

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 #5 Assignment

- Key Principle #4 ñ Read pages 18-20
- Chapter 4 ñ Read pages 69-85.

Principle #3: IT IS EASIER TO KEEP THE HEART CLEAN THAN TO CLEAN IT AFTER IT HAS BEEN DEFILED.

Why is it easier to keep (guard; protect) than to clean?

Pr 4:23 Keep (guard; protection) thy heart with all diligence; for out of it are the issues of life.

How do we keep the heart clean?

Chapter 2: FREEDOM, NOT SOBRIETY, IS THE GOAL

- Sobriety = Not intoxicated.
- 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.

If an addict stops abusing substances and never treats the root cause of bondagitis (no healing has occurred), what is likely to occur?

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.

Have you examined your own life for root causes?

- Why did you start?
- What are your triggers?
- Is there something you are trying to escape?

Chapter 3: RELAPSE IS NOT PART OF RECOVERY

How can the philosophy "Relapse is part of recovery" impact an addict's road to recovery?

Is relapse part of recovery?

Relapse _____ balance of body, soul, and spirit.

Relapse is a _____ mechanism.

RELAPSE WITHOUT RECOVERY (Experiencing Lasting Triumph Over Life's Triggers)

- Freedom is walking completely _____ of the need to use addictive substances or behaviors to cope.
- Removes the bondagitis by giving us a new way to deal with triggers.

Where does change need to begin to affect recovery?

- What happens if the only change is external circumstances or environment?
- Romans 12:2 ... but be ye transformed by the renewing of your mind
 - Transformed =
 - Renewing =
 - Change takes place from the _____ .