

4. ACCOUNTABILITY PARTNER

- Who are some good accountability partners for us to utilize?
- What role should the accountability partner have?

5. LIVE IN THE MOMENT

- What does this mean?
- Is this a sound strategy?
- How do we accomplish?

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 #8 Assignment

- Key Principle #7 ñ Read pages 26-28
- Chapter 5 ñ Read pages 124-129.

Principle #6: THOSE WHO DO NOT LOVE THE LORD WILL NOT HELP YOU SERVE THE LORD.

Joh 15:19 If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.

Pr 24:15 Lay not wait, O wicked man, against the dwelling of the righteous; spoil not his resting place:

Ps 1:1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

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 substitutory 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.

Triggers:

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

TRIGGER -> THOUGHT -> CRAVING -> ACTIVITY

- When you feed a trigger it grows!
- The best way to deal with a trigger is to be PREPARED!
 - IDENTIFY your triggers.
 - Avoid if you can
 - Equip yourself to handle the trigger. (cast down evil imaginations)

Chapter 4: IT CAN BE YOU

Stopping addictive behavior at the Trigger:

1. It must be founded on the _____.
2. It must be immediately available.
3. It must be something possible to do in the real world.
4. It must be something that will be successful when done properly.
5. It must be something that the individual is capable of doing.
6. It must be able to work for all triggers.

GOD'S EXIT STRATEGY:

1. THOUGHT CAPTIVATION

- How do we captivate our thoughts? What is the best tool?
- 7 Things to do EVERY day:
 - A. Daily search the scriptures (Acts 17:11) - Read, study, memorize and meditate.
 - B. Daily take up your cross (Acts 9:23) - Look to help others.
 - C. Daily exhort (Heb 3:13) - Look to encourage others.
 - D. Daily Die (1 Cor 15:11) - Ask God for His will.
 - E. Daily perform your vows (Ps 61:8) - do what you promised God.
 - F. Daily praise God (Ps 119:164) - Meditate how great God is.
 - G. Daily Prayer (Ps 86:3) - Spend time throughout the day
- How can these help? How HAVE these helped you?

2. AVOIDANCE OR ESCAPE

- What is the key to this strategy?
- Who must we listen to?
- What does Proverbs 27:12 teach us about this strategy?

3. REMEMBERING