

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 #4 Assignment

- Key Principle #3 ñ Read pages 16-18

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

Proverbs 23:7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

- Constant mediation (thinking) on your desire to fulfill a fleshly lust will ultimately lead to you acting out that desire.
- What is the solution?
 - Proverbs 4:23b Keep means to _____
 - 2 Corinthians 10:5 Casting down = _____

Chapter 2: FREEDOM, NOT SOBRIETY, IS THE GOAL

- Sobriety = Not intoxicated; temperance; right outward & problems inward.
- Freedom = A state of exemption from the power or control of another

We believe:

- There is hope! You do not have a disease and you can experience FREEDOM.
- Addictions start with a bad choice & 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 symptom not the problem.
- If we have Bondagitis, we need uncover WHY effectively treat it; and be FREED from it.

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

- Physical = withdrawal produces physiological symptoms.
- Psychological = perceived need to use a substance to cope.

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

What is substitutionary addictions? Example?

Why does it happen?

What will occur when you withdrawal physically and remove other non-essential medications?

How should physical ailments be treated?

Identifying and then healing the underlying causes of BONDAGITIS is all about restoring one's _____, soul, and _____ 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.*

Are the underlying causes of bondagitis REAL or IMAGINED?

- When an imbalance is present in our physical, mental or emotional areas of life, it always manifests itself outwardly on the physical or emotional plane.

Can this balance be restored without the use of substances?

What has to be the foundation to restoring a balance between body, soul, and spirit? What if build on the wrong foundation?

- Body = sheath (case) for the person of man (bones, organs, etc..)
- Soul = man's mind, will, emotions & what you want, think, feel.
- Spirit = God's will; God's mind; God's emotion in us.