

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 ~

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 #3 Assignment

- Key Principle #2 ñ Read pages 13-15

Principle #1 ñ If Godí s against it, so am I!

Gal 5:19-21 Now the works (deeds) of the flesh (humans) are manifest (revealed), which are these; Adultery (sex with other than your wife), fornication (sex outside of marriage), uncleanness (sexual impurity), lasciviousness (sexual excess), Idolatry (things in your life that are more important than God), witchcraft (sorcery), hatred, variance (causing strife or discord), emulations (being jealous), wrath (sinful anger), strife (selfish ambition), seditions (dissentions), heresies (organized divisions or cliques), Envyings, murders, drunkenness, revellings (excessive eating) and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

- How do we know what God is against? Is that difficult to discern?
- Why is it important for you and I to be against anything that God is against?
- What benefits will be obtained from staying IN this boundary?

Chapter 2: FREEDOM, NOT SOBRIETY, IS THE GOAL

- Sobriety =
- Freedom =

Would you rather be SOBER or FREE?

How does the mindset of ñ Once an alcoholic/addict, always an alcoholic/addict ñ affect your recovery?

We believe:

- There is hope! You do not have a disease and you can experience FREEDOM.
- Addictions start with a bad choice ó usually a way to cope with problems or to fill a void.
- There is a better way to cope with underlying problems than self-medicating through addictive behavior.
- When the problem is discovered and is properly dealt with the need for destructive behaviors disappears.

BONDAGITIS = made up word to accurately describe addictions.

- Bondagitis is a _____ not the problem.
- If we have Bondagitis, we need uncover _____; effectively treat it; and be _____ from it.

Addiction = the compulsive, physiological need for and use of a habit-forming substance or behavior.

What is the difference between a physical dependence and a psychological dependence?

All addictive drugs and destructive behaviors produce a reward system in the brain ó which gives us a sense of well-being and alleviates bad feelings.

- What happens as the body learns to counteract the effects of these substances?

What happens if a person withdraws physically, but does not treat the **BONDAGITIS**? (free or sober)