ephesians 6:13-18. Write a ¼ page on how you can practically "put on" each piece of armor in your daily battle against addiction. For example, how can the belt of truth or the shield of faith help you fight cravings or emotional triggers? Use specific examples from your personal life.

**Discuss:** How does each piece of the armor equip you to stand firm in your recovery journey? Share which piece of armor you feel most connected to and why.

### **Homework 3: Scripture in Spiritual Warfare**

**Objective:** To recognize the power of God’s Word in fighting spiritual battles, particularly in resisting temptations associated with addiction.

**Task:** Memorize Ephesians 6:17, focusing on the sword of the Spirit, the Word of God. In ½ page describe a recent situation where temptation struck and how Scripture helped you resist it. If Scripture was not used, reflect on how it could have empowered you to make a different decision.

**Discuss:** How can regularly immersing yourself in Scripture prepare you for spiritual attacks? Share examples of how God’s Word has strengthened your resolve in moments of weakness.

### **Homework 4: Spiritual Freedom Through Christ**

**Objective:** To internalize that true freedom from addiction comes through Christ’s victory, not personal strength or effort.

**Task:** Reflect on Ephesians 6:12 and the statement, “*Our struggle is not against flesh and blood.*” Write ½ page about how this truth has impacted your view of addiction and recovery. In what ways has Christ’s death and resurrection secured victory over the spiritual forces at work in your addiction? Provide practical steps to embrace this spiritual freedom in your daily life.

**Discuss:** How does Christ’s victory empower you to stand firm when facing spiritual attacks? How has understanding this victory reshaped your perception of addiction and recovery?

## **Homework 5: Prayer in Spiritual Warfare**

**Objective:** To understand the essential role of prayer in combating the enemy's attacks during addiction recovery.

**Task:** Reflect on Ephesians 6:18, which calls for prayer in spiritual warfare. Write ½ page prayer asking for God's protection and strength as you face temptations and spiritual battles. Include specific requests for wisdom in using the armor of God, and thank Him for the victory already secured through Christ.

**Discuss:** How has prayer helped you overcome spiritual attacks in the past? Share how a regular prayer life can enhance your spiritual resilience in your recovery journey.

## **Week Fifty-One: Spiritual Gifts**

Your spiritual gifts will become vital in your journey away from addiction and toward a life of purpose. By embracing your spiritual gifts, you fortify your walk with God, allowing His strength to work through you as you defeat addiction's grip. These gifts are a means of personal transformation and a key to making a lasting impact on others. When you use your gifts to serve within the body of Christ, you shift the focus away from self-centered behaviors that often fuel addiction. Serving others requires humility and sacrifice, two qualities that stand in direct opposition to the selfish tendencies that addiction fosters. When you prioritize the well-being of others through acts of service, you cultivate a mindset rooted in Christ's love, leading to a life that reflects His grace and truth. In this process, the temptation to revert to addiction weakens as your heart grows more attuned to the needs of those around you. Each time you exercise your spiritual gifts, you strengthen God's kingdom and witness how your role serves His greater plan.

Using your spiritual gifts serves as a testimony to God's power and grace. Each time you step into a service role, you declare that God's work in your life is greater than the chains of addiction. As others witness your transformation, they see the evidence of God's grace at work. Your life becomes a living example of His redemptive power, showing that no addiction is too strong for God to overcome. By sharing your gifts with others, you provide hope to those still trapped in addiction, offering them a glimpse of the freedom that comes from a relationship with Christ. In this way, your spiritual gifts defeat addiction in your own life and become a beacon of hope for others, pointing them to the One who can break every chain. The gifts you have been given are not just for your benefit but for strengthening the entire body of Christ.

*Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God. If anyone speaks, let it be as one who speaks God's words; if anyone serves, let it be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To him be the glory and the power forever and ever. Amen* 1 Peter 4:10–11.

Spiritual gifts signify His grace and responsibility, calling you to steward them faithfully. No matter how broken your past may be, God's grace can redeem your gifts for His purposes. You must not see yourself as disqualified because of past addiction. Instead, trust that God's grace is enough to restore and equip you to serve others in a way that reflects His glory. The path of recovery includes finding meaning beyond yourself, and your spiritual gifts offer that opportunity. Addiction often leads to isolation and self-focus, but spiritual gifts shift your attention outward, allowing you to minister to others as God works through you. You are called to speak and serve not in your own strength but in the strength God provides. This takes the pressure off you to be perfect; instead, it focuses on the sufficiency of God's grace. Whether you have been given a gift of teaching, encouragement, hospitality, or mercy, every act of service carries eternal significance when done in the name of Jesus Christ. Embrace the truth that your gifts, however small they may seem, are integral to the body of Christ. In using them, you step into the fullness of God's design for your life, contributing to the healing and building up of others in the community of believers.

**How do you see God using your spiritual gifts to serve others, even in your recovery journey?** What steps can you take to steward your gifts faithfully?

*If your path has no obstacles, it likely leads nowhere.*



## **Homework 1: Identifying Your Spiritual Gifts**

**Objective:** To help you discover and understand the spiritual gifts God has given you and how they can contribute to your recovery.

**Task:** Prayerfully reflect on your life experiences and ask those in church leadership to help identify what spiritual gifts you possess (I am not a fan of any tests.) Write ½ page on how you believe God has equipped you to serve others, even amidst your struggles with addiction. Reflect on 1 Peter 4:10-11 and how it speaks to using these gifts for God's glory.

**Discuss:** How do your spiritual gifts help with God's plan for your recovery? How can these gifts be used in your faith community to support struggling others?

## **Homework 2: Using Spiritual Gifts to Serve**

**Objective:** To understand how your spiritual gifts can be practically used to serve others and break free from addiction.

**Task:** After identifying your spiritual gifts, create a plan for using them in your church or community. Write a summary detailing where and how you will serve, and reflect on how service can help you recover from addiction. Include at least one Bible verse that inspires you to use your gifts (e.g., 1 Peter 4:10-11).

**Discuss:** How does serving others with your gifts diminish selfishness and reinforce your recovery? How can you remain consistent in this, even when it feels difficult?

### **Homework 3: Serving in Humility**

**Objective:** To cultivate humility through the use of spiritual gifts in service to others, reducing self-centeredness that feeds addiction.

**Task:** Reflect on a time when you served someone selflessly, either recently or in the past. Write ¼ page on how that service impacted you and the recipient. Focus on how God worked through you and how humility was cultivated. Consider how continued acts of service may further your healing journey from addiction.

**Discuss:** In what ways does humility counteract addiction's grip on your life? How can you continue practicing humility through service?

### **Homework 4: Sharing Your Testimony**

**Objective:** To use your spiritual gifts to testify to God's grace and His power over addiction.

**Task:** Write your testimony describing how God has used your spiritual gifts to strengthen your recovery and how these gifts have allowed you to bless others. Share your testimony with whoever is discipling you (or your church group) and reflect on the response you received.

**Discuss:** How does sharing your testimony of God's grace in your life bring healing to you and others? How do your spiritual gifts make your testimony even more powerful?

### **Homework 5: Stewardship of Spiritual Gifts**

**Objective:** To recognize the responsibility of faithfully

stewarding your spiritual gifts for God's glory and the benefit of others.

**Task:** Reflect on how you can be a good steward of the spiritual gifts God has entrusted to you. Write a reflection discussing practical steps you can take to ensure that your gifts are being used effectively within the body of Christ. Consider how 1 Peter 4:10-11 encourages you to be a faithful steward.

**Discuss:** How does faithful stewardship of your spiritual gifts contribute to your recovery journey? What challenges may arise in maintaining consistency, and how can you overcome them?

## Week Fifty-Two: Witnessing

Sharing the good news of Christ is essential in overcoming addiction. The call to evangelize is not merely a command; it is a transformative tool that God uses to help you in the battle against addiction. Witnessing acts like a twofold weapon, strengthening your faith while extending that hope to others trapped in bondage. Witnessing is necessary to fulfill God's call to "*evangelize the lost and teach the saved*" (Matthew 28:19). As you proclaim the Gospel to those who are lost in their sins, including those struggling with addiction, you offer them the life-saving message of Jesus Christ. For believers, witnessing becomes an opportunity to disciple and teach them how to walk in freedom. Sharing your story and the truths of Scripture provides a practical way to model for others how to navigate their own spiritual battles. Teaching others about the grace and power of God reinforces those same truths in your own life, keeping you grounded in the Gospel as you continue your recovery journey.

Addiction often convinces you that life is about personal pleasure or escape, but when you witness, you realign your heart with God's will and purpose. You recognize that your story of overcoming addiction is not just for your benefit but is also a means by which God is glorified. As you share the message of His grace and power, you give Him the honor He deserves, and this act of worship further strengthens your resolve to stay free from the bondage of addiction. Witnessing is an act of obedience and an indispensable tool in the fight against addiction. Through evangelizing, you strengthen your faith, hold yourself accountable, build community, glorify God, and fulfill the Great Commission.

*Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.* Matthew 28:19-20

Christ's great commission lays the foundation for your responsibility to witness, especially as you experience the Gospel's transformative power in your journey out of addiction. As you embrace Christ's freedom, your testimony becomes a living example of God's redemptive power. You have encountered darkness, but now you stand in the light, and this transformation is not something to keep hidden. Sharing your story of how Christ delivered you from the grip of addiction will serve as a powerful witness to others who are still struggling. Your story can become a beacon of hope that points them to the only source of true restoration. Witnessing is not just a command; it is a privilege. Through witnessing, you actively participate in God's plan of redemption. You must remember that you are not sharing your strength or wisdom but proclaiming Christ's power in your weakness. As you share how God's grace brought you out of addiction, you magnify His name and glorify His work in your life. You are empowered to lead others to the same wellspring of life that sustains you daily. By stepping into this calling, you participate in God's grand narrative of salvation, extending the hope of the Gospel to those still trapped in bondage. God promises to be with you always, even in moments of doubt or fear as you witness.

How has your journey of overcoming addiction positioned you to share the Gospel with others? In what ways can you live out the Great Commission daily?

*People will forget what you said. People will forget what you did. But, people will not forget how you made them feel.*

## **Homework 1: Sharing Your Testimony**

**Objective:** To help you reflect on your journey and how your story can point others to Christ.

**Task:** Reflect on how God has transformed your life since beginning your recovery. Write a 2-3 page testimony focusing on how Christ set you free from addiction and what practical changes He made in your life. Include key Scripture verses that have strengthened your walk. Practice sharing this testimony with a trusted friend or accountability partner this week.

**Discuss:** How does sharing your testimony help you stay grounded in your recovery journey? What fears or hesitations do you have about sharing your story with others?

## **Homework 2: Identifying Opportunities to Witness**

**Objective:** To recognize and actively engage in opportunities to share the Gospel in everyday situations.

**Task:** Throughout the week, pay close attention to interactions with people in your community, workplace, or family who may need to hear the Gospel. Write down three specific opportunities where you felt prompted to share your faith but did not or did. Pray for those individuals and ask God for boldness to engage in Gospel conversations with them.

**Discuss:** How do everyday conversations offer opportunities to share the Gospel? What can you do to better recognize and act on these opportunities?

### **Homework 3: Memorizing the Great Commission**

**Objective:** To equip you with the foundational biblical mandate for witnessing.

**Task:** Memorize Matthew 28:19-20, focusing on what Christ calls all believers to do. Write a reflection on how this command from Jesus applies to your journey of overcoming addiction. How can you practically live out this commission in your daily life, especially in contexts where you meet others struggling with addiction?

**Discuss:** How does witnessing fulfill God's purpose for your life? What practical steps can you take to make disciples and teach them about freedom in Christ?

### **Homework 4: Witnessing Through Acts of Kindness**

**Objective:** To show how living out the Gospel in action can be a powerful form of witnessing.

**Task:** Plan and complete one act of kindness this week for someone you know who is struggling with addiction. This could be as simple as offering a meal, providing a listening ear, or sharing a Scripture verse. Afterward, journal how this act opened up an opportunity to share Christ's love.

**Discuss:** How can acts of kindness demonstrate the love of Christ to those still struggling? How did your action pave the way for a conversation about the Gospel?

### **Homework 5: Leading Others to Freedom in Christ**

**Objective:** To focus on practical ways to lead others out of addiction by pointing them to Christ.

**Task:** Identify someone in your life who is currently struggling with addiction. Spend time in prayer for them each day this week, asking God to soften their heart to the Gospel. At the end of the week, plan to have a conversation where you share how Christ helped you break free and how He can do the same for them. Be prepared to follow up with resources such as Bible studies or counseling.

**Discuss:** How can your experience with addiction help others find hope in Christ? What challenges do you face when leading someone else to freedom in Christ, and how can you overcome them?