

## 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.

## 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.

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

# Home Recovery Group

## ~ Recovery without Relapse ~

## Week #6 Assignment

- Key Principle #5 ñ Read pages 21-23
- Chapter 4 ñ Read pages 86-110.
- What are your triggers? Let's discuss sources and avoidance.

## Principle #4: WE CANNOT FIGHT A FLESHY APPETITE BY INDULGING IN IT.

*James 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed. 15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. 16 Do not err, my beloved brethren.*

*Ec 5:10 He that loveth silver shall not be satisfied with silver; nor he that loveth abundance with increase: this is also vanity.*

## REVIEW:

**FREEDOM, NOT SOBRIETY, IS THE GOAL** (Freedom = A state of exemption from the power or control of another)

Alcoholism and addiction are not diseases, but they are a lifestyle you have chosen in response to certain underlying conditions in your life.

- Alcohol and drugs are not the problem. They are what you are using to help yourself cope with problems.

**BONDAGITIS** = made up word to accurately describe addictions.

- Bondagitis is a symptom not the problem.
- If we have Bondagitis, we need uncover **WHY** effectively treat it; and be **FREE** from it.
- Healing from the source must occur to prevent a return to bondagitis or substitutionary addictions.

Identifying and then healing the underlying causes of **BONDAGITIS** is all about restoring one's body, soul, and spirit to their God-ordained balance.

- *Pr 16:11 A just weight and balance are the LORD'S: all the weights of the bag are his work.*
- We need to obtain balance without the use of substances.
- This balance starts with knowing Jesus Christ as your Savior.
- It continues to develop as we establish a dynamic, intimate, personal relationship with Him.

## **RELAPSE IS NOT PART OF RECOVERY**

- Relapse disrupts balance of body, soul, and spirit.
- Relapse is a coping mechanism.
- Recovery occurs when we learn to use the right tools to cope.
- To properly recover, we must change from the inside out.

### **- Principles -**

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

Principle #1 ñ IF GOD IS AGAINST IT, SO AM I!

Principle #2 ñ EVERY SIN HAS ITS ORIGIN IN OUR HEARTS

## Chapter 4: IT CAN BE YOU

What you believe about your addiction or stronghold and recovery without relapse are key factors in determining if you will overcome your bondagitis to addictive substances and behaviors.

- At Reformers Unanimous we believe there is hope; we believe there is recovery without relapse through Jesus Christ; we believe that freedom is the norm!
- Why do you think someone would attend an RU meeting; hear the testimonies of victory; witness people being made free and NOT believe it can be them?

### **Triggers:**

- What is a trigger?
- Is it important to identify your triggers?
- What happens if we nurture (feed) a trigger?

Trigger -> \_\_\_\_\_ -> \_\_\_\_\_ -> Activity

- Often the cravings produced by triggers are our longing for things to be different than the way they are in the moment. If we give in to the craving produced by a trigger, does it generally bring the result or feelings we desire?
- Can we avoid ALL triggers?
- What RU Principle(s) have we studied in previous weeks that could be applied to triggers?
- The best way to deal with trigger is to be \_\_\_\_\_. RU goal is to equip you to overcome life's triggers and challenges. We can't fix you, but we can equip you!