

(cont'd)

WEEK #8

Addictions and destructive behaviors are a search for relief and answers.

- Remember: Bondagitis
- How can the Truths (Word, Jesus Christ, Holy Spirit indwelling) provide the relief and the answers we need?

We all have a hole or a hurt that will never be filled with addictions, strongholds, or destructive behaviors. Unless we allow God to heal us and complete us (fix the underlying conditions), we will return to our bondagitis.

- *Pr 26:11 As a dog returneth to his vomit, so a fool returneth to his folly.*

God said: *Jer 33:3 Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.*

### Other group opportunities

- Reformers Unanimous Addictions Program:
  - Friday: 7pm-9:30pm
- Overcomers Bible Study group:
  - Sunday: 8:45am-9:50am

### 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.

# Home Recovery Group

## ~ Recovery without Relapse ~

### Week #9 Assignment

- Key Principle #8 & #10 ñ Read pages 28-30, 34-39
- Chapter 5 ñ Read pages 124-129.

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## Principle #7: OUR SINFUL HABITS DO HURT THOSE THAT FOLLOW US

*Ro 14:7 For none of us liveth to himself, and no man dieth to himself.*

Are you willing to admit this principle is true?

How has your bondagitis hurt those that love you/follow you?

## 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 FREED 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.

- 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.

### Triggers:

- Trigger = event that initiates thoughts, feelings, and sensations, leading to cravings to engage in addictive behavior.

TRIGGER -> THOUGHT -> CRAVING -> ACTIVITY

## GOD'S EXIT STRATEGY:

### 1. THOUGHT CAPTIVATION

- 7 Things to do EVERY day: Daily search the scriptures; Daily take up your cross; Daily exhort; Daily Die; Daily perform your vows; Daily praise God; Daily Prayer

### 2. AVOIDANCE OR ESCAPE

### 3. REMEMBERING

### 4. ACCOUNTABILITY PARTNER

## Chapter 5: AN ENDING APPEAL

### Belief System:

- Determines how we will \_\_\_\_\_ to events that come into our life.
- Week #16 We talked about the basis of our opinions and beliefs. Why do we believe what we believe? What forms our beliefs?

The MOST important thing about our belief system is it must be based on \_\_\_\_\_ !

- Are all the things that form our belief system true? If not, how do we change that?
- When you know your belief system is based on truth, can it always be trusted? Can we always respond based on it? How does that change things (our response; the results)?

### God's Word is Truth (John 17:17)

- Even when we believe this, do we always respond (act/react) based upon it?

### Jesus is the Truth (John 14:6)

- How can Jesus (the Truth) change our beliefs; change the way we respond?
- What other help does Jesus promise in John 14? (hint v.25-26)? And why is help crucial to our recovery?
  - A \_\_\_\_\_ - led soul will develop a sensitivity to the internal and external triggers that stimulate our addictive, destructive