

## Other group opportunities

- **Reformers Unanimous Addictions Program:**

- Friday: 7pm-9:30pm
- address
- (phone)
- Free child care
- For the entire family

- **Overcomers Bible Study group:**

- Sunday: 8:45am-9:50am
- address / phone
- Nursery available.
- Sunday School for all ages
- Coffee and donuts

### **Reformers Unanimous International:**

- Founded by Steve Curington in 1996
- Based in Rockford, IL
- Nearly 800 chapters internationally; in 14 foreign countries.
- Not a cure for addictions, but introduces to the Truth which is the cure.
- 91% of the people who have graduated the Milford RU Chapter are getting victory over their addictions.

>>>> ADDICTIONS HOTLINE 866-733-6768 <<<<

## Home Recovery Group ~ Recovery without Relapse ~

### **Getting the most from HRG**

(principles to follow all 10 weeks)

- Arrive on time (even a few minutes early).
- Complete reading assignments.
  - Make a note of any questions or comments that can be used for discussion.
- Have an open mind to truths presented (truths are not opinions, but are backed up by fact).
- Be considerate of others:
  - Leader is the only one allowed to interrupt another.
  - Understand that we all might not have the same views, but we will seek truth together.
- Goal: Present truths that will help you in your recovery.
- Remember: There is hope!

### **General Schedule**

- Key Principle presentation discussion.
- Reading topic questions and discussion.

### **Week #2 Assignment**

- Key Principle #1 ñ Read pages 6-12

## Week #1

- Introductions
- About the Book and authors:
  - Recovery without Relapse
    - Dr. George Crabb is a board certified doctor who practices Internal medicine and Addiction medicine in Rockford, IL.
    - Ben Burks is the International Director for Reformers Unanimous International.
- Ten (Key) Principles to Conquer Stubborn Habits
  - A Bible based truth that detail a boundary that guarantee freedom and prosperity.
  - Boundaries do not limit freedom.
  - Freedom is measured by boundaries.
  - As we learn to stay within these boundaries, we experience freedom from addictions/strongholds and growth.
- PRIMER:
  - How does the world view addicts?
  - What are some reasons that people become addicts?
  - What is the basis of your opinions concerning addiction recovery?

**Principle #9 ñ We lose our freedom to choose when we give in to temptation. Our consequences are inevitable, incalculable, and up to God.**

- Let's read pages 31-33

*Proverbs 20:17 Bread of deceit is sweet to a man; but afterwards his mouth shall be filled with gravel.*

- What is this verse teaching us?

Have you ever given into a temptation believing you were in control of the situation, but something happened where you found you were not in control?

Why do some people have a drink remain social drinkers, but others drink and become alcoholics?

*Pr 5:22 His own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins.*

- Sin is a stronghold and you don't control how severely it is going to grab you.
- Giving in to temptations/sin can allow that to gain a strong hold on our life:
  - *2 Ti 2:26 And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.*
  - *John 8:34 Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin.*

When you give into your addiction or stronghold, are you REALLY in con