



# Recovery Ministry

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## Lost & Found Expansion Module

# Lost & Found Expansion Module

“Recovery in Christ is not just leaving something behind, it’s becoming someone new.”

## CURRICULUM SUMMARY

### The Seven Principles from 2 Peter 1:5-7 (ESV)

The principles are derived directly from 2 Peter 1:5-7, which instructs believers to supplement their faith with virtues that lead to spiritual maturity and effectiveness in God’s kingdom. The ESV text states:

“For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love.” (2 Peter 1:5-7, ESV)

Based on this passage and the LFRC framework, the seven principles are interpreted as follows, aligning with the curriculum’s emphasis on overcoming addiction through spiritual growth:

#### 1. Desiring Goodness (Virtue) – 6 lessons

Biblical Basis: Supplementing faith with virtue (2 Peter 1:5).

Focus: Cultivating a desire for moral excellence and righteousness as a foundation for recovery, rejecting the idolatry of addiction.

#### 2. Desiring Knowledge and Wisdom – 7 lessons

Biblical Basis: Adding knowledge to virtue (2 Peter 1:5).

Focus: Seeking God’s truth to understand one’s identity in Christ and the lies of addiction, fostering discernment.

#### 3. Seeking Self-Control – 6 lessons

Biblical Basis: Adding self-control to knowledge (2 Peter 1:6).

Focus: Developing discipline to resist temptation and align actions with God’s will.

#### 4. Seeking Steadfastness (Endurance) – 6 lessons

Biblical Basis: Adding steadfastness to self-control (2 Peter 1:6).

Focus: Persevering through trials and maintaining faith despite setbacks in the recovery journey.

## **5. Seeking a Life of Godliness - 7 lessons**

Biblical Basis: Adding godliness to steadfastness (2 Peter 1:6).

Focus: Living a holy life that reflects Christ's character, moving beyond the old identity of addiction.

## **6. Seeking Brotherly Affection - 6 lessons**

Biblical Basis: Adding brotherly affection to godliness (2 Peter 1:7).

Focus: Building supportive relationships within the faith community to encourage and uplift one another.

## **7. Seeking Love - 7 lessons**

Biblical Basis: Adding love to brotherly affection (2 Peter 1:7).

Focus: Embodying God's love in all actions, sharing the gospel and supporting others in their recovery.

# Principle 1: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry.

## Lesson 1: Defining Virtue in Christ

Scripture: 2 Peter 1:5 (ESV) - "For this very reason, make every effort to supplement your faith with virtue..."

Main Idea: Virtue is the pursuit of goodness rooted in faith.

Description: Explore what virtue means biblically, contrasting it with worldly values. Use Philippians 4:8 (ESV) - "Whatever is true, whatever is honorable..." - for reflection on aligning with God's standard.

## Lesson 2: Rejecting Idolatry

Scripture: Romans 1:25 (ESV) - "Because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator..."

Main Idea: Addiction as idolatry requires a turn to virtue.

Description: Discuss how addiction worships creation over God, using Romans 1:25, and encourage participants to identify personal idols.

## Lesson 3: The Effort of Virtue

Scripture: 2 Peter 1:5 (ESV) - "...make every effort to supplement your faith with virtue..."

Main Idea: Recovery demands active pursuit of goodness.

Description: Highlight the effort required, using Colossians 3:2-3 (ESV) - "Set your minds on things that are above..." - with a group exercise to set virtuous goals.

## Lesson 4: Virtue as Freedom

Scripture: John 8:32 (ESV) - "And you will know the truth, and the truth will set you free."

Main Idea: Living virtuously breaks addiction's chains.

Description: Connect virtue to freedom, using John 8:32, and share testimonies of liberation through godly living.

## **Lesson 5: Modeling Virtue**

Scripture: Titus 2:7 (ESV) - "Show yourself in all respects to be a model of good works..."

Main Idea: Virtue inspires others in recovery.

Description: Encourage participants to model virtue, using Titus 2:7, with a discussion on mentoring peers.

## **Lesson 6: Sustaining Virtue**

Scripture: Psalm 119:11 (ESV) - "I have stored up your word in my heart, that I might not sin against you."

Main Idea: God's Word sustains a virtuous life.

Description: Teach how scripture supports virtue, using Psalm 119:11, with a homework assignment to memorize a verse.

# Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction.

## Lesson 7: The Source of Knowledge

Scripture: 2 Peter 1:5 (ESV) - "...and virtue with knowledge..."

Main Idea: True knowledge comes from God.

Description: Explore Proverbs 2:6 (ESV) - "For the Lord gives wisdom; from his mouth come knowledge and understanding" - with a study on seeking divine insight.

## Lesson 8: Knowing God's Identity for Us

Scripture: 2 Corinthians 5:17 (ESV) - "Therefore, if anyone is in Christ, he is a new creation..."

Main Idea: Knowledge redefines us beyond addiction.

Description: Discuss how knowing our new identity in Christ counters the "addict" label, using group sharing.

## Lesson 9: Wisdom to Discern

Scripture: James 1:5 (ESV) - "If any of you lacks wisdom, let him ask God..."

Main Idea: Wisdom helps reject addiction's lies.

Description: Teach how to ask for wisdom, using James 1:5, with a prayer exercise for discernment.

## Lesson 10: The Danger of Ignorance

Scripture: Hosea 4:6 (ESV) - "My people are destroyed for lack of knowledge..."

Main Idea: Ignorance fuels addiction; knowledge heals.

Description: Reflect on how lack of God's knowledge harms, using Hosea 4:6, with a commitment to study scripture.

## **Lesson 11: Applying Knowledge**

Scripture: Colossians 1:9-10 (ESV) - "Filled with the knowledge of his will... bearing fruit in every good work..."

Main Idea: Knowledge leads to godly action.

Description: Discuss applying biblical knowledge, using Colossians 1:9-10, with a practical application task.

## **Lesson 12: Growing in Wisdom Together**

Scripture: Proverbs 15:22 (ESV) - "Without counsel plans fail, but with many advisers they succeed."

Main Idea: Community wisdom strengthens recovery.

Description: Encourage group discussion on shared wisdom, using Proverbs 15:22, with a peer support plan.

## **Lesson 13: The Joy of Understanding**

Scripture: Psalm 119:97 (ESV) - "Oh how I love your law! It is my meditation all the day."

Main Idea: Knowledge brings joy and peace.

Description: Celebrate the joy of God's truth, using Psalm 119:97, with a meditation exercise.

# Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will.

## Lesson 14: The Gift of Self-Control

Scripture: 2 Peter 1:6 (ESV) - "...and knowledge with self-control..."

Main Idea: Self-control is a fruit of the Spirit.

Description: Introduce self-control from Galatians 5:22-23 (ESV), with a discussion on relying on the Holy Spirit.

## Lesson 15: Mastering Temptation

Scripture: 1 Corinthians 10:13 (ESV) - "God is faithful... he will provide the way of escape..."

Main Idea: God empowers us to resist temptation.

Description: Teach how to find God's escape route, using 1 Corinthians 10:13, with a role-play activity.

## Lesson 16: Self-Control in Action

Scripture: Titus 2:11-12 (ESV) - "Training us to renounce ungodliness and worldly passions..."

Main Idea: Self-control renounces addiction.

Description: Explore practical steps to reject worldly desires, using Titus 2:11-12, with a personal action plan.

## Lesson 17: The Strength to Wait

Scripture: Psalm 27:14 (ESV) - "Wait for the Lord; be strong, and let your heart take courage..."

Main Idea: Patience builds self-control.

Description: Discuss waiting on God, using Psalm 27:14, with a group reflection on delayed gratification.

## Lesson 18: Overcoming Impulsivity

Scripture: Proverbs 16:32 (ESV) - "Whoever is slow to anger is better than the mighty..."

Main Idea: Self-control conquers impulsive behavior.

Description: Address impulsivity in addiction, using Proverbs 16:32, with a journaling exercise.

## **Lesson 19: A Disciplined Life**

Scripture: 1 Timothy 4:7-8 (ESV) - "Train yourself for godliness..."

Main Idea: Discipline shapes a godly life.

Description: Encourage a disciplined routine, using 1 Timothy 4:7-8, with a weekly schedule plan.

# **Principle 4: Seeking Steadfastness (Endurance)**

Focus: Persevering through trials with faith.

## **Lesson 20: The Call to Endure**

Scripture: 2 Peter 1:6 (ESV) – “...and self-control with steadfastness...”

Main Idea: Steadfastness is a mark of faith.

Description: Introduce endurance, using James 1:2-3 (ESV) – “Count it all joy... the testing of your faith produces steadfastness” – with a testimony share.

## **Lesson 21: Enduring Trials**

Scripture: Romans 5:3-4 (ESV) – “Suffering produces endurance, and endurance produces character...”

Main Idea: Trials build resilience.

Description: Discuss how suffering strengthens, using Romans 5:3-4, with a group reflection on past challenges.

## **Lesson 22: Standing Firm**

Scripture: Ephesians 6:13 (ESV) – “Take up the whole armor of God... to stand firm.”

Main Idea: God’s armor sustains endurance.

Description: Teach the armor of God, using Ephesians 6:13, with a visualization exercise.

## **Lesson 23: Hope in Perseverance**

Scripture: Hebrews 12:1 (ESV) – “Run with endurance the race that is set before us...”

Main Idea: Hope fuels steadfastness.

Description: Encourage running the race, using Hebrews 12:1, with a goal-setting activity.

## **Lesson 24: Learning from Failure**

Scripture: 2 Peter 1:9 (ESV) – “For whoever lacks these qualities is so nearsighted...”

Main Idea: Failure teaches endurance.

Description: Address setbacks, using 2 Peter 1:9, with a discussion on learning from mistakes.

## **Lesson 25: Community Endurance**

Scripture: Galatians 6:2 (ESV) - "Bear one another's burdens..."

Main Idea: Community supports steadfastness.

Description: Emphasize mutual support, using Galatians 6:2, with a peer accountability plan.

# Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## Lesson 26: The Call to Holiness

Scripture: 2 Peter 1:6 (ESV) – “...and steadfastness with godliness...”

Main Idea: Godliness mirrors Christ.

Description: Introduce holiness, using 1 Peter 1:15-16 (ESV) – “Be holy, for I am holy” – with a scripture reading.

## Lesson 27: Godliness in Identity

Scripture: 2 Corinthians 5:17 (ESV) – “The old has passed away; behold, the new has come.”

Main Idea: A new identity fosters godliness.

Description: Explore the new creation, using 2 Corinthians 5:17, with a personal identity reflection.

## Lesson 28: Practicing Godliness

Scripture: 1 Timothy 4:8 (ESV) – “Godliness is of value in every way...”

Main Idea: Godliness shapes daily life.

Description: Discuss practical godliness, using 1 Timothy 4:8, with a daily habit plan.

## Lesson 29: Overcoming Worldliness

Scripture: Romans 12:2 (ESV) – “Do not be conformed to this world...”

Main Idea: Godliness rejects worldly patterns.

Description: Address worldliness, using Romans 12:2, with a group discussion on cultural influences.

## Lesson 30: Godliness in Relationships

Scripture: Colossians 3:12-13 (ESV) – “Put on... compassion, kindness...”

Main Idea: Godliness enhances relationships.

Description: Teach godly interactions, using Colossians 3:12-13, with a forgiveness exercise.

## **Lesson 31: The Joy of Godliness**

Scripture: Psalm 16:11 (ESV) - "In your presence there is fullness of joy..."

Main Idea: Godliness brings joy.

Description: Celebrate joy in godliness, using Psalm 16:11, with a praise session.

## **Lesson 32: Teaching Godliness**

Scripture: 2 Timothy 2:2 (ESV) - "Entrust to faithful men who will teach others..."

Main Idea: Godliness is shared with others.

Description: Encourage teaching others, using 2 Timothy 2:2, with a mentorship plan.

# Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

## Lesson 33: The Bond of Affection

Scripture: 2 Peter 1:7 (ESV) - "...and godliness with brotherly affection..."

Main Idea: Affection unites believers.

Description: Introduce brotherly love, using Romans 12:10 (ESV) - "Love one another with brotherly affection" - with a group bonding activity.

## Lesson 34: Supporting One Another

Scripture: 1 Thessalonians 5:11 (ESV) - "Encourage one another and build one another up..."

Main Idea: Affection encourages recovery.

Description: Discuss encouragement, using 1 Thessalonians 5:11, with a peer encouragement plan.

## Lesson 35: Healing Through Community

Scripture: James 5:16 (ESV) - "Confess your sins to one another... that you may be healed."

Main Idea: Affection fosters healing.

Description: Explore confession in community, using James 5:16, with a safe sharing exercise.

## Lesson 36: Overcoming Isolation

Scripture: Hebrews 10:24-25 (ESV) - "Not neglecting to meet together..."

Main Idea: Affection breaks isolation.

Description: Address isolation, using Hebrews 10:24-25, with a commitment to fellowship.

## Lesson 37: Serving with Affection

Scripture: Galatians 5:13 (ESV) - "Through love serve one another..."

Main Idea: Affection leads to service.

Description: Encourage service, using Galatians 5:13, with a community service idea.

## **Lesson 38: Affection in Forgiveness**

Scripture: Ephesians 4:32 (ESV) - "Be kind to one another, tenderhearted, forgiving..."

Main Idea: Affection includes forgiveness.

Description: Teach forgiveness, using Ephesians 4:32, with a forgiveness letter activity.

# Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel.

## Lesson 39: The Greatest Commandment

Scripture: 2 Peter 1:7 (ESV) - "...and brotherly affection with love."

Main Idea: Love fulfills God's law.

Description: Introduce love, using Matthew 22:37-39 (ESV) - "Love the Lord your God... love your neighbor..." - with a discussion.

## Lesson 40: Love as Action

Scripture: 1 John 3:18 (ESV) - "Let us not love in word or talk but in deed and in truth."

Main Idea: Love requires action.

Description: Explore active love, using 1 John 3:18, with a service project plan.

## Lesson 41: Love Overcomes Hate

Scripture: 1 John 4:18 (ESV) - "There is no fear in love, but perfect love casts out fear..."

Main Idea: Love conquers addiction's effects.

Description: Discuss love's power, using 1 John 4:18, with a testimony share.

## Lesson 42: Sharing Love's Message

Scripture: Mark 16:15 (ESV) - "Go into all the world and proclaim the gospel..."

Main Idea: Love shares the gospel.

Description: Encourage evangelism, using Mark 16:15, with a personal story exercise.

## Lesson 43: Love in Sacrifice

Scripture: John 15:13 (ESV) - "Greater love has no one than this, that someone lay down his life..."

Main Idea: Love involves sacrifice.

Description: Teach sacrificial love, using John 15:13, with a group prayer for others.

## **Lesson 44: The Eternal Love of God**

Scripture: Romans 8:38-39 (ESV) - "Nothing can separate us from the love of God..."

Main Idea: God's love sustains us.

Description: Celebrate God's love, using Romans 8:38-39, with a worship activity.

## **Lesson 45: Living Love Daily**

Scripture: 1 Corinthians 16:14 (ESV) - "Let all that you do be done in love."

Main Idea: Love guides a life of recovery.

Description: Encourage a lifestyle of love, using 1 Corinthians 16:14, with a commitment to daily practice.

# LESSON 1: DEFINING VIRTUE IN CHRIST

## PRINCIPLE 1: DESIRING GOODNESS (VIRTUE)

Focus: Building a foundation of moral excellence to reject addiction's idolatry

Scripture: 2 Peter 1:5 (ESV) – “For this very reason, make every effort to supplement your faith with virtue...”

Main Idea: Virtue is the pursuit of goodness rooted in faith

Description: Explore what virtue means biblically, contrasting it with worldly values. Use Philippians 4:8 (ESV) – “Whatever is true, whatever is honorable...” – for reflection on aligning with God's standard.

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father God, we come before You thankful that You've called us to something higher than survival or success. You've called us to virtue. Thank You for Your Son, Jesus, who makes that pursuit possible. Today, would You open our eyes to what true virtue is? Let us see the contrast between Your ways and the world's ways. Help us desire moral excellence not for recognition, but because we love You. Shape us today. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Virtue begins with faith and builds from it.

Explanation: True virtue can't exist without faith in Christ. It's not self-help or moral behavior—it's a spiritual outcome that grows from belief in the gospel.

Illustration: Like building a house, faith is the foundation. Virtue is the first level of walls—what people see and interact with. You can't start building halfway up.

Application: Ask students if they've been trying to pursue goodness without deeply rooting themselves in Christ. Have them write a personal reflection on how their faith can fuel virtue this week.

Scripture: 2 Peter 1:5 (ESV) - "Make every effort to supplement your faith with virtue..."

Virtue is defined by God, not culture.

Explanation: The world constantly redefines "goodness," but biblical virtue is tied to God's unchanging character. Philippians 4:8 gives us a powerful filter for discernment.

Illustration: Just as a water filter removes toxins, Scripture helps us filter out false values and worldly influences. Without it, we absorb what culture calls "good"—even when it's destructive.

Application: Have students read Philippians 4:8 aloud. Then discuss which of those virtues they struggle with most and why. Encourage them to choose one to focus on this week.

Scripture: Philippians 4:8 (ESV) - "Whatever is true, whatever is honorable... think about these things."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Virtue isn't about trying harder to be a "good person"—it's about reflecting the character of Christ in a world where moral lines are blurred. The pursuit of virtue distinguishes us not by pride, but by purpose. When we say yes to moral excellence, we are rejecting addiction's false promises of comfort, escape, or identity.

In recovery, this is key. Those in addiction have often been led by worldly values: impulsivity, survivalism, self-gratification. These traits are the opposite of biblical virtue. But when someone begins to walk in Christ, a shift happens. They begin to value what God values.

Use Joseph in Genesis 39 as an example. He chose to flee temptation—not because it was easy, but because he feared God. This kind of moral courage is what we aim for. In contrast, look at Samson—strong in body, but weak in character. He lived by his impulses and ended up bound, blind, and broken. These stories help people see what's at stake.

Virtue is not religious performance, it's spiritual alignment. When our hearts are right with God, our actions begin to reflect Him. That's why Paul wrote Philippians 4:8 not to motivate people to try harder, but to give them a lens for life.

By the end of this lesson, students should understand that virtue is the fruit of a rooted faith, not a burden but a blessing. The Christian life is about transformation from the inside out. That process begins with a clear understanding of who God is and what He calls good.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What area of your life is most influenced by worldly definitions of “good”?
- How can faith in Christ help you pursue true virtue?
- Which part of Philippians 4:8 convicts or inspires you the most and why?

### **Declaration:**

“This week, I will pursue godly virtue—not to be seen, but to become more like Christ. I will fix my thoughts on what is true and honorable.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Virtue begins with faith, not effort. It’s the result of walking closely with Christ (2 Peter 1:5).
- Biblical virtue is shaped by God’s truth—not by trends or culture (Philippians 4:8).
- Choosing virtue daily is choosing to walk in spiritual strength and reject addiction’s lies.

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, we thank You for showing us what real virtue is. Thank You that we’re not alone in this pursuit—you’ve given us your Spirit and your Word. Help us walk in what is true, pure, and excellent. Let our lives reflect You this week—not for applause, but for transformation. Strengthen our faith and teach us to love what is good. In Jesus’ name, Amen.”

# LOST & FOUND: LESSON 1 HANDOUT

## PRINCIPLE: DESIRING GOODNESS (VIRTUE)

Focus: Building a foundation of moral excellence to reject addiction’s idolatry.

## Lesson 1: Defining Virtue in Christ

### Weekly Virtue Tracker: Day-by-Day Practice

“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.” — Philippians 4:8

Day 1  Whatever is true: Write down one truth from God’s Word. Meditate on it.

Day 2  Whatever is honorable: Look for an opportunity to act honorably today. Record what happened:

Day 3  Whatever is just: Identify one area where you can stand for what is right today. What did you do?

Day 4  Whatever is pure: Remove or avoid one impure influence from your day. What was it?

Day 5  Whatever is lovely: Choose to see beauty in a hard moment today. Where did you see it?

Day 6  Whatever is commendable: Encourage someone doing good. Who? What did you say/do?

Day 7  Excellence & worthy of praise: Write a praise report from your week.

Bring this page to your next meeting for group discussion and celebration!

# LESSON 2: REJECTING IDOLATRY

## Principle 1: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry

Scripture: Romans 1:25 (ESV) – “Because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator...”

Main Idea: Addiction as idolatry requires a turn to virtue

Description: Discuss how addiction worships creation over God, using Romans 1:25, and encourage participants to identify personal idols.

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, we come before You acknowledging that our hearts so easily chase after false gods. Thank You for Your Word, which calls us back to You. As we study today, expose the idols we've served—whether substances, relationships, or self—and lead us to repentance. You alone are worthy of our worship. Help us to reject every lie that exalts creation over You, the Creator. Teach us the beauty and freedom of living for You alone. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Addiction is a form of idolatry—it replaces God with created things.

Explanation: Idolatry is not just bowing to statues; it's giving ultimate devotion, trust, or desire to anything other than God. Addiction demands our bodies, our loyalty, our time, our worship. It is a counterfeit god.

Illustration: Think of an altar. Every time you use, lie, or compromise to serve your addiction, you're kneeling at an altar—not of wood and stone, but of chemicals, pride, approval, lust, or escape.

Application: Ask students to reflect on what they have sacrificed at addiction's altar—relationships, time, money, health, even their walk with God. Encourage them to name these idols privately in their journals and bring them before God in confession.

Scripture: Romans 1:25 - "...they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator..."

Virtue calls us to destroy idols and return to right worship.

Explanation: The path to healing isn't just stopping a behavior—it's replacing false worship with true devotion. Virtue flows from loving God above all else.

Illustration: Imagine cleaning out a closet. You don't just remove clutter—you must decide what goes in its place. If you remove an idol and leave the space empty, another idol will move in. But if you fill that space with the presence and truth of God, you'll grow in virtue.

Application: Have students list one virtue from Philippians 4:8 that could replace an idol in their life. For example, replacing lust with purity, pride with humility, or escapism with self-control. Encourage accountability within the group.

Scripture: 1 Thessalonians 1:9 (ESV) - "...you turned to God from idols to serve the living and true God."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Understanding addiction as idolatry isn't meant to shame—it's meant to expose what lies beneath. The world often treats addiction as just a chemical imbalance or a behavioral problem. But Scripture shows us the deeper root: misplaced worship. Romans 1 tells us that when we exchange the truth about God for a lie, idolatry fills the void. And when idolatry takes hold, sin multiplies, chains tighten, and we become enslaved to what we once thought would save us.

Every person worships something. The question isn't if we worship—it's what. In recovery, people often feel hopeless because they're trying to stop a behavior without confronting the heart that fuels it. That's like cutting a weed but leaving the root untouched. Eventually, it grows back. But when we name and reject our idols, we create room for healing.

In Exodus 32, the Israelites melted their gold to create a golden calf. It wasn't just a statue—it was a substitute for God. Many of us have done the same with addiction. We've crafted gods out of pills, alcohol,

food, pornography, people—even our own reputation. These gods promise relief but deliver bondage.

Contrast that with the story of King Josiah in 2 Kings 23. When he discovered the Word of God, he tore down every idol, altar, and high place in the land. That's what transformation looks like: not managing idols, but demolishing them. Virtue doesn't grow in a heart that still clings to false gods—it grows in a heart fully devoted to the One true God.

Encourage students to identify their personal golden calves. Where have they placed ultimate hope, joy, or escape apart from Christ? What are they tempted to run to when life gets hard? This honesty is the beginning of repentance. And repentance is the first step toward virtue.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What have I trusted or run to more than God in times of pain or pressure?
- How has addiction taken the place of worship in my life?
- What's one idol I need to name and surrender to Jesus today?

### **Declaration (write in workbook):**

"I will stop bowing to the lies of addiction. I belong to the living God. This week, I will destroy idols and pursue virtue by worshiping Him alone."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Addiction is not just a habit—it's a form of false worship (Romans 1:25).
- God calls us to tear down our idols and replace them with the pursuit of Him (1 Thessalonians 1:9).
- Recovery requires not only resisting sin but realigning our worship.

# CLOSING PRAYER

## Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

"Lord, thank You for revealing the truth about idolatry. We confess that we've served things that were never meant to save us. Help us to turn from the lies of addiction and fix our eyes on You, the living and true God. Strengthen us this week to reject false worship and walk in the freedom of Your truth. Thank You for Your patience, Your power, and Your promises. In Jesus' name, Amen."

## LOST & FOUND: LESSON 2 HANDOUT

Principle: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry.

## Lesson 2: Rejecting Idolatry

### False Worship Checklist: Identifying & Surrendering Idols

"Dear children, keep yourselves from idols." — 1 John 5:21

List 3 things you've been tempted to put above God. (Examples: Control, substance use, approval, success)

For each item, identify the lie it promised. (Example: "This will make me feel better..." "This is just who I am...")

Write Scriptures that reveal the truth. (Use a Bible or app to find verses that correct these lies.)

## LIE IT PROMISED

## TRUTH FROM GOD'S WORD

### Prayer of Surrender

Take some time to pray. Use the guide below or write your own.

“Jesus, I surrender these idols to You. They cannot give me life. I choose to believe Your truth instead of the lies they offer. Fill every empty space in me with Your presence. Be my everything.”

**Notes from your prayer or God’s response:**

Bring this page to your next meeting for group discussion and celebration!

# LESSON 3: THE EFFORT OF VIRTUE

## Principle 1: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry

Scripture: 2 Peter 1:5 (ESV) – “For this very reason, make every effort to supplement your faith with virtue...”

Main Idea: Recovery demands active pursuit of goodness

Description: Highlight the effort required, using Colossians 3:2-3 (ESV) – “Set your minds on things that are above...” – with a group exercise to set virtuous goals.

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, You’ve saved us by grace, but You’ve also called us to make every effort to live lives that reflect You. We confess that sometimes we want growth without effort and freedom without obedience. But You’re calling us higher. Today, teach us to be people who pursue virtue—not passively, but intentionally. Let this class ignite discipline, hunger, and direction in our walk with You. In Jesus’ name we pray, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Growth in virtue requires intentional effort.

Explanation: Salvation is a gift, but sanctification requires our cooperation. Peter says to “make every effort”—that means this isn’t casual or automatic. Virtue doesn’t grow by accident; it grows by daily choices.

Illustration: Like going to the gym, you can’t grow stronger without showing up and doing the work. You won’t wake up one day and find yourself virtuous without training your spirit.

Application: Challenge students to think about what “every effort” looks like in their week. What effort are they currently putting into their spiritual life versus other pursuits? Write down two habits they can begin or improve.

Scripture: 2 Peter 1:5 – “...make every effort to supplement your faith with virtue...”

Setting your mind is a daily act of war.

Explanation: Colossians 3:2 tells us to “set our minds on things above.” That’s not a one-time mental shift—it’s a discipline. You can’t pursue virtue if your thoughts are consumed with things of the flesh.

Illustration: Imagine your mind like a thermostat—not a thermometer. A thermometer reacts to the temperature; a thermostat sets it. You don’t just observe your thoughts—you direct them.

Application: Have students list three areas where their thought life is pulling them down, then write a counter-truth from scripture for each. Encourage them to set mental “alerts” this week when temptation or negativity tries to hijack their focus.

Scripture: Colossians 3:2-3 – “Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Today’s culture offers quick fixes and instant gratification—but growth in virtue takes sustained effort. This is especially true in recovery, where the temptation to slip into old habits is ever-present. 2 Peter 1:5 doesn’t say “wait for God to build virtue in you”—it says “make every effort.” That means our growth is active, not passive. The Christian life isn’t lived on autopilot.

Spiritual effort doesn’t earn us salvation, but it does shape our transformation. Think of Paul’s words in 1 Corinthians 9:27, where he says, “I discipline my body and keep it under control...”—this was a man committed to intentional growth. The same is true for us. Without focus, we drift.

In Colossians 3, Paul reminds us that we are no longer of this world—we’ve died with Christ, and our life is now “hidden with Christ in God.” That means we have to stop setting our minds on things that belong to our old life: bitterness, lust, addiction, lies. It’s not just about not doing bad things—it’s about aggressively choosing what is good and godly.

Consider Nehemiah, who faced intense distraction and resistance while rebuilding Jerusalem's walls. In Nehemiah 6:3, he famously said, "I am doing a great work and I cannot come down." That's the attitude of someone who has set his mind. That's what making "every effort" looks like—staying focused when the enemy calls you down.

Encourage students to see virtue not as something that happens to them—but something they grow into through consistent decisions. Ask students to think practically: How do I get stronger? How do I sharpen my focus? The answer: make every effort, and set your mind.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Where in your life have you expected growth without effort?
- What thoughts have you been passively allowing that you need to intentionally replace?
- What does it practically look like for you to "set your mind" this week?

### **Declaration (write in workbook):**

"This week, I will make every effort to pursue virtue and set my mind on things above—because my life is hidden in Christ."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Virtue requires effort. You can't drift into moral excellence (2 Peter 1:5).
- Growth starts in the mind. You must intentionally set your thoughts on the things of God (Colossians 3:2-3).
- Recovery isn't just about avoiding sin—it's about chasing after righteousness, one choice at a time.

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Jesus, thank You that You’ve called us higher. You’ve saved us, but You’ve also invited us to grow. Help us make every effort—not in fear or pride, but in love and obedience. Show us where we’ve been lazy or distracted. Strengthen our minds and our will to reflect You. Empower us to walk in virtue, one decision at a time. In Your name, Amen.”

# LOST & FOUND: LESSON 3 HANDOUT

## Principle: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction’s idolatry.

## Lesson 3: The Effort of Virtue

### Virtue Effort Tracker: Practicing Daily Effort

“... Make every effort to supplement your faith with goodness...” — 2 Peter 1:5

1. **Set a Godly Goal for This Week (Examples: “Avoid gossip,” “Read my Bible 10 mins/day,” “Be gentle with family”)**

My goal: \_\_\_\_\_

2. **List 3 Steps You’ll Take to Reach It**

- Step
- Action

### 3. Daily Tracker: Mark each day and write a short win or struggle below.

Success / Struggle

Reflection

- **Mon**  
 Success       Struggle
- **Tue**  
 Success       Struggle
- **Wed**  
 Success       Struggle
- **Thu**  
 Success       Struggle
- **Fri**  
 Success       Struggle
- **Sat**  
 Success       Struggle
- **Sun**  
 Success       Struggle

### 4. End-of-Week Reflection: What did God show you through your effort this week?

Remember: Effort in God's grace isn't about earning—it's about trusting Him as you take steps forward.

Bring this page to your next meeting for group discussion and celebration!

# LESSON 4: VIRTUE AS FREEDOM

## Principle 1: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry

Scripture: John 8:32 (ESV) - "And you will know the truth, and the truth will set you free."

Main Idea: Living virtuously breaks addiction's chains

Description: Connect virtue to freedom, using John 8:32, and share testimonies of liberation through godly living.

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, we come to You as people who've experienced chains—whether in addiction, shame, fear, or pride. And yet You offer us freedom through truth. Teach us today how virtue leads us out of bondage and into real life. Let Your Word break lies, and let Your Spirit move in every heart. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

### 1. Truth leads to freedom; sin leads to slavery.

Explanation: In John 8, Jesus is speaking to people who thought they were already free. But He explains that

sin enslaves—and truth liberates. When we believe the truth of who God is and who we are in Him, we're set free from the lies that addiction builds on.

Illustration: Imagine a man sitting in an unlocked prison cell. He thinks he's trapped, but the door is open. The lie is what holds him—not the bars. This is what addiction does: it convinces us we're stuck, even when freedom is already available.

Application: Ask students: What lie has addiction taught you? (e.g., "I'll never change," "This is who I am," "I'm too broken.") Challenge them to replace that lie with a truth from Scripture and write it down.

Scripture: John 8:31-34 - "Everyone who practices sin is a slave to sin... but the truth will set you free."

## **2. Virtue is how we walk in that freedom.**

Explanation: Freedom isn't just a feeling—it's a lifestyle of alignment with God's design. When we choose what's pure, honest, and honorable, we're no longer controlled by darkness. Virtue is the daily decision to remain free.

Illustration: Think of someone set free from prison who returns every weekend just to sit in the same cell. Why? Because they never learned how to live outside. Many people are set free spiritually but never walk in virtue, so they drift back into bondage.

Application: Have students list 1-2 areas of their life where they've been freed but still revisit the "cell." Then help them create a virtue-based action plan for that area—what truth they can live out instead.

Scripture: Galatians 5:1 (ESV) - "For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

This lesson matters deeply because so many people confuse freedom with permission. The world says freedom is doing whatever you want. But Jesus defines freedom as the power to do what is right. In John 8, He warns the religious leaders that they are not free—not because of Rome, but because of sin. He calls them out not for law-breaking, but for self-deception.

In recovery, it's common to hear, "I just want to be free." But if that desire doesn't get rooted in truth, it leads to relapse. Real freedom only comes when we exchange lies for God's truth—and then live in that truth. That's what virtue is: truth applied.

Think of the Israelites after Egypt. They were freed from slavery, but they still had Egypt in their hearts. They longed for comfort, complained about discipline, and almost returned to bondage. Why? Because they

didn't know how to live as free people. That's many people in recovery—they leave the substance but not the mindset.

Now contrast that with Paul and Silas in Acts 16. Even while physically imprisoned, they were spiritually free. Why? Because they were living in truth. They sang praises in jail because chains don't define your condition—truth does.

Freedom is a path, not a one-time moment. Jesus breaks the chains, but we walk the road. Virtue keeps us from slipping back into familiar traps. When we commit to truth, we stop giving ourselves excuses. We walk in purity, honesty, humility, and discipline—not to earn freedom, but to enjoy it.

Use testimonies if available—stories of men or women who were enslaved to addiction, but who began walking in virtue and experienced not just sobriety, but freedom. Let students know: you're not just trying to stop sin—you're learning how to live free.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What lie has addiction made you believe about yourself or your future?
- Where are you still acting like a slave, even though Christ has set you free?
- What virtue can you choose this week to walk in freedom, not fear?

### **Declaration (write in workbook):**

"I am not a slave. Jesus has set me free. This week, I will choose truth and live like I belong to Him."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Sin enslaves; truth sets us free (John 8:32)

- Virtue isn't legalism—it's the practice of freedom
- You can be free and still live bound if you don't walk in truth

\* Every time you act on God's Word, you reinforce your freedom

## CLOSING PRAYER

### Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

### Prayer:

"Jesus, You said that truth sets us free. We believe that today. Help us not only to know the truth but to walk in it. Let Your Spirit remind us this week that we are no longer slaves to sin. Let our lives reflect that freedom—not just in what we avoid, but in how we live. Give us strength to choose virtue over vice, truth over lies, and light over darkness. In Your name we pray, Amen."

## Lost & Found: Lesson 4 Handout

Principle: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry.

## Lesson 4: Virtue as Freedom

### Lies vs, Truth Worksheet: Freedom Truth Cards

"And you will know the truth, and the truth will set you free." — John 8:32

- Write John 8:32 below: Decorate or box it to keep where you'll see it often.
1. Freedom Truth Cards: Create 3 cards, 1 for each area in your life where a lie has kept you in bondage. For each:
    - Lie You've Believed
    - Truth from God's Word

Prayer of Declaration

1

“God, I declare \_\_\_\_\_

over my life!”

2

“God, I declare \_\_\_\_\_

over my life!”

3

“God, I declare \_\_\_\_\_

over my life!”

Examples:

- Lie: “I’ll never be free.” Truth: “If the Son sets you free, you will be free indeed.”
- Declaration: “I am not a slave to addiction. I am free in Christ.”

2. Carry these cards with you this week! Review them when you face temptation or discouragement.

## **How did these reminders help you?**

Bring this page to your next meeting for group discussion and celebration!

# LESSON 5: MODELING VIRTUE

## Principle 1: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry

Scripture: Titus 2:7 (ESV) - "Show yourself in all respects to be a model of good works..."

Main Idea: Virtue inspires others in recovery

Description: Encourage participants to model virtue, using Titus 2:7, with a discussion on mentoring peers.

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, thank You for not only calling us to live in virtue but to reflect it for others. We ask today that You show us how to become examples—not perfect, but faithful. Help us realize that others are watching, learning, and following what we model. Let us lead with humility and live in a way that points back to You. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Virtue is visible—it influences those around you.

Explanation: Titus 2:7 commands us to "show" ourselves to be models of good works. In recovery, our transformation is not just for us—it's a testimony for others. People are always watching, whether we realize it or not.

Illustration: Like a lighthouse doesn't make noise but still guides ships, your lifestyle can guide others to safety without saying a word.

Application: Have students reflect: What does my life say to others right now? In what ways am I already a model—positive or negative? Invite them to journal what they believe others see in them and how that can change or grow.

Scripture: Titus 2:7 - "Show yourself in all respects to be a model of good works..."

Modeling virtue is a form of leadership and discipleship.

Explanation: When we walk in consistent virtue, we become leaders whether we want to be or not. Modeling good works trains others—not by theory but by example. This is the essence of biblical discipleship: "Follow me as I follow Christ."

Illustration: Think of apprenticeship in a trade—how much is caught, not just taught. New believers and recovering peers need to see virtue lived out to believe it's possible.

Application: Break the group into pairs or triads and have each share one area they've struggled in and how they could model virtue in that area to someone else. Encourage honest, hope-filled vulnerability.

Scripture: 1 Corinthians 11:1 (ESV) - "Be imitators of me, as I am of Christ."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

This lesson is crucial because recovery isn't meant to happen in isolation. When we model virtue, we multiply virtue. Titus 2 shows Paul instructing Titus not only to teach right behavior but to embody it. Why? Because transformation is most contagious when it's lived out.

Every believer—especially those in recovery—is an example. Whether you realize it or not, someone is watching your choices. You may be the only living "Bible" someone else is reading right now. The way you respond to stress, temptation, authority, or failure becomes a reference point for others still trying to find their footing.

In Matthew 5:16, Jesus tells us to let our light shine before others so they may "see your good works and give glory to your Father." That's modeling virtue. It's not about drawing attention to ourselves but leading others to glorify God through our lives.

Consider the impact of Barnabas in Acts. While Paul got most of the spotlight, Barnabas consistently modeled humility, generosity, and encouragement. He stood by Paul when others rejected him and brought John Mark back into ministry after failure. He didn't just preach support—he lived it. And because of that, others found their strength.

Many in addiction have never had good role models. They've seen hypocrisy, double standards, or betrayal. You now have the opportunity to break that cycle—not by being perfect, but by being consistently honest, faithful, and committed to growth.

Ask students: Who's watching you right now—at work, in your family, in your recovery community? What kind of example are you giving them? What kind do you want to give them?

The good news is, modeling virtue isn't about being impressive—it's about being intentional. When we allow God to change us, our lives naturally reflect Him. And in doing so, we show others what freedom looks like.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What does my life model to others right now—intentionally or unintentionally?
- Who has modeled godly virtue for me? What stood out about their example?
- How can I take a step toward being someone others could follow in recovery?

### **Declaration (write in workbook):**

"I will live intentionally this week, knowing others are watching. I will model virtue so others may see Christ through my actions."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- People are watching—virtue is meant to be seen (Titus 2:7)
- Your life can either inspire or discourage others in their walk

You don't have to be perfect to be a model—just faithful, humble, and honest

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for the privilege of being living examples of Your grace. Help us walk with humility, knowing that others are watching. Let our lives point people toward You. Give us courage to lead with integrity and the awareness that virtue isn’t just for us—it’s for those coming behind us. In Jesus’ name, Amen.”

## Lost & Found: Lesson 4 Handout

Principle: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction’s idolatry.

## Lesson 5: Modeling Virtue

Virtue Role Model Reflection Reflecting Christ to Others

“Set an example for the believers in speech, conduct, love, faith and purity.” — 1 Timothy 4:12

Name TWO people you influence regularly

Person 1: \_\_\_\_\_

\_\_\_\_\_

Person 2: \_\_\_\_\_

\_\_\_\_\_

## 2. What do these people see modeled in you now?

Person 1: \_\_\_\_\_

\_\_\_\_\_

Person 2: \_\_\_\_\_

\_\_\_\_\_

### **3. What do you want them to see in you more clearly?**

Person 1: \_\_\_\_\_

\_\_\_\_\_

Person 2: \_\_\_\_\_

\_\_\_\_\_

### **4. Prayer for Christlike Influence**

Write a prayer below, asking God to help you reflect Jesus to these people.

- Share with your group: What change do you hope they notice in you as you grow?

# LESSON 6: SUSTAINING VIRTUE

## Principle 1: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction's idolatry

Scripture: Psalm 119:11 (ESV) – “I have stored up your word in my heart, that I might not sin against you.”

Main Idea: God's Word sustains a virtuous life

Description: Teach how scripture supports virtue, using Psalm 119:11, with a homework assignment to memorize a verse.

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for giving us Your Word—not just to teach us, but to anchor us. You knew we'd face trials, temptations, and discouragement. But You gave us Your truth to hide in our hearts so that we might stand. Today, show us how to store Your Word deep in our lives so that virtue isn't a phase—it's a lifestyle. In Jesus' name we pray, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points. Virtue is sustained by Scripture hidden in the heart.

Explanation: The psalmist didn't just read the Word—he stored it. He internalized it so that when temptation or trial came, truth was already present. That's how we live in ongoing virtue.

\* Illustration: Think of a fire extinguisher—it must be in the house before the fire starts. In the same way, scripture must be hidden in our hearts before we're tested.

Application: Ask students to write down one lie they tend to believe and one verse that can counter it. Encourage them to commit that verse to memory this week.

Scripture: Psalm 119:11 – “I have stored up your word in my heart, that I might not sin against you.”

## 2. Without God's Word, we drift from virtue back into sin.

Explanation: Just as food sustains the body, Scripture sustains the soul. Without regular intake of truth, we begin to believe what we feel, fear, or see. Over time, that pulls us back into old patterns.

\* Illustration: Imagine trying to navigate using a GPS that lost signal—you drift. Scripture is our spiritual signal. Without it, we return to what we know: addiction, anger, compromise.

\* Application: Challenge the class to start a simple Scripture intake habit—one verse a day, read aloud and journaled. Consider creating a group memory challenge with rewards.

\* Scripture: Matthew 4:4 (ESV) – “Man shall not live by bread alone, but by every word that comes from the mouth of God.”

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

This lesson hits at the heart of long-term transformation: consistency. Many people begin the recovery journey strong but fade over time because they never learned how to sustain virtue. And the #1 way to do that, biblically, is through hiding God's Word in the heart.

Psalm 119 is the longest chapter in the Bible—and it's entirely about the power of God's Word. Verse 11 is a cornerstone for recovery: “I have stored up your word in my heart, that I might not sin against you.” This isn't about legalism or checking boxes. This is about equipping the soul to withstand spiritual warfare.

In Matthew 4, when Jesus was tempted in the wilderness, He didn't argue, explain, or make excuses—He quoted Scripture. That's the model. He used truth as a weapon. Most people in addiction have been living based on feelings or impulses. But Scripture teaches us to live by conviction, not emotion.

Without the Word, we begin to normalize sin, forget who we are, and drift toward what feels familiar. Recovery isn't just about abstaining—it's about being renewed. Romans 12:2 says we're transformed by the renewing of our minds. That happens through daily contact with God's truth.

Personal stories often reveal that the turning point in a person's life wasn't a dramatic event—it was the quiet decision to begin reading and meditating on Scripture each morning. Over time, this builds mental,

emotional, and spiritual resilience.

Ask the group: When temptation comes, do you have truth ready to speak? When depression hits, do you have light to counter it? When shame rises, do you have Scripture hidden to silence it?

Virtue needs fuel—and God’s Word is that fuel. The goal of this lesson is not just to get students reading their Bible, but to get the Bible into their memory, their mouth, and their reactions.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- When was the last time a verse came to your mind in a moment of weakness—and helped you stand?
- What keeps you from storing God’s Word in your heart consistently?
- What’s one practical step you can take this week to make Scripture part of your routine?

### **Declaration (write in workbook):**

“This week, I will store up God’s Word so I can walk in strength. His truth will sustain my virtue when temptation comes.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Virtue fades without truth. Scripture is the daily fuel of a virtuous life.
- Hiding God’s Word in our hearts equips us to fight temptation and endure hardship.
- Just as we feed the body daily, we must feed the spirit if we want to sustain freedom.

## **CLOSING PRAYER**

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for Your Word. Thank You that it’s alive, powerful, and enough. Help us not only to read it, but to carry it—deep in our hearts, minds, and mouths. Strengthen our ability to stand by helping us remember what You’ve said. Let virtue not just begin in us—but endure. In Jesus’ name, Amen.”

## Lost & Found: Lesson 6 Handout

### Principle: Desiring Goodness (Virtue)

Focus: Building a foundation of moral excellence to reject addiction’s idolatry.

## Lesson 6: Sustaining Virtue

### Memory Verse Challenge Anchored in God’s Word

“I have stored up your word in my heart, that I might not sin against you.” — Psalm 119:11

Memory Verse Practice: Write Psalm 119:11 three times for memorization:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Journaling Prompt: How has hiding God's Word in your heart helped you resist sin?**

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**Scripture Memory Plan: List THREE new verses you want to memorize this month:**

1. 

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2. 

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3. 

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**Plan:**

- Write these verses out on cards
- Review them daily
- Share with a friend or accountability partner

Review your progress next meeting and celebrate how God's Word has equipped you!

# LESSON 7: THE SOURCE OF KNOWLEDGE

## Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction

Scripture: 2 Peter 1:5 (ESV) - "...and virtue with knowledge..."

Main Idea: True knowledge comes from God

Description: Explore Proverbs 2:6 (ESV) - "For the Lord gives wisdom; from his mouth come knowledge and understanding" - with a study on seeking divine insight

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, we thank You that You are the God who gives knowledge, not confusion. As we open Your Word today, give us minds to understand and hearts that long for wisdom. Teach us how to replace the world's lies with Your truth. Let Your voice be louder than every false identity we've ever believed. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- God is the only true source of knowledge.

Explanation: Proverbs 2:6 says that wisdom and understanding come from God’s mouth—His Word. There are many opinions, theories, and treatments in this world, but if they’re not grounded in God’s truth, they’ll never bring true change.

Illustration: Think of drinking saltwater when you’re thirsty—it looks like water, but it dehydrates you. Worldly knowledge often appears helpful but leaves us emptier.

Application: Ask students to reflect: What sources have I trusted for guidance in the past (culture, self-help, friends, media)? How did those turn out? Challenge them to commit to learning what God says about the areas they’re struggling in.

Scripture: Proverbs 2:6 (ESV) - “For the Lord gives wisdom; from his mouth come knowledge and understanding.”

## **True knowledge reshapes our thinking and identity.**

Explanation: When we gain knowledge from God, it begins to change how we think about Him, ourselves, and the world. This transformation is critical in recovery—wrong beliefs lead to wrong behavior.

Illustration: Imagine downloading a virus into your operating system—everything you try to do after that is corrupted. God’s knowledge is the antivirus. It resets your thinking so you can function rightly.

Application: Have students identify one lie they’ve believed about themselves (e.g., “I’ll always be an addict,” “I’m worthless”) and then find a Scripture that speaks truth to that lie. Encourage them to speak that verse aloud daily.

Scripture: Romans 12:2 (ESV) - “Do not be conformed to this world, but be transformed by the renewal of your mind...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

The world is loud with opinions, quick fixes, and philosophies that promise help but produce confusion. In recovery, the search for knowledge can become overwhelming—what program, what steps, what theory? But Scripture brings us back to center: the Lord gives wisdom.

Proverbs 2 reminds us that the knowledge that changes lives doesn’t come from inside us—it comes from above. And 2 Peter 1:5 tells us that after virtue, we are to pursue knowledge. Why? Because goodness without understanding eventually fails. We need to know the truth if we’re going to live it.

When Jesus walked the earth, He consistently corrected false knowledge. To the Pharisees, He said, “You do not know the Scriptures or the power of God.” To His disciples, He explained the truth in parables so their

eyes would be opened. In John 8:32, He said it plainly: “You will know the truth, and the truth will set you free.”

Knowledge in Scripture isn’t just facts—it’s relational understanding of who God is and what He says. That’s what transforms people in recovery. When someone stops calling themselves an addict and starts calling themselves a child of God—based on 2 Corinthians 5:17—that’s knowledge bringing freedom.

In Acts 17, the Bereans were called “noble” because they searched the Scriptures daily to test everything Paul said. That’s a model for us. Don’t just believe what someone tells you—go to the Word. Let it be your foundation.

Encourage students to ask: What is shaping my thoughts right now—God’s truth or the world’s noise? If we want to grow in recovery, we must go directly to the Source of knowledge. Only then can we reject lies and build a renewed life.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What voices have shaped your view of yourself in the past?
- What difference would it make if God’s Word was your main source of knowledge?
- What’s one area of your life where you need divine understanding right now?

### **Declaration (write in workbook):**

“I will no longer settle for the world’s wisdom. God’s Word is my source of truth, identity, and direction.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- God alone is the source of true wisdom and knowledge (Proverbs 2:6)

- False knowledge leads to false identity, but God’s truth renews our minds (Romans 12:2)
- The pursuit of knowledge must be rooted in Scripture if it’s going to produce lasting freedom

## **CLOSING PRAYER**

### **Instructions:**

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

### **Prayer:**

“God, thank You for being the source of all truth. Thank You for revealing Yourself in Your Word. Help us desire Your knowledge more than the world’s opinions. Renew our minds. Reshape our identity. Let truth transform every part of our recovery. And give us the courage to seek You daily. In Jesus’ name we pray, Amen.”

## **Lost & Found: Lesson 7 Handout**

### **Principle: Desiring Knowledge and Wisdom**

Focus: Gaining God’s truth to reshape identity and overcome addiction.

## **Lesson 7: The Source of Knowledge**

### **Truth Replacement Sheet Seeking Wisdom from God**

“For the Lord gives wisdom; from his mouth come knowledge and understanding.” — Proverbs 2:6

Daily Scripture Reading: Read Proverbs 2:6 aloud each morning this week.

Day 1    Day 2    Day 3    Day 4    Day 5    Day 6    Day 7

Prayer for Wisdom: Write a simple prayer, asking God to give you wisdom and understanding.

### **Reflection: Where Have You Sought Knowledge Apart from God?**

Be honest—what sources, people, or habits have shaped you more than God?

## **Commitment: Pursuing God's Truth**

List 3 ways you will seek God's truth over worldly wisdom this week:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Share your favorite insight from the week at your next meeting!

# LESSON 8: KNOWING GOD'S IDENTITY FOR US

## Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction

Scripture: 2 Corinthians 5:17 (ESV) – “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

Main Idea: Knowledge redefines us beyond addiction

Description: Discuss how knowing our new identity in Christ counters the “addict” label, using group sharing

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, we come to You today asking for clarity—clarity about who we are in Christ. So many of us have lived under labels, lies, and shame for far too long. But Your Word says we are new creations. Today, help us not just to hear that, but to believe it and walk in it. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- In Christ, you are no longer who you used to be.

Explanation: Addiction tries to write your identity. It tells you that you are broken, dirty, hopeless, or destined to fail. But the moment you are in Christ, you are a new creation—not a cleaned-up version of your old self,

but someone entirely new.

\* Illustration: Imagine a phone that's been reset to factory settings—not just wiped clean, but reprogrammed and updated with a new operating system. That's what Christ does to your life.

\* Application: Ask students to write down the labels they've believed about themselves (e.g., addict, failure, worthless). Then read 2 Corinthians 5:17 out loud and tear those labels up as a symbol of receiving a new identity.

\* Scripture: 2 Corinthians 5:17 - "Therefore, if anyone is in Christ, he is a new creation..."

## **Knowing your true identity is key to living in freedom.**

\* Explanation: You will always live according to what you believe about yourself. If you see yourself as a slave to sin, you'll act like one. But if you see yourself as God's beloved child, you'll begin to walk in victory.

\* Illustration: Picture someone released from prison who still wears an orange jumpsuit everywhere because they don't realize they've been freed. Many believers live like that—still carrying guilt and shame even though Christ has set them free.

\* Application: In groups or pairs, have students share one truth from Scripture about their new identity (e.g., child of God, forgiven, chosen, free) and discuss how believing it might change the way they live.

\* Scripture: Galatians 2:20 (ESV) - "It is no longer I who live, but Christ who lives in me..."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Recovery begins with transformation, but that transformation cannot take root until identity is addressed. You can change behavior temporarily, but without a new identity, you will eventually return to who you believe you are. That's why this lesson is crucial. Knowing who you are in Christ is foundational.

2 Corinthians 5:17 tells us that we are new creations. This isn't symbolic—it's spiritual reality. The old isn't just "on pause"—it's gone. But here's the challenge: many believers don't know what that means. They know they've been forgiven, but they still carry shame. They know they've been saved, but they still call themselves "addicts."

God's Word says otherwise. Throughout Scripture, we're given new names and new labels: child of God (John 1:12), friend of Jesus (John 15:15), more than a conqueror (Romans 8:37), citizen of heaven (Philippians 3:20). The more we meditate on these truths, the more our mind is renewed—and our life begins to reflect that identity.

Think of the prodigal son in Luke 15. He returned home rehearsing a speech to earn his place back as a

servant. But the Father didn't even let him finish. He restored him as a son with a robe, a ring, and a feast. That's the picture of new identity—it's not earned, it's received.

Use this time to challenge the students: What has defined you up to this point? Your mistakes? Your reputation? Your addiction? Your family? Or has Christ begun to define you? Real recovery happens when we stop trying to fix the old and start living in the new.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What identity labels have shaped your behavior or mindset until now?
- How might your life change if you truly believed you were a new creation?
- What truth from Scripture do you want to hold onto as your identity this week?

### **Declaration (write in workbook):**

"I am not who I used to be. In Christ, I am a new creation. This week, I will live like a child of God—free, forgiven, and full of purpose."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Addiction does not define you—Christ does (2 Corinthians 5:17)
- Your identity determines your direction; know who you are, and your behavior will follow
- You are not an addict trying to recover—you are a new creation learning to live free

# CLOSING PRAYER

## Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

"Jesus, thank You that we don't have to stay stuck in who we were. Thank You for making us new. Help us let go of the old labels and lies and walk confidently in who You say we are. Let our identity be rooted in Your Word, not in our past. Teach us to live like new creations—every day, in every decision. In Your name, Amen."

## Lost & Found: Lesson 8 Handout

### Principle: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction.

## Lesson 8: Knowing God's Identity for Us

### New Identity in Christ Worksheet

Therefore, if anyone is in Christ, he is a new creation.

The old has passed away; behold, the new has come.

-2 Corinthians 5:17

1. Identity Reminder: Write the following on a card to keep with you:

"I am a new creation in Christ." (2 Cor 5:17)

1. Lies vs. Truths: Think of 3 lies you've believed about yourself. Next to each, write the truth from God's Word.

- Lie I Believed

God's Truth

- i. Journaling Prompt: How does knowing your identity in Christ change your approach to recovery?

Share your favorite insight from the week at your next meeting!

# LESSON 9: WISDOM TO DISCERN

## Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction

Scripture: James 1:5 (ESV) - "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

Main Idea: Wisdom helps reject addiction's lies

Description: Teach how to ask for wisdom, using James 1:5, with a prayer exercise for discernment

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Lord, we need more than knowledge—we need wisdom. In a world full of mixed messages, temptations, and lies, we ask You to give us clear discernment. Your Word says You give generously to those who ask, so today we ask: give us wisdom to see truth, choose well, and live differently. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## 1. Wisdom comes from God, and He gives it generously.

Explanation: James 1:5 isn't a metaphor—it's a promise. God wants us to ask for wisdom, and He gives it freely when we do. We don't have to earn it or fear judgment. He knows we need it.

Illustration: Think of wisdom like a flashlight in a dark forest. You can't walk confidently without it. You could have a map (knowledge), but without the light (wisdom), you'll still stumble.

Application: Have each student write a short, honest prayer asking God for wisdom in one specific area they're facing—temptation, relationships, decisions, etc.

Scripture: James 1:5 – “If any of you lacks wisdom, let him ask God...”

## 2. Wisdom gives us discernment to recognize and reject lies.

Explanation: Addiction thrives on deception—“this time will be different,” “you're not really hurting anyone,” “you deserve this.” But wisdom helps us see through the lies of the flesh, the world, and the enemy.

Illustration: Think of counterfeit money. It takes trained eyes to see the fake. God's wisdom trains our eyes and hearts to spot what's false and dangerous—even when it looks appealing.

Application: Read a few examples of common addiction lies aloud and have the group respond with the truth. Then encourage each student to choose one lie they often believe and write down God's wisdom that refutes it.

Scripture: Proverbs 14:12 (ESV) – “There is a way that seems right to a man, but its end is the way to death.”

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Why is wisdom so vital in recovery? Because addiction doesn't just affect our habits—it clouds our thinking. When your mind has been trained to seek escape or relief at any cost, you lose sight of what's right. Wisdom is what cuts through that fog. It's not just knowledge—it's spiritual perception and moral direction.

James 1:5 reminds us that God doesn't shame us for not knowing what to do—He invites us to ask. This is powerful for people in recovery who often feel like they've made too many mistakes or burned too many bridges. God says, “Ask Me for wisdom—and I'll give it.”

Wisdom is what kept Joseph from falling into sexual sin in Genesis 39. It's what guided Solomon to rule justly. It's what Jesus operated in when He responded to traps from the Pharisees. And it's what we need to navigate relationships, temptations, triggers, and recovery decisions.

The lies of addiction are subtle and sneaky. Wisdom helps us expose them. Think of Jesus in the wilderness

(Matthew 4). Satan quoted Scripture, but Jesus answered with the rightly applied Word of God. That's wisdom in action.

In recovery, a wise man or woman begins to ask:

- Is this thought true?
- Is this decision wise?
- Where does this path lead?
- What does God say about this?

Discernment gives you the ability to pause, evaluate, and choose wisely—even under pressure. That's the kind of wisdom that sustains freedom.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What decision do you need God's wisdom for this week?
- What lie have you believed that wisdom can help you confront?
- Do you believe God wants to give you wisdom? Why or why not?

### **Declaration (write in workbook):**

"I will stop relying on my own understanding. I will ask God for wisdom—and trust Him to lead me with truth."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- God is generous with wisdom—He wants to guide you (James 1:5)

- Wisdom helps you recognize and reject the lies that fuel addiction
- Discernment is a spiritual tool that helps you walk in freedom, not confusion

## **CLOSING PRAYER**

### **Instructions:**

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

### **Prayer:**

“God, thank You for not leaving us to figure life out on our own. Thank You that You give wisdom generously when we ask. This week, help us to pause, to listen, and to choose what is right. Let us not be deceived by old lies. Fill us with wisdom, courage, and clarity as we walk in truth. In Jesus’ name, Amen.”

## **Lost & Found: Lesson 9 Handout**

### **Principle: Desiring Knowledge and Wisdom**

Focus: Gaining God’s truth to reshape identity and overcome addiction.

## **Lesson 9: Wisdom to Discern**

### **Lies vs. Wisdom Chart Growing in Godly Discernment**

“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.” — James 1:5

- Daily Prayer for Wisdom: Read James 1:5 and, each morning, write a brief prayer asking God for discernment.
- Discernment Needs: List 3 areas of your life where you need God’s discernment this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## What Does God's Word Say?

For each area, write a verse or truth from Scripture that speaks to it.

## Area Needing Discernment

God's Word or Truth

## Weekly Tracker

Each day, briefly note a moment you made a choice using godly wisdom.

- Monday: \_\_\_\_\_
- Tuesday: \_\_\_\_\_
- Wednesday: \_\_\_\_\_
- Thursday: \_\_\_\_\_
- Friday: \_\_\_\_\_
- Saturday: \_\_\_\_\_
- Sunday: \_\_\_\_\_

Be ready to discuss one of your wisdom "wins" at your next group session!

# LESSON 10: THE DANGER OF IGNORANCE

## Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction

Scripture: Hosea 4:6 (ESV) - "My people are destroyed for lack of knowledge..."

Main Idea: Ignorance fuels addiction; knowledge heals

Description: Reflect on how lack of God's knowledge harms, using Hosea 4:6, with a commitment to study Scripture

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"God, we confess that at times we've lived blindly, not seeking You or Your truth. But You have not left us in the dark. You've spoken through Your Word, and You've made Yourself known. Today, open our eyes and destroy the ignorance that has led to destruction in our lives. Fill us with a hunger for knowledge that leads to life and freedom. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## **Ignorance of God’s truth leads to destruction.**

Explanation: Hosea 4:6 isn’t a general warning—it’s God’s own people being destroyed because they rejected knowledge. Willful ignorance leads to ruin. In addition, it shows up as avoiding Scripture, ignoring God’s voice, or clinging to misinformation.

Illustration: Picture someone walking through a minefield without a map. That’s what life is like without God’s truth—destruction is inevitable.

Application: Ask students: What truths have you ignored or refused to learn in the past? How has that hurt you or others? Encourage confession and openness without shame.

Scripture: Hosea 4:6 - “My people are destroyed for lack of knowledge...”

### **Pursuing knowledge is protection, strength, and healing.**

Explanation: Just as ignorance destroys, knowledge builds. When we know what God says—about Himself, about us, and about life—we’re equipped to resist lies, endure trials, and grow strong.

\* Illustration: Think of a soldier who doesn’t know how to use their armor. Even if fully equipped, they’re still vulnerable if untrained. God’s Word is armor—and we must learn how to use it.

\* Application: Challenge students to begin a consistent Scripture study habit, even if it’s just 5 minutes a day. Give them a starter list of verses to study (truth about God, identity, wisdom, and temptation).

\* Scripture: Proverbs 4:7 (ESV) - “The beginning of wisdom is this: Get wisdom, and whatever you get, get insight.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Why does God care so much about knowledge? Because knowledge is the difference between destruction and freedom. Hosea 4:6 speaks to a tragic reality—God’s people weren’t destroyed by external enemies, but by internal ignorance. They had rejected the truth, and the consequences were devastating.

This is just as true in recovery. Ignorance isn’t just a lack of facts—it’s the absence of understanding, and in many cases, the refusal to seek God’s wisdom. Many fall back into addiction not because they didn’t try hard enough, but because they didn’t know the truth of who they were in Christ, what God says about temptation, or what freedom actually looks like.

Satan doesn’t need to physically harm you—he just needs to keep you blind. That’s why 2 Corinthians 4:4 says the enemy “has blinded the minds of the unbelievers.” But when we learn and apply the Word, the blinders come off, and we begin to see clearly.

Think of King Josiah in 2 Kings 22. When the Book of the Law was rediscovered and read aloud, he tore his robes in grief. Why? Because the people had lived in ignorance for generations, unaware of God’s commands and promises. But from that moment on, revival began. Knowledge changed everything.

In your own life, think of how many years were shaped by not knowing God’s truth—about your identity, your worth, your purpose, your calling. Think of how that ignorance led to self-destruction. But now, a new chapter begins—one where you pursue the truth daily.

Encourage the students: you don’t need to know everything at once. But if you commit to grow in knowledge a little each day, over time, your mind will be renewed, your choices will change, and your freedom will deepen.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Where has lack of knowledge led to pain or failure in your life?
- What’s one area where you’ve ignored God’s Word—and suffered for it?
- What’s one step you can take this week to begin replacing ignorance with truth?

### **Declaration (write in workbook):**

“I will not stay in the dark. I will pursue God’s truth and let knowledge rebuild my life from the inside out.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Ignorance of God’s Word leads to spiritual, emotional, and practical destruction (Hosea 4:6)
- Knowledge is protection, strength, and the beginning of healing (Proverbs 4:7)

\* The solution is consistent pursuit—God has already spoken; we must choose to listen and learn

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for shining light into our darkness. Thank You that we no longer have to be destroyed by ignorance, but can be built up by truth. Give us a hunger to know You more. Help us pursue wisdom, seek understanding, and commit to growing in knowledge. Change our thinking so You can change our lives. In Jesus’ name, Amen.”

## Lost & Found: Lesson 10 Handout

### Principle: Desiring Knowledge and Wisdom

Focus: Gaining God’s truth to reshape identity and overcome addiction.

### Lesson 10: The Danger of Ignorance

Ignorance to Insight” Tracker: Choosing Truth Over Ignorance

“My people are destroyed for lack of knowledge.” — Hosea 4:6

Consequences of Not Knowing God’s Word: List 3 negative results you’ve experienced when you didn’t know or ignored God’s Word

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Scripture Memory: Write out Hosea 4:6 below and place this somewhere visible:**

**Plan for Intentional Scripture Reading: Pick three times you will set aside this week to read Scripture:**

- Time 1: \_\_\_\_\_
- Time 2: \_\_\_\_\_
- Time 3: \_\_\_\_\_

**Reflection Prompt: How can ignorance of God's truth open doors to temptation or relapse?**

Review your experience at the next meeting and discuss new truths you've discovered!

# LESSON 11: APPLYING KNOWLEDGE

## Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction

Scripture: Colossians 1:9-10 (ESV) - "...filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord... bearing fruit in every good work..."

Main Idea: Knowledge leads to godly action

Description: Discuss applying biblical knowledge, using Colossians 1:9-10, with a practical application task

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, thank You for giving us access to Your knowledge and wisdom through Your Word. But we don't want to be hearers only—we want to be doers. Teach us to apply what we learn, so our lives bear fruit that honors You. Let Your truth move from our heads to our hands, and from our beliefs to our behavior. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## 1. Knowledge is only powerful when it's applied.

Explanation: Paul prayed that believers would not just gain knowledge but walk in it—live it out. Knowing what God says is important, but doing what He says brings transformation.

Illustration: Think of someone who owns a gym membership, watches workout videos, and reads fitness books—but never exercises. Knowing doesn't change you—doing does.

Application: Ask students to identify one biblical truth they've learned recently but haven't applied yet. What is one step they can take this week to put it into practice?

Scripture: Colossians 1:9-10 – "...so as to walk in a manner worthy of the Lord... bearing fruit in every good work..."

## **2. Applying knowledge produces spiritual fruit.**

Explanation: Fruit represents visible evidence of internal transformation. You can measure whether God's truth is taking root in your life by the change in your thoughts, words, and actions.

\* Illustration: Picture an apple tree. You don't need a label to know what it is—you look at the fruit. In the same way, people should see your growth by how you live.

Application: Give students a "fruit inventory" worksheet with areas like forgiveness, purity, truthfulness, patience, and humility. Ask them to rate how much they've grown in each, and choose one area to actively develop this week.

\* Scripture: James 1:22 (ESV) – "But be doers of the word, and not hearers only, deceiving yourselves."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

This lesson bridges the gap between knowing and living. It's one thing to gain knowledge—through classes, Scripture reading, and sermons—but it's another to apply that knowledge. Without action, knowledge becomes a form of deception. James warns that those who hear the Word and don't do it are deceiving themselves.

Paul's prayer in Colossians 1 isn't just that believers know God's will, but that they walk in a manner worthy of Him—bearing fruit. That fruit isn't perfection, but visible growth. In recovery, that might look like handling conflict differently, resisting temptation more quickly, telling the truth when lying used to be second nature, or offering forgiveness where bitterness once ruled.

Jesus told a parable in Matthew 7 about two men: one built on rock (truth applied), and one built on sand (truth ignored). The storm came to both—but only one stood. Application is what turns spiritual knowledge into spiritual stability.

Think of Zacchaeus in Luke 19. The moment he encountered Jesus, he didn't just say he believed—he made restitution, gave generously, and changed his ways. Knowledge met action. That's the fruit of repentance and growth.

Challenge your students to reflect: What's one area where I've been gaining knowledge but resisting obedience? How would my life look different if I began applying what I already know?

Remember: God isn't impressed by how much Scripture you can quote. He's pleased when your life begins to reflect the heart of that Scripture in real time.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What's a truth you've learned that you've struggled to apply?
- What's stopping you from living it out—fear, comfort, pride, or doubt?
- What's one action you can take this week to align your life with what you believe?

### **Declaration (write in workbook):**

"I won't just know the Word—I will live it. This week, I will put truth into practice and trust that fruit will follow."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Knowledge becomes transformation when it's put into practice (Colossians 1:9–10)
- Spiritual fruit is the evidence that truth is taking root in your life
- God calls us to be doers of the Word—not spectators or listeners only (James 1:22)

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for all You’ve taught us. But we don’t want to be filled with truth that we never use. Help us take what we’ve learned and walk it out this week—with integrity, with courage, and with joy. Make us fruitful, faithful, and obedient. Let our lives reflect You. In Jesus’ name, Amen.”

## Lost & Found: Lesson 11 Handout

### Principle: Desiring Knowledge and Wisdom

Focus: Gaining God’s truth to reshape identity and overcome addiction.

## Lesson 11: Applying Knowledge

### “Walk It Out” Worksheet: Practicing What You Learn

“...be filled with the knowledge of his will... so as to walk in a manner worthy of the Lord...” — Colossians 1:9-10

Scripture Interaction: Read Colossians 1:9-10 aloud. Underline or highlight the action words that stand out.

Application: List one truth you’ve recently learned and describe a way you can live it out:

Truth learned: \_\_\_\_\_

How I’ll apply it: \_\_\_\_\_

### Obedience Checklist: Make a simple tracker for the week. Each day, note your effort to act on God’s truth.

- Day
- Acted? (Y/N)
- Note on Obedience

- Monday
  - Yes  No
- 

- Tuesday
  - Yes  No
- 

- Wednesday
  - Yes  No
- 

- Thursday
  - Yes  No
- 

- Friday
  - Yes  No
- 

- Saturday
  - Yes  No
- 

- Sunday
  - Yes  No
- 

## **Journal Reflection: How is obedience shaping your faith and character this week?**

Review your experience at the next meeting and discuss new truths you've discovered!

# LESSON 12: GROWING IN WISDOM TOGETHER

## Principle 2: Desiring Knowledge and Wisdom

Focus: Gaining God's truth to reshape identity and overcome addiction

Scripture: Proverbs 15:22 (ESV) – “Without counsel plans fail, but with many advisers they succeed.”

Main Idea: Community wisdom strengthens recovery

Description: Encourage group discussion on shared wisdom, using Proverbs 15:22, with a peer support plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, You never meant for us to walk alone. Thank You for the gift of community—where wisdom can be shared, growth can be encouraged, and recovery can be strengthened. Today, teach us how to lean on godly counsel and how to be that voice for others. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## God designed us to gain wisdom through community.

Explanation: Proverbs 15:22 reminds us that isolation leads to failure, but wise counsel leads to success. In

recovery, we often fail not from lack of desire, but from lack of support and correction.

Illustration: Think of a hiker in the wilderness without a guide—they may have strength and gear, but without direction, they'll likely get lost. Community is spiritual direction.

Application: Have students list two people in their life who speak godly wisdom. If no one comes to mind, help them identify potential mentors or peer partners. Encourage intentional connection this week.

Scripture: Proverbs 15:22 - “Without counsel plans fail, but with many advisers they succeed.”

## **Wisdom multiplies when it’s shared among believers.**

Explanation: God doesn’t give wisdom just for our own sake—He gives it so we can strengthen others. In a healthy community, wisdom is passed around, refined, and multiplied.

Illustration: Think of a bonfire—one small flame can light many torches. When we share our lessons and failures, we light the path for others.

Application: Break students into pairs or triads and have them share one area where they’ve gained wisdom in recovery. Then challenge them to speak encouragement into someone else’s struggle.

Scripture: Hebrews 10:24-25 (ESV) - “Let us consider how to stir up one another to love and good works... encouraging one another...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Recovery thrives in relationship. God never designed transformation to happen in isolation. From the Garden of Eden to the early Church, God’s model has always been community. And Proverbs 15:22 affirms that counsel from others brings success, while isolation leads to failure.

Addiction, by nature, is isolating. It pushes people into secrecy, shame, and separation. That’s why one of the first steps toward healing is bringing things into the light—and letting others in. In recovery, we need the wisdom of others who’ve walked the road ahead of us. We also need peers walking beside us who can offer perspective, accountability, and prayer.

The early church understood this. Acts 2:42 says they devoted themselves to the apostles’ teaching, fellowship, breaking of bread, and prayer. That was the recipe for spiritual growth—and it still is today.

Consider Moses in Exodus 18. He was trying to do everything alone until his father-in-law Jethro gave him wise counsel: share the burden, delegate, and let others help. That advice didn’t just help Moses—it preserved the health of the whole community.

In recovery, wisdom often comes through shared testimony. When someone says, “I’ve been there—and here’s what God showed me,” it’s like a key turning in another’s lock. God uses people to speak wisdom that we couldn’t see on our own.

Encourage students to see themselves as both learners and leaders. We need to receive wisdom—and we need to pass it on. Everyone in the room has something valuable to contribute. The more we build this culture of mutual counsel and encouragement, the stronger our recovery community becomes.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Have you tried to do recovery alone? How did that work out?
- Who are the wise voices you trust—and how often do you reach out?
- What wisdom has God given you that someone else needs to hear?

### **Declaration (write in workbook):**

“I will not isolate. I will seek godly wisdom from others—and share what God has taught me to strengthen someone else.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- We were never meant to walk alone—wise counsel brings strength (Proverbs 15:22)
- Recovery deepens when wisdom is shared among trusted believers
- You are both a student and a teacher—grow in wisdom and give it away

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for the people You place in our lives to speak truth, offer counsel, and strengthen our faith. Help us walk in humility—willing to listen, to learn, and to lean on others. And help us be that voice of wisdom for someone else. Build a community here that honors You and strengthens every person. In Jesus’ name, Amen.”

## Lost & Found: Lesson 12 Handout

### Principle: Desiring Knowledge and Wisdom

Focus: Gaining God’s truth to reshape identity and overcome addiction.

## Lesson 12: Growing in Wisdom Together

### 1. Wisdom Circle” Worksheet: Community for Wisdom

“Plans fail for lack of counsel, but with many advisers they succeed.” — Proverbs 15:22

Identify Godly Counsel: Write the names of two people you trust for spiritual guidance:

1. \_\_\_\_\_

2. \_\_\_\_\_

### 2. Connect This Week: Schedule a time to talk or pray with one of them.

When and where?

\_\_\_\_\_

**3. Scripture Prompt: Write out Proverbs 15:22**

**4. Reflection: How does walking with wise people help you grow in wisdom and recovery?**

**5. Identify Godly Fellowship: Write the names of two people who walk with you that you can share wisdom with.**

1. \_\_\_\_\_

2. \_\_\_\_\_

**6. Connect This Week: Schedule a time to talk or pray with one of them.**

When and where?

\_\_\_\_\_

**7. Identify Godly Influence: Write the names of one person you can give wisdom to.**

1. \_\_\_\_\_

Connect This Week: Schedule a time to talk or pray with one of them.

When and where?

\_\_\_\_\_

Plan to share your experience and encouragement with your group next session!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# LESSON 13: THE JOY OF UNDERSTANDING

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: Psalm 119:97 (ESV) – “Oh how I love your law! It is my meditation all the day.”

Main Idea: Knowledge brings joy and peace

Description: Celebrate the joy of God's truth, using Psalm 119:97, with a meditation exercise

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“God, Your Word is more than information—it's life, joy, and peace. Today, we don't just want to study it, we want to delight in it. Show us how understanding Your truth isn't a burden but a blessing. Fill our hearts with joy as we meditate on what You've said. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- True understanding of God's Word produces joy.

Explanation: In Psalm 119, David expresses deep love for God's law—not because it's a rulebook, but because it brings life. When we understand God's heart and commands, we find peace, purpose, and joy.

Illustration: Think of a musician finally learning to read sheet music—it opens a whole new world of beauty and expression. Understanding Scripture works the same way.

Application: Ask students to share a time when a Bible verse “clicked” and brought encouragement, peace, or conviction. How did that truth shape their day or decision-making?

Scripture: Psalm 119:97 – “Oh how I love your law! It is my meditation all the day.”

## **Meditation on truth strengthens self-control.**

Explanation: What we meditate on becomes what we believe. And what we believe drives how we live. Regular reflection on God’s truth retrains the mind and builds the internal strength needed for consistent self-control.

\* Illustration: Picture a garden. If you keep planting the same seeds, you’ll see the same fruit. Meditation is how we plant God’s Word deep in our minds so that godly choices can grow.

\* Application: Lead a short meditation exercise: read Psalm 119:97 slowly 2–3 times, pausing between readings. Have students close their eyes and ask the Lord to give them joy in His Word.

\* Scripture: Joshua 1:8 (ESV) – “You shall meditate on it day and night... then you will make your way prosperous...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Many people don’t associate joy with the idea of God’s commands—but that’s because they’ve misunderstood the purpose of His Word. It’s not meant to weigh us down—it’s meant to lift us up. Psalm 119:97 reveals a deep truth: when we understand God’s law, we come to love it.

David didn’t say, “I read your law every day”—he said, “I love it.” That’s the fruit of understanding. When we comprehend what God is really saying—about who we are, who He is, and how life works—we discover peace, clarity, and joy. That joy fuels our pursuit of self-control.

Understanding brings stability. Consider Jesus in Matthew 4. When Satan tempted Him, Jesus responded with Scripture—not as a memorized formula, but with deep understanding of God’s will. That’s what meditation produces: not shallow knowledge, but rooted understanding.

In recovery, one of the greatest obstacles to lasting change is emotional instability. People react, spiral, or collapse under pressure. But when the Word is meditated on and internalized, it provides a new anchor.

Meditation helps us slow down, process truth, and make godly decisions—this is where self-control is born.

You may have read Scripture in the past as a duty or obligation. But God wants to reframe it as delight. His Word reveals the path to freedom. As David said in Psalm 119:105, “Your word is a lamp to my feet and a light to my path.” There’s no joy in stumbling around in the dark. But when truth lights the way, joy returns.

Encourage students to think of God’s Word not as a restriction, but a roadmap to joy. Understanding what He says leads to peace. And peace leads to stability. And stability strengthens self-control.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Have you ever seen the Bible as a burden instead of a blessing? What changed your view (or what could)?
- When have you experienced joy or peace from understanding something God said?
- How can meditation on Scripture help you grow in self-control this week?

### **Declaration (write in workbook):**

“I will seek joy not in feelings, but in truth. I will meditate on God’s Word and find strength for today and direction for tomorrow.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- God’s Word is not just instructional—it is transformational (Psalm 119:97)
- Understanding God’s truth leads to joy, clarity, and strength
- Meditation is the bridge between knowledge and daily self-control

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for the joy that comes from Your truth. Teach us to love Your Word—not as an obligation, but as our greatest treasure. Help us meditate on it, understand it, and live it. Let the joy of understanding fuel our growth and deepen our self-control. In Jesus’ name, Amen.”

## Lost & Found: Lesson 13 Handout

### Principle: Desiring Knowledge and Wisdom

Focus: Gaining God’s truth to reshape identity and overcome addiction.

## Lesson 13: The Joy of Understanding

### Devotional Starter Guide: Discovering Joy in God’s Word

“Oh, how I love your law! I meditate on it all day long.” — Psalm 119:97

Daily Delight: Each morning this week, read Psalm 119:97 and let it lead your thoughts.

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7

Joy Journal: Each day, write one truth from God’s Word that brings you peace or joy.

**Day**

**Joyful Truth**

**Monday**

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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My Favorite Scriptures: List your top three favorite Bible verses and briefly note why they matter to you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Meditation Reflection: Spend 10 quiet minutes focusing on one favorite verse. What did God show you?**

Plan to share your experience and encouragement with your group next session!

# LESSON 14: THE GIFT OF SELF-CONTROL

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: 2 Peter 1:6 (ESV) – "...and knowledge with self-control..."

Main Idea: Self-control is a fruit of the Spirit

Description: Introduce self-control from Galatians 5:22–23 (ESV), with a discussion on relying on the Holy Spirit

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, thank You for not leaving us to fight temptation and impulses in our own strength. You've given us the Holy Spirit to help us live self-controlled lives that honor You. Today, help us understand what self-control really is, where it comes from, and how we can walk in it by Your grace. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## 1. Self-control is not self-powered—it's Spirit-powered.

Explanation: Many people think of self-control as just trying harder. But biblical self-control is a fruit of the Spirit (Galatians 5:22-23). It's not about gritting your teeth—it's about yielding to the Spirit.

Illustration: Picture trying to steer a boat with no rudder—it doesn't matter how hard you row. But when the Holy Spirit leads, you're not alone in the fight. He becomes the rudder, guiding your will and emotions.

Application: Ask students: Where have you been relying on willpower instead of the Holy Spirit? Pray together to surrender those areas and invite God's strength in.

Scripture: Galatians 5:22-23 - "...the fruit of the Spirit is... self-control..."

## 2. Growth in self-control is part of spiritual maturity.

Explanation: 2 Peter 1:6 shows that self-control is a building block in the journey of faith. As we grow in knowledge, God calls us to develop discipline. It's evidence that we're becoming more like Christ.

Illustration: Like muscles that develop through consistent resistance training, self-control grows each time we say no to sin and yes to God.

Application: Encourage students to identify a specific behavior or area of their life where they need to exercise more self-control. Have them write a "Spirit-powered plan" with Scripture, accountability, and practical steps.

Scripture: 2 Peter 1:6 - "...and knowledge with self-control..."

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Self-control is often misunderstood as a human effort—but Scripture reveals it's actually a supernatural gift. Galatians 5 tells us that self-control is a fruit of the Spirit. That means it's something the Spirit produces in us, not something we manufacture on our own.

In addition, most people have experienced the cycle of trying harder and failing again. That cycle leads to shame and despair. But Jesus didn't die so we could try harder—He died so we could be transformed. That transformation is powered by the Holy Spirit. When we surrender to Him daily, He gives us the ability to pause, resist temptation, and choose what's right.

In 2 Peter 1, Peter lists self-control right after knowledge, because knowing the truth must lead to changed behavior. If our lives aren't becoming more disciplined over time, it means we're either ignoring the Spirit or trying to do everything in our own power.

Consider Jesus in the wilderness (Matthew 4). He didn't just have knowledge—He applied it through self-control. He was tired, hungry, and tempted, but He stood firm by the power of God. The same Spirit that empowered Him lives in us (Romans 8:11).

Paul also talks about training the body and disciplining himself so that he won't be disqualified (1 Corinthians 9:27). That's not legalism—it's maturity. Self-control isn't about perfection; it's about being yielded, aware, and prepared.

We must remember: the Spirit doesn't take control instead of us—He takes control with us. We make the decision; He provides the power. Every time you say no to your flesh and yes to God, your spiritual "muscles" grow stronger.

In this lesson, we want students to stop relying solely on willpower and start partnering with the Spirit. That's where real, lasting, joyful self-control is found.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Where in your life are you relying on your own strength instead of the Holy Spirit?
- What would it look like to invite the Spirit into your decision-making this week?
- How can self-control lead to more freedom, not less?

### **Declaration (write in workbook):**

"I will stop striving in my own strength. This week, I will partner with the Holy Spirit and walk in self-control, one decision at a time."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Self-control is a fruit of the Spirit—not a product of willpower (Galatians 5:22-23)

- It is developed as we yield to God and obey Him daily (2 Peter 1:6)
- True discipline comes from relationship with God, not from rules or shame

## CLOSING PRAYER

### Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

### Prayer:

“Holy Spirit, thank You for being our Helper. We need You. We can’t fight sin or walk in obedience without Your strength. Teach us to surrender, to listen, and to obey. Grow the fruit of self-control in us—not to earn anything, but to walk in the freedom You’ve given us. In Jesus’ name, Amen.”

## Lost & Found: Lesson 14 Handout

### Principle: Seeking Self-Control

Focus: Developing discipline to align with God’s will.

### Lesson 14: The Gift of Self-Control

Spirit-Powered Self-Control Plan Growing Self-Control by the Spirit

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...” — Galatians 5:22-23

1. Fruit of the Spirit: Write out Galatians 5:22-23. Circle ‘self-control.’
2. What Does Self-Control Mean to You? Journal your thoughts
3. Anticipate Three Challenging Moments: List three times this week you’ll need God’s help with self-control.
  - Challenging Moment
  - What Help Do I Need from God?
  - Scripture to Lean On
4. Accountability: How will you allow yourself to be held accountable & with who?
5. Pray Daily for Empowerment: Write out a short daily prayer:

Plan to share your experience and encouragement with your group next session!

# LESSON 15: MASTERING TEMPTATION

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: 1 Corinthians 10:13 (ESV) - "God is faithful... he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape..."

Main Idea: God empowers us to resist temptation

Description: Teach how to find God's escape route, using 1 Corinthians 10:13, with a role-play activity

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, we come before You needing wisdom and strength. We've fallen into temptation before—but Your Word promises that You always provide a way out. Teach us to recognize that way, trust it, and take it. Let us see temptation for what it is—and choose You instead. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Temptation is inevitable—but not unbeatable.

Explanation: Scripture doesn't say "if" we are tempted, but "when." However, God promises that temptation will never be stronger than His ability to help us overcome it.

Illustration: Think of temptation like a fire alarm—loud, urgent, and demanding your attention. But alarms aren't meant to paralyze you—they're meant to send you to the exit. God always provides one.

Application: Ask students to write down a common temptation they face, then write down the "exit strategy" God might offer when that temptation comes (a Scripture, a phone call, a physical exit, etc.).

Scripture: 1 Corinthians 10:13 - "God is faithful... he will also provide the way of escape..."

## **Self-control means choosing the escape God gives.**

Explanation: God will provide the way out—but we still have to take it. Mastering temptation means training ourselves to recognize that moment of choice and act on it.

Illustration: Think of a GPS giving a reroute—you still have to turn. Knowing the exit and taking it are two different things.

Application: Do a role-play: present a real-life recovery temptation scenario. Have a student or pair walk through what taking the escape route would look like in that moment.

Scripture: James 4:7 (ESV) - "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Everyone faces temptation. Even Jesus was tempted in the wilderness (Matthew 4). But here's the good news: temptation is not sin. It's the battlefield where the decision is made. God, in His faithfulness, has promised that no temptation will ever be so strong that we have to give in. There is always an exit—and that's what makes self-control possible.

1 Corinthians 10:13 is one of the most empowering verses for anyone in recovery. It not only acknowledges the reality of temptation but assures us that God is active in that moment. He is already providing a "way of escape." Our job is to recognize it and take it.

But the flesh will try to convince you that there is no way out. That it's too late. That you've already messed up. These are lies. Scripture declares the opposite: "God is faithful." He knows your limits. He knows your struggles. And He's committed to your victory.

Think of Joseph in Genesis 39. When Potiphar's wife tempted him, he didn't debate or flirt with the idea—he fled. That was the way out. On the flip side, King David stayed when he should have walked away—and the results were devastating (2 Samuel 11). God provides exits, but we must take them.

Mastering temptation starts before the moment arrives. It's about recognizing patterns, having a plan, and relying on the Spirit. Self-control is choosing to follow God's voice instead of your feelings. Over time, this becomes a habit—and that habit becomes strength.

Encourage students to stop waiting for willpower in the moment and start asking God to prepare their hearts in advance. The Spirit is already working. The way out already exists. Are we listening for it?

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What's one temptation that catches you off guard?
- What has "the way of escape" looked like for you in the past?
- What practical step can you take this week to be prepared when temptation hits?

### **Declaration (write in workbook):**

"When temptation comes, I will look for God's way of escape—and I will take it. He is faithful, and I can trust Him to help me stand."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Temptation is not sin—but how we respond determines the outcome (1 Corinthians 10:13)
- God always provides an exit—but we must choose to take it

\* Preparation, prayer, and Spirit-led self-control are the keys to mastering temptation

# CLOSING PRAYER

## Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

"Father, thank You for always being faithful. Even in our weakness, You're working. Teach us to see the way of escape when temptation comes. Give us the courage and clarity to take it. Strengthen our self-control—not in our own power, but through Your Spirit. Let us walk in victory this week. In Jesus' name, Amen."

## Lost & Found: Lesson 15 Handout

### Principle: Seeking Self-Control

Focus: Developing discipline to align with God's will.

## Lesson 15: Mastering Temptation

### 1. Temptation Exit Map: Escaping Temptation

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear..." — 1 Corinthians 10:13

- Memorize God's Promise: Write out 1 Corinthians 10:13 and commit it to memory.

### 2. Top 3 Temptations: List your main temptations and what triggers them.

- Temptation
- Impulse Response(s)

### **3. Create an Escape Plan: For each temptation, write a matching Scripture and a practical action step.**

- Temptation
- Scripture
- Escape Route

### **4. Daily Review and Reflection: Each morning: review your plans. Each evening: Was there victory or struggle?**

#### **Morning notes:**

Evening reflection:

- Plan to share your experience and encouragement with your group next session!

# LESSON 16: SELF-CONTROL IN ACTION

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: Titus 2:11-12 (ESV) – “For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age.”

Main Idea: Self-control renounces addiction

Description: Explore practical steps to reject worldly desires, using Titus 2:11-12, with a personal action plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, we thank You for Your grace—not just the grace that saves, but the grace that trains. Today, let us see how self-control is not something we produce but something You develop in us. Teach us to take real steps to reject the old life and live in the new. Help us to walk in Your strength, one decision at a time. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- God's grace trains us for self-controlled living.

\* Explanation: Grace isn't just forgiveness—it's power for transformation. According to Titus 2, grace teaches

us how to say “no” to worldly passions and “yes” to godly living.

\* Illustration: Think of grace like a coach. It doesn’t just cheer you on—it corrects, strengthens, and disciplines you into spiritual shape.

Application: Ask students: How do you define grace? Have you ever thought of it as a teacher? Reflect on how God’s grace has already trained you to make better choices.

Scripture: Titus 2:11–12 - “...training us to renounce ungodliness and worldly passions...”

Self-control means choosing righteousness in real moments.

Explanation: It’s easy to talk about self-control, but real growth happens when we act on it. Each decision is a moment of training—a chance to renounce sin and walk in godliness.

Illustration: Like a rehab patient relearning how to walk, each step forward feels unnatural at first—but strength comes through repetition.

Application: Have each student write a “Self-Control Action Plan” for one area they’re struggling with (e.g., lust, anger, laziness, overindulgence). What is one daily behavior they will change with God’s help?

Scripture: Romans 6:12 (ESV) - “Let not sin therefore reign in your mortal body, to make you obey its passions.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

There’s a powerful misunderstanding about grace: that it simply covers sin, rather than trains us to overcome it. But Titus 2 flips that idea upside down. Grace is both pardon and power. It is not passive—it is active. It teaches us how to live.

This passage tells us that grace trains us to live differently. The same grace that brought salvation is also the force that teaches us to reject what once controlled us. The very Spirit that draws us to repentance also empowers us to live with self-control.

Many people in addiction recovery see self-control as something they lack. But Scripture reveals it’s something we are given and trained into by God’s grace. When we align with His Word and Spirit, our ability to choose righteousness over sin increases.

Think of Daniel, who resolved not to defile himself with the king’s food (Daniel 1:8). That was a moment of self-control rooted in a decision before temptation came. He set a plan in place. In the same way, we must decide in advance how we will respond to pressure, desire, or emotion.

Self-control in action is not just about avoiding bad decisions—it’s about pursuing better ones. The end goal is not willpower, but godliness. Titus 2:12 ends by saying we are to “live self-controlled, upright, and godly

lives in the present age.” That means it’s possible—now—with God’s help.

Encourage your group: this isn’t about legalism. It’s about maturity. Just as athletes train their bodies for performance, believers train their lives for righteousness. Each right decision strengthens the spiritual muscles of obedience and makes the next one easier.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- In what areas of your life do you need grace to train you in self-control?
- What’s one worldly passion that still tries to call the shots in your life?
- What’s one daily habit you can build that aligns with godly living?

### **Declaration (write in workbook):**

“God’s grace is training me to say ‘no’ to the old life and ‘yes’ to godly self-control. I will walk in the Spirit and apply truth daily.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Grace doesn’t just forgive—it trains us for godly living (Titus 2:11–12)
- Self-control is proven in daily actions, not just beliefs
- You can grow stronger through Spirit-empowered, grace-trained practice

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You that Your grace is not passive—it’s powerful. It’s training us every day to reject sin and choose righteousness. Help us to take action. To walk away from what once held us and walk into a life of godliness. Let this week be full of Spirit-led, grace-filled decisions that reflect Your goodness. In Jesus’ name, Amen.”

## Lost & Found: Lesson 16 Handout

### Principle: Seeking Self-Control

Focus: Developing discipline to align with God’s will.

## Lesson 16: Self-Control in Action

### Self-Control Action Plan: Choosing Godly Desires

“For the grace of God has appeared... training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives...” — Titus 2:11-12

### 1. Write the Scripture in Your Journal: Write Titus 2:11-12 below:

Two-Column Reflection: On the left, list “Ungodly desires to reject.” On the right, “Virtues to pursue.”

Ungodly Desires to Reject

Virtues to Pursue

Scripture To Lean On

1. Intentional Action: Pick one virtue to act on intentionally each day this week. Which will you start with?

#### **4. Victory & Struggle Journal: Record struggles or victories you experience as you put self-control into action.**

- Monday: \_\_\_\_\_
- Tuesday: \_\_\_\_\_
- Wednesday: \_\_\_\_\_
- Thursday: \_\_\_\_\_
- Friday: \_\_\_\_\_
- Saturday: \_\_\_\_\_
- Sunday: \_\_\_\_\_

Plan to share your experience and encouragement with your group next session!

# LESSON 17: THE STRENGTH TO WAIT

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: Psalm 27:14 (ESV) – “Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!”

Main Idea: Patience builds self-control

Description: Discuss waiting on God, using Psalm 27:14, with a group reflection on delayed gratification

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, You know how hard it is for us to wait. In our flesh, we want relief now, answers now, change now. But You are not in a hurry—and Your timing is perfect. Teach us how to wait well. Give us strength and courage when we're tempted to take matters into our own hands. Help us trust that Your way is better and Your timing is best. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## **Waiting on God strengthens the heart and trains self-control.**

Explanation: Psalm 27:14 doesn't just command us to wait—it tells us that waiting is an act of courage and strength. Waiting teaches us to surrender our desires and trust in God's plan.

Illustration: Think of waiting as weightlifting—it puts pressure on your spiritual “muscles,” but with each repetition, you grow stronger.

Application: Ask students to write down an area in their life where they're tired of waiting. Reflect on how they've been responding—impatience or trust? Then pray Psalm 27:14 aloud as a group.

Scripture: Psalm 27:14 - “Wait for the Lord; be strong, and let your heart take courage...”

## **Patience guards us from impulsive and destructive decisions.**

Explanation: Many addictions and relapses begin with impatience. When we refuse to wait on God, we run toward temporary comfort. But self-control says, “Not yet. I will wait for what's right.”

\* Illustration: Imagine someone picking fruit before it's ripe. It may look good, but it's bitter and immature. Waiting brings fullness and sweetness.

\* Application: Have students share (as they feel led) how impatience has led to setbacks in the past—and what they learned. Then, invite them to create a “Wait Strategy” for a current struggle.

\* Scripture: Proverbs 19:2 (ESV) - “Desire without knowledge is not good, and whoever makes haste with his feet misses his way.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Waiting is not passive—it is one of the most active and spiritually demanding disciplines in the Christian life. Psalm 27:14 calls us to wait with strength and courage, not weakness or defeat. In recovery, learning to wait is vital. Why? Because so much of addiction is rooted in immediate gratification: “I need relief now. I need peace now. I need escape now.”

But waiting on God develops something deeper—self-control fueled by trust. It's a declaration that God's way is worth it, even if it takes longer than expected.

Throughout Scripture, we see that waiting was part of God's refining process. Abraham had to wait for the promised son. Joseph waited in prison before being elevated to leadership. David was anointed king but had to wait years before sitting on the throne. And Jesus Himself waited until the right moment to reveal His power. Waiting is not a punishment—it's preparation.

In addiction recovery, impulsivity is often the enemy of progress. Waiting develops the restraint that protects your peace, safeguards your choices, and builds your spiritual backbone. When we learn to wait, we learn to listen. And when we listen, we start making Spirit-led decisions instead of emotion-led ones.

Encourage students: Waiting isn't a waste. It's a season where God is building the strength you'll need for what's coming next. Don't rush what God is trying to grow. There is strength in patience. And there is freedom in surrendering your timeline to the Lord.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What area of your life are you tempted to rush or control instead of wait on God?
- How has impulsivity led to regret or relapse in your past?
- What would trusting God's timing look like practically this week?

### **Declaration (write in workbook):**

"I will not rush what God is growing. I will wait on the Lord with strength and courage—and trust His timing in my recovery."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Waiting on God is not weakness—it's a spiritual strength that deepens self-control (Psalm 27:14)
- Patience guards us from impulsive choices that lead to regret (Proverbs 19:2)

\* God uses waiting seasons to grow our trust, wisdom, and spiritual maturity

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Father, thank You for reminding us that waiting is not weakness—it’s worship. Give us hearts that are strong and courageous even when things take time. Help us choose patience over panic, trust over impulsiveness. Build deep self-control in us as we wait on You. In Jesus’ name, Amen.”

## Lost & Found: Lesson 17 Handout

### Principle: Seeking Self-Control

Focus: Developing discipline to align with God’s will.

## Lesson 17: The Strength to Wait

### 1. Wait Strategy Sheet: Trusting God’s Timing

“Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!” — Psalm 27:14

Areas of Waiting on God: Where are you waiting on God right now? (healing, restoration, provision, etc.)

Way You Try to Rush God: How do you try to rush the things you are waiting for? (thought, emotion, action),

Identify Truth to Lean On: What Biblical truth will you stand on as you wait. (scripture, biblical principle, etc.)

Prayer of Trust and Surrender: Write a short prayer surrendering this area to God’s timing.

Response Tracker: Track how you respond when tempted to rush ahead. Jot a few words each day.

**Day**

**Did I wait on God? Notes**

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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Plan to share your experience and encouragement with your group next session!

# LESSON 18: OVERCOMING IMPULSIVITY

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: Proverbs 16:32 (ESV) – “Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”

Main Idea: Self-control conquers impulsive behavior

Description: Address impulsivity in addiction, using Proverbs 16:32, with a journaling exercise

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

Prayer:

“God, we come before You recognizing how often we act before we think, speak before we pray, and choose comfort over wisdom. But Your Word says the one who rules their spirit is greater than a warrior. Today, help us become people who respond, not react—who are led by Your Spirit, not our impulses. Give us self-control that's stronger than any emotion or temptation. In Jesus' name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Impulsivity is a spiritual weakness that leads to destruction.

Explanation: Acting without thinking—or reacting without praying—is often the path to regret. Impulsivity is the enemy of self-control, and Scripture tells us that the wise are slow to anger and ruled by the Spirit.

Illustration: Think of a driver who never uses brakes—only the gas pedal. It doesn't matter how strong the engine is—sooner or later, a crash is inevitable.

Application: Ask students to reflect: What's your typical impulse response—anger? isolation? indulgence? Discuss how these patterns have affected their life.

Scripture: Proverbs 14:29 (ESV) – “Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.”

## **Ruling your spirit is greater than conquering the world.**

Explanation: Proverbs 16:32 elevates internal mastery above outward success. In God's eyes, self-control is a greater victory than taking cities. Why? Because your character, not your circumstances, determines your freedom.

\* Illustration: Imagine a castle without walls—no matter how rich or powerful it is, it's vulnerable to attack. That's what a person is like without boundaries and restraint.

\* Application: Hand out journals and ask students to write about a time they acted impulsively and later regretted it. Then ask them to write what “ruling their spirit” would've looked like in that moment.

\* Scripture: Proverbs 16:32 – “He who rules his spirit [is better] than he who takes a city.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Impulsivity is one of the clearest marks of addiction. Acting without thinking. Speaking without praying. Responding without processing. It's not just emotional immaturity—it's a spiritual weakness that Scripture directly confronts.

Proverbs 16:32 reminds us that the strongest person isn't the one who can conquer others—it's the one who can conquer themselves. God honors those who are slow to anger, slow to speak, and quick to listen. That's not weakness—that's wisdom.

In recovery, impulsivity shows up in many ways:

- Saying yes to temptation without counting the cost
- Sabotaging relationships with quick outbursts
- Making rash decisions based on fear, stress, or desire
- And the result? Regret, pain, and spiritual setbacks.

But God doesn't just expose impulsivity—He offers a way forward: ruling your spirit. This doesn't mean you

never feel emotions or desires. It means those things don't control you. Through the Spirit, you learn how to pause, pray, and proceed with wisdom.

Consider Peter. He was impulsive by nature—cutting off a man's ear in defense of Jesus, swearing bold loyalty and then denying Christ three times. But over time, he matured into a man of restraint, humility, and wisdom. That change came through failure, grace, and growth. The same can be true for us.

Remind your students: being emotional isn't a sin. Being driven by your emotions is where the danger lies. The Spirit offers a better way. Self-control doesn't kill your passion—it purifies it. It brings your whole life into alignment with God's purpose.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What emotion or desire tends to trigger impulsive behavior in you?
- What does it look like for you to “rule your spirit” in that moment?
- How can you invite the Holy Spirit into your reactions this week?

### **Declaration (write in workbook):**

“I will not be ruled by my impulses. I will pause, pray, and let the Spirit lead. This week, I will choose discipline over reaction and self-control over regret.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Impulsivity is not harmless—it leads to spiritual, emotional, and relational destruction
- God honors the one who rules their spirit more than the one who wins external battles (Proverbs 16:32)
- Through the Holy Spirit, you can pause, process, and walk in power over your reactions

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“God, we want to be people of strength—not strength that overpowers others, but strength that governs ourselves. Teach us to rule our spirits. Give us patience in our reactions, wisdom in our decisions, and control over our emotions. We surrender our impulsive tendencies to You and ask You to fill us with peace and purpose. In Jesus’ name, Amen.”

## Lost & Found: Lesson 18 Handout

### Principle: Seeking Self-Control

Focus: Developing discipline to align with God’s will.

## Lesson 18: Overcoming Impulsivity

### Impulse Pause Journal: Learning to Pause

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” — Proverbs 16:32

- Reflect on Strength: Read Proverbs 16:32 and write down the kind of strength God values and changes you want to make in your life.:
- Create a ‘Pause Card’: On a small card, write these questions & scripture reminders to keep with you:

\* Is this wise?

Scripture Reminder: \_\_\_\_\_

\* Is this loving?

Scripture Reminder: \_\_\_\_\_

\* Is this godly?

Scripture Reminder: \_\_\_\_\_

Use Your Pause Card: Each time you're tempted to react impulsively, pull out your card.

Afterward, jot how you paused, what was your Spirit-led response and what was the outcome.

## **Situation & Impulse**

Did I Pause? Spirit-led response?

## **Outcome**

### **Journal Reflection: How did using your pause card help you honor God in your decisions this week?**

Bring your completed handouts to your next meeting to discuss how self-control is growing in your walk with Christ!

# LESSON 19: A DISCIPLINED LIFE

## Principle 3: Seeking Self-Control

Focus: Developing discipline to align with God's will

Scripture: 1 Timothy 4:7-8 (ESV) - "Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."

Main Idea: Discipline shapes a godly life

Description: Encourage a disciplined routine, using 1 Timothy 4:7-8, with a weekly schedule plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

Prayer:

"Father, thank You for calling us to a life of purpose. Help us understand that discipline is not punishment—it's preparation. As we learn to train ourselves for godliness, give us endurance, structure, and the desire to grow. Help us commit to daily rhythms that glorify You. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Spiritual discipline is essential for a godly life.

Explanation: Just like athletes train their bodies, Christians must train their hearts and minds. Discipline is how we grow in faith, character, and maturity.

\* Illustration: Think of an Olympic athlete—they don't become great by accident. They follow a strict regimen. Our spiritual lives need the same level of intentionality.

Application: Ask students: What's one area where your spiritual routine lacks consistency? What's one step you can take to grow in discipline this week?

Scripture: 1 Timothy 4:7-8 - "Train yourself for godliness..."

Daily rhythms shape long-term results.

\* Explanation: You become what you repeatedly do. Creating a schedule that prioritizes prayer, Scripture, rest, and accountability is how you build a life of godliness.

\* Illustration: Imagine trying to build a house with no blueprint. Without a plan, you'll waste time, energy, and materials. A disciplined routine is your blueprint for spiritual stability.

\* Application: Give students a "Weekly Discipline Planner." Have them fill out daily routines including prayer time, Scripture reading, group support, rest, and healthy habits.

\* Scripture: Proverbs 21:5 (ESV) - "The plans of the diligent lead surely to abundance..."

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Discipline is not a popular word—but it is a deeply biblical one. In a culture obsessed with instant results and quick fixes, God calls us to the slow, steady process of training ourselves for godliness. This doesn't mean earning His love—it means stewarding our lives in a way that reflects His priorities.

In 1 Timothy 4:7-8, Paul uses the language of an athlete. He says, "Train yourself." The Greek word for train is *gymnazō*—it's where we get the word gymnasium. Paul is saying, "Work it out. Put in the effort. Build spiritual muscle." Why? Because godliness has value now and eternally.

This lesson is important because many people in recovery struggle with structure. Addiction breeds chaos, inconsistency, and disorganization. Discipline feels foreign or restrictive. But in Christ, discipline isn't about control—it's about freedom. Freedom to say no to sin. Freedom to say yes to God. Freedom to live on purpose.

Look at Daniel in Daniel 6. Even when threatened with death, he kept his spiritual disciplines. He prayed three times a day—as was his custom. That routine grounded his faith and made him unshakable. Jesus, too, often withdrew to lonely places to pray (Luke 5:16). His discipline didn't make Him less human—it made Him more aligned with the Father.

The long-term fruit of discipline is spiritual stability. You don't drift into maturity. You train for it. That means setting alarms, making plans, showing up when it's hard, and refusing to let feelings dictate your faith.

Challenge students to view discipline not as a punishment, but as a privilege. The world lives by impulse. We live by intention. And every small choice to read, pray, repent, rest, serve, or connect adds up to a life that looks more like Christ.

# ENGAGEMENT MOMENT

## Instructions:

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

## Reflection Questions:

- What part of your routine currently reflects spiritual discipline? What part needs work?
- Do you view discipline as a burden or a gift? Why?
- What's one new rhythm you can commit to for the next 7 days?

## Declaration (write in workbook):

"I will train myself for godliness. Through daily discipline and Spirit-led focus, I will grow stronger and walk with purpose."

# PRINCIPLE TAKE-A-WAYS

## Instructions:

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Discipline is not legalism—it's spiritual training (1 Timothy 4:7-8)
- Your daily habits are shaping your long-term growth
- A godly routine builds strength, maturity, and stability for the journey

# CLOSING PRAYER

## Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“God, we thank You that You don’t call us to wander aimlessly—you invite us to live with purpose. Help us build spiritual routines that strengthen our walk and glorify Your name. Give us the desire to grow, the discipline to continue, and the grace to start again when we fall. Let our lives reflect Your order, peace, and power. In Jesus’ name, Amen.”

## Lost & Found: Lesson 19 Handout

Principle: Seeking Self-Control

Focus: Developing discipline to align with God’s will.

## Lesson 19: A Disciplined Life

### Weekly Discipline Planner: Training for Godliness

“Train yourself for godliness.” — 1 Timothy 4:7-8

Scripture Focus: Read 1 Timothy 4:7-8. Underline or highlight the word “train.” Journal what it means to you:

### Weekly Discipline Plan: Create a schedule that includes specific times for prayer, Bible study, and rest.

#### Mon

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

#### Tue

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

**Wed**

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

**Thu**

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

**Fri**

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

**Sat**

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

## Sun

- Prayer: \_\_\_\_\_
- Bible Study: \_\_\_\_\_
- Rest: \_\_\_\_\_
- Fellowship: \_\_\_\_\_
- Service: \_\_\_\_\_

## **Daily Accountability: At the end of each day, check your progress.**

- If you missed something, ask: Why? What could help tomorrow?
- Adjust and Invite Support: How will you adjust your plan for the next week?
- Who will you ask to hold you accountable?
- Plan to share your experience and encouragement with your group next session!

# LESSON 20: THE CALL TO ENDURE

## Principle 4: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith

Scripture: 2 Peter 1:6 (ESV) – “...and self-control with steadfastness...”

Main Idea: Steadfastness is a mark of faith

Description: Introduce endurance, using James 1:2-3 (ESV) – “Count it all joy... the testing of your faith produces steadfastness” – with a testimony share

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, You are the God who never quits, never gives up, and never leaves us. Today, as we begin this new section, teach us what it means to endure. Give us the courage to stay in the fight, the strength to keep going, and the joy that only comes from knowing You’re working even in our trials. Let endurance mark our faith. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Endurance is not optional—it’s evidence of real faith.

Explanation: 2 Peter 1:6 names steadfastness (endurance) as a key part of spiritual growth. It’s the ability to keep going when it’s hard—and Scripture says it’s proof that our faith is genuine.

Illustration: Think of a tree during a storm—its strength isn't proven by sunny days, but by its ability to stay rooted when the winds hit.

Application: Ask students to reflect: What's a trial you've gone through that tested your faith? Did it produce endurance—or discouragement?

Scripture: James 1:2-3 (ESV) - "Count it all joy... the testing of your faith produces steadfastness."

Steadfastness is built, not born.

Explanation: No one wakes up with endurance. It's forged through hardship, repetition, and trust in God's process. Trials aren't meant to break you—they're meant to strengthen you.

Illustration: Consider resistance training. You don't gain strength by avoiding weight—you gain it by pushing through it.

Application: Invite a student or leader to share a testimony of a season that required perseverance—and how God used it to mature them.

Scripture: Romans 5:3-4 (ESV) - "Suffering produces endurance, and endurance produces character..."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Endurance isn't the flashiest part of faith, but it's one of the most important. It's easy to start strong—what matters is whether you finish. That's why Peter includes steadfastness in this progression of spiritual maturity in 2 Peter 1:6. After self-control comes the decision to keep going—when the feelings fade, when the pressure rises, and when everything in you wants to quit.

Endurance is the difference between a moment of faith and a lifestyle of faith. And according to James 1:2-3, it's trials that produce endurance. The same pain that used to trigger relapse can now become the very thing God uses to strengthen you.

Think of Job—he endured loss, sickness, and despair, yet held fast to God. Or the Apostle Paul, who endured beatings, imprisonment, and betrayal, yet still declared, "I have fought the good fight... I have kept the faith" (2 Timothy 4:7).

In recovery, endurance looks like continuing to pursue truth even when your emotions lie. It looks like getting up again after failure. It looks like walking away from temptation again and again. Every act of perseverance builds spiritual muscle.

And just like physical endurance doesn't come overnight, neither does spiritual. That's why we train for it. We don't quit when it's hard—we press in. That's when faith gets real.

Encourage your students: your pain isn't wasted. Your trials aren't random. God is using them to strengthen

what matters most—your heart, your character, your endurance. It's not about being perfect—it's about refusing to quit.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- When have you wanted to quit in your faith or recovery—and why didn't you?
- What does endurance look like practically in your life right now?
- What truth about God do you need to hold onto to keep going this week?

### **Declaration (write in workbook):**

"I will not quit. God is producing endurance in me. My faith is real, and I will keep showing up, even when it's hard."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Endurance is a mark of maturity and evidence of true faith (2 Peter 1:6)
- Trials are not a sign of failure—they are the training ground for perseverance (James 1:2-3, Romans 5:3-4)
- You build spiritual endurance one decision at a time by trusting God when you want to quit

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for being faithful—even when we feel weak. Teach us to endure. Grow in us a faith that doesn’t quit. Help us see our struggles not as the end, but as the process. Build strength in us through every trial. And when we feel like giving up, remind us of who You are—and who You’re making us to be. In Jesus’ name, Amen.”

## Lost & Found: Lesson 20 Handout

### Principle: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith.

## Lesson 20: The Call to Endure

### Endurance Tracker: Building Endurance Through Trials

“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.” — James 1:2-3

1. Scripture Reflection: Read James 1:2-3. What word, phrase, or promise stands out to you?
2. Personal Trial: Write about a recent challenge or trial and how God may be using it to strengthen or grow you.
3. Three Ways to Persevere: List three practical actions you can take to press on when things get hard.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

## **Choose One to Practice: Pick one method from your list. How will you apply it during a challenge this week?**

- Choose One to Practice: Pick one method from your list. How will you apply it during a challenge this week?

Area To Stay Strong In

Biblical Method

Scripture To Lean On

Person you'll ask to help

**Share how these steps impact your perseverance at your next meeting!**

# LESSON 21: ENDURING TRIALS

## Principle 4: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith

Scripture: Romans 5:3-4 (ESV) – “Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.”

Main Idea: Trials build resilience

Description: Discuss how suffering strengthens, using Romans 5:3-4, with a group reflection on past challenges

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“God, we come to You in the middle of our trials—some we’ve just come through, some we’re in right now, and some we can’t see coming. But You are steady. You are faithful. You don’t waste pain. As we open Your Word today, teach us how to endure suffering in a way that produces something eternal in us. Give us strength, peace, and perspective. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Trials are not interruptions—they are part of God’s growth process.

Explanation: Romans 5 teaches us that suffering isn’t pointless. It has a purpose: to build endurance,

character, and hope. God doesn't waste trials.

Illustration: Think of how pressure forms diamonds. Trials apply pressure—but under God's hand, they produce something beautiful and strong.

Application: Ask students to name a trial they once hated but now realize God used for their growth. Invite a few to share what God produced in them.

## **Scripture: Romans 5:3-4 - "Suffering produces endurance..."**

Suffering builds spiritual resilience and long-term hope.

Explanation: Endurance isn't just about surviving—it's about becoming. Each trial you walk through with God builds spiritual muscles for the future.

Illustration: Consider a plant with deep roots. It can survive harsh seasons not because the storm is easy, but because the roots are strong. Trials grow deep roots.

Application: Lead a reflection exercise: Have students write about a trial they're currently facing. Then, using Romans 5:3-4, write what they believe God might be building in them through it.

Scripture: 2 Corinthians 4:17 (ESV) - "This light momentary affliction is preparing for us an eternal weight of glory..."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Endurance isn't learned by reading about it—it's forged in fire. Romans 5:3-4 tells us suffering isn't just something to endure—it's something that, when surrendered to God, produces endurance, character, and hope. That's a process. And every step matters.

Most people view trials as interruptions to their life. But biblically, trials are invitations to growth. The question is: will we lean into them with faith, or waste them in frustration?

Joseph's story in Genesis is a powerful example. Betrayed by his brothers, falsely accused, thrown in prison—yet through each trial, God shaped his heart, prepared his character, and positioned him to save many lives. The suffering was not random. It was preparation.

The same is true for us. When we suffer and choose to trust God anyway, endurance is formed. And endurance leads to godly character. That character gives birth to real, unshakable hope—not based on emotions, but on who God is.

In recovery, this matters deeply. Trials don't stop just because someone gets clean. If anything, they intensify.

But now, with Christ, trials no longer have to derail your progress. They can define your growth.

That shift in perspective is everything: this isn't just pain—it's purpose. It's God producing something eternal in you. Endurance doesn't make life easier—but it makes you stronger. And in the process, it proves your faith to be real.

Encourage students: you don't have to like the trial to be transformed by it. God will use every hard thing to shape something holy in you. Your past trials don't disqualify you—they prepare you. And your current struggle is not in vain.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What is a trial you once resented but now recognize as transformative?
- How has your suffering produced any new strength, character, or hope?
- What truth about God do you need to remember in your current trial?

### **Declaration (write in workbook):**

“My trial is not wasted. God is producing endurance and hope in me. I will keep trusting Him, even when it's hard.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Trials are not detours—they are part of God's process for growth (Romans 5:3-4)
- Suffering develops endurance, character, and lasting hope
- Endurance isn't about surviving—it's about becoming who God made you to be

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“God, thank You that You are near in suffering. Thank You that our pain is not wasted, our trials are not random, and our faith is not fragile in Your hands. Produce in us endurance, character, and hope. Help us endure with faith, and remind us daily that You are working in every hardship. In Jesus’ name, Amen.”

## Lost & Found: Lesson 21 Handout

Principle: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith.

## Lesson 21: Enduring Trials

### Trial Reflection Sheet: Growth Through Hardship

“We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.” — Romans 5:3-4

Steps of Growth: Read Romans 5:3-4. Write out the growth process described in these verses:

4. Reflect on Trials: Journal about a past or current trial & what it developed in you (patience, faith, empathy...)
5. Blessings from Suffering: List three blessings or strengths God brought through your suffering.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1. Prayer of Gratitude: Write a short prayer thanking God for using your pain for good.

Be ready to encourage someone else with your story of endurance!

# LESSON 22: STANDING FIRM

## Principle 4: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith

Scripture: Ephesians 6:13 (ESV) – “Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.”

Main Idea: God’s armor sustains endurance

Description: Teach the armor of God, using Ephesians 6:13, with a visualization exercise

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for giving us armor—not so we can run from battle, but so we can stand firm in it. As we look at Your Word today, help us understand how to endure not by our own strength but by being fully clothed in Your power. Teach us to fight the right battles, in the right way, with the right weapons. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Endurance requires spiritual armor.

Explanation: You can’t stand firm if you’re spiritually exposed. Ephesians 6:13 tells us to “take up the whole armor of God”—because the battle is real, and endurance requires preparation.

\* Illustration: Imagine going into battle in your pajamas—you wouldn't last a minute. Armor isn't optional; it's survival.

Application: Have students list what piece of the armor (truth, righteousness, readiness, faith, salvation, Word) they feel least equipped in—and why.

Scripture: Ephesians 6:13 - "Take up the whole armor of God... to stand firm."

Standing firm means choosing to hold your ground.

Explanation: Paul doesn't say to run—he says to stand. When temptation, fear, or attack comes, we don't collapse—we stay rooted in God's promises and power.

Illustration: Picture a soldier holding a shield while arrows fly. He may be tired, scared, or outnumbered—but he knows the ground he's standing on belongs to the King.

Application: Lead a short visualization exercise: have students close their eyes and imagine each piece of armor being put on, one by one. Then have them silently pray for strength to stand this week.

Scripture: 1 Corinthians 16:13 (ESV) - "Be watchful, stand firm in the faith, act like men, be strong."

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

The Christian life isn't a playground—it's a battleground. And if we want to endure, we have to suit up. Ephesians 6 reminds us that we're not just facing emotional struggles—we're facing spiritual warfare. That's why Paul says, "Put on the whole armor of God."

God doesn't leave us exposed. He gives us spiritual weapons and protection so we can resist temptation, overcome discouragement, and stand firm in trials. But here's the key: we have to put the armor on. God provides it, but we must apply it.

Each piece of the armor serves a purpose:

- The belt of truth keeps us grounded in reality.
- The breastplate of righteousness guards our hearts from shame and accusation.
- The shoes of peace help us walk in stability and purpose.
- The shield of faith extinguishes the lies of the enemy.
- The helmet of salvation protects our minds from hopelessness.
- The sword of the Spirit (God's Word) helps us fight with truth—not emotion.

Standing firm doesn't mean you never struggle. It means you don't surrender. It means when fear rises, you stay rooted. When lies come, you speak truth. When everything says give up, you stand your ground in Christ.

Think of Shadrach, Meshach, and Abednego. They didn't run from the fire—they stood in it. Why? Because they were armed with truth, righteousness, and faith. And God met them there.

Encourage students: you can't avoid the battle, but you don't have to lose it. God has equipped you. Your job is to stand. His job is to strengthen you as you do.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Which piece of God's armor do you forget or ignore most often?
- When was the last time you chose to stand firm instead of run or react?
- What would it look like to start each day by spiritually suiting up?

Declaration (write in workbook):

"I will not face this week unarmed. I will put on the full armor of God and stand firm—no matter what comes."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Endurance requires spiritual armor (Ephesians 6:13)
- You are equipped to stand firm in trials, temptation, and warfare

\* Standing isn't passive—it's a bold, Spirit-filled decision to stay grounded in God's strength

## **CLOSING PRAYER**

### **Instructions:**

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You that You never call us to stand alone. You’ve given us armor, truth, and power to endure. Teach us to suit up daily—not in fear, but in faith. Help us stand firm in Your Word, Your Spirit, and Your promises. And when the day feels long and the pressure strong, remind us that You are with us. In Jesus’ name, Amen.”

## Lost & Found: Lesson 22 Handout

Principle: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith.

## Lesson 22: Standing Firm

### Armor Checklist: The Armor of Endurance

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” — Ephesians 6:13

Scripture Engagement: Read Ephesians 6:13. What does it mean to “stand firm” in your current season?

1. The Armor Visual: Draw, label, or list each piece of the armor of God below:

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

(Circle any pieces you tend to neglect in your daily walk.)

2. Why Are Those Pieces Neglected?: What keeps you from “putting on” specific pieces of God’s armor.
3. Weekly Application Plan: How will you intentionally “wear” neglected armor when facing stress or temptation?

Memory: Memorize Ephesians 6:13. Write it here for practice:

- Plan to share your experience and encouragement with your group next session!

# LESSON 23: HOPE IN PERSEVERANCE

## Principle 4: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith

Scripture: Hebrews 12:1 (ESV) – “Let us run with endurance the race that is set before us.”

Main Idea: Hope fuels steadfastness

Description: Encourage running the race, using Hebrews 12:1, with a goal-setting activity

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.

Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for setting a race before us—not to exhaust us, but to fulfill Your purpose in us. Give us endurance for the path ahead. Let us run not in fear, but with hope. Fix our eyes on Jesus, the finish line of our faith. Strengthen our hearts, renew our vision, and build perseverance within us. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Endurance requires fixing your focus on what’s ahead, not just what’s around you.

Explanation: Hebrews 12:1 reminds us we’re in a race—a long one. To endure, we must stop getting distracted by the pain of the moment and keep our eyes on the finish line: Christ.

Illustration: Imagine a runner who constantly looks side to side. They lose speed, rhythm, and direction.

Endurance means staying focused on the prize.

Application: Ask students: Where has your focus drifted? What are you staring at that's slowing you down spiritually?

Scripture: Hebrews 12:2 (ESV) - "Looking to Jesus, the founder and perfecter of our faith..."

Hope gives endurance a reason to keep going.

Explanation: Hope isn't just wishful thinking—it's confident expectation. When we believe there's purpose in the pain, we can keep running even when we're tired.

\* Illustration: A woman enduring labor can press through the pain because she knows the joy that's coming. Our perseverance is fueled by the hope of transformation, healing, and eternity.

\* Application: Lead a goal-setting activity: Have students write one spiritual goal they want to press toward in the next 30 days. Then write one truth from Scripture that gives them hope to endure.

\* Scripture: Romans 15:4 (ESV) - "Through endurance and the encouragement of the Scriptures we might have hope."

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Perseverance is not just about gritting your teeth—it's about keeping your eyes on the prize. Hebrews 12:1 tells us to run with endurance the race set before us. But how do we endure? The answer is in the next verse: "looking to Jesus."

We endure because we have something—and Someone—worth enduring for. Hope is what makes the struggle worth it. The hope that we're not the same people we were. The hope that we're going somewhere better. The hope that Jesus is waiting at the finish line.

Scripture constantly ties endurance to hope. Romans 5:3-5, James 1:12, and 2 Corinthians 4:16-18 all point to this truth: the pain of today produces the joy of tomorrow. That joy is what Jesus clung to—"who for the joy set before Him endured the cross" (Hebrews 12:2).

- Encourage your students to take their eyes off the distractions and fix them back on Christ. In addiction recovery, relapse often begins not with action, but with distraction—getting focused on circumstances instead of truth.

Like a marathon runner, endurance grows as we learn to breathe in the Spirit and tune out the noise. We don't run aimlessly—we run with hope. Every step matters. Every mile has meaning. And the finish line is guaranteed for those who don't give up.

Let them know: hope is not optional in the Christian life—it's essential. Without it, endurance fades. But with

it, we can run far, fast, and faithfully.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What has helped you keep going when you felt like quitting?
- Where has your focus drifted in this season?
- What hope do you need to hold onto today?

### **Declaration (write in workbook):**

“I will fix my eyes on Jesus. My hope is in Him. I will not quit—I will run my race with endurance.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Endurance is fueled by hope (Romans 15:4)
- Focus is the key to perseverance—what you fix your eyes on determines your strength (Hebrews 12:2)
- Hope isn’t wishful—it’s anchored in Jesus and the promise of transformation

## **CLOSING PRAYER**

### **Instructions:**

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.

- Thank God for the class, everyone, and everything in it.

## **Prayer:**

“Lord, thank You for the race set before us—and for the hope that carries us through. Let us run with endurance, not in our own strength, but by fixing our eyes on You. Help us keep going when we’re tired, keep believing when it’s dark, and keep hoping even in trials. Our victory is in You. In Jesus’ name, Amen.”

## **Lost & Found: Lesson 23 Handout**

### **Principle: Seeking Steadfastness (Endurance)**

Focus: Persevering through trials with faith.

## **Lesson 23: Hope in Perseverance**

### **Hope-Fueled Goal Sheet: Running the Race with Hope**

“...let us run with endurance the race that is set before us...” — Hebrews 12:1

- Scripture Focus: Read Hebrews 12:1. What “weight” or “sin” do you sense is slowing you down right now?
4. Your Race Plan: Set 2-3 small, spiritual goals (“lap markers”) for this week that will keep you moving forward:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## **Accountability: Who is running alongside you for encouragement and accountability?**

Name: \_\_\_\_\_

- How will you keep each other encouraged this week?

## **Hope Statement: Write a short statement of hope you will revisit when you feel discouraged:**

“I will remember that\_\_\_\_\_”

Plan to share your experience and encouragement with your group next session!

# LESSON 24: LEARNING FROM FAILURE

## Principle 4: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith

Scripture: 2 Peter 1:9 (ESV) – “For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins.”

Main Idea: Failure teaches endurance

Description: Address setbacks, using 2 Peter 1:9, with a discussion on learning from mistakes

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“God, we’ve all failed. We’ve fallen short. But You never gave up on us. Today, teach us how to grow through failure—not hide from it. Let us learn to endure, even after mistakes. Help us remember who we are in Christ, and not lose sight of Your mercy. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

### 1. Failure does not disqualify you—forgetting God’s grace does.

- Explanation: 2 Peter 1:9 reminds us that when we forget who we are in Christ, we lose sight of spiritual

progress. Failure doesn't make you unusable—but forgetting the cross makes you blind.

- Illustration: Think of someone who falls during a race. Falling isn't the end—but staying down and forgetting there's still a finish line will disqualify the effort.
- Application: Ask students to write about a recent failure—then write beside it one truth about God's forgiveness.
- Scripture: 2 Peter 1:9 - "...having forgotten that he was cleansed from his former sins."

## **2. God uses failure to develop endurance, humility, and growth.**

- Explanation: The goal isn't to never fall—the goal is to get back up each time with greater wisdom. Every setback can become a setup for growth.
- Illustration: Think of how a tree is strengthened by storms—it bends, it may even break, but the root system gets stronger every time.
- Application: Lead a short group discussion: What did you learn about God or yourself from a past failure? How did He use it to mature you?
- Scripture: Proverbs 24:16 (ESV) - "For the righteous falls seven times and rises again..."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Failure is something everyone experiences—but not everyone knows how to grow from it. In 2 Peter 1:9, the warning isn't about falling—it's about forgetting. When someone lacks spiritual growth, Peter says it's because they've forgotten the gospel. They've forgotten they've been cleansed. They've lost sight of God's mercy and their new identity.

In recovery, this is crucial. Many people relapse not just from temptation, but from shame. One stumble becomes a spiral—not because God quit on them, but because they quit believing God's grace still applied. That's the blindness Peter warns about.

But Scripture paints a different picture of failure. David failed with Bathsheba—but repented and was restored. Peter denied Jesus—but was forgiven and commissioned to feed His sheep. Failure isn't the end of the story when it's met with humility and faith.

What God is looking for is perseverance—a heart that rises after falling. Endurance isn't about never messing up—it's about never giving up. Proverbs 24:16 says, "The righteous falls seven times and rises again." That's righteous endurance.

Encourage your students: God's grace isn't a one-time eraser—it's a daily power source. When you fall, run to Him. Learn what led to the fall. Repent. Reset. And rise again. This is where character is built. This is how

endurance is forged.

Let's be people who learn from failure—who don't pretend we're perfect, but press forward anyway. Jesus didn't come for the flawless—He came for the fallen. The key is remembering what He's done for you, and never letting failure blind you to the cross.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What failure have you let define you more than God's forgiveness?
- What lesson did you learn from a past failure that made you spiritually stronger?
- Where have you seen growth because you chose to rise again?

### **Declaration (write in workbook):**

"I may fall, but I will not stay down. I have been cleansed by Christ—and I will rise again."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Failure is not final when met with humility and faith (2 Peter 1:9)
- Forgetting God's grace leads to blindness, but remembering leads to growth
- Endurance is built by rising after each fall—not by avoiding every one

## **CLOSING PRAYER**

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You that You are not done with us when we fail. You lift us, restore us, and grow us through every fall. Help us to remember that we are cleansed, forgiven, and called. Give us the strength to rise again, to learn, and to endure. Let failure become fuel for faith. In Jesus’ name, Amen.”

## Lost & Found: Lesson 24 Handout

### Principle: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith.

## Lesson 24: Learning from Failure

### Failure Recovery Plan: Growing Through Setbacks

“But whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins.” — 2 Peter 1:9

- What Did Failure Teach You?: Reflect on a recent failure or relapse.
- \_\_\_\_\_ What insight or warning did God show you through it?

### 2. Three New Ways to Respond: List three specific ways you will respond differently next time you’re challenged.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**3. Scripture: What scripture revealing God's warning will you meditate on:**

**4. Scripture: What scripture revealing God's encouragement will you meditate on:**

**5. Prayer for Redemption: Write a short prayer asking God to use your past failures for future growth:**

Bring your handout next session to share how God is growing perseverance and hope in your faith journey!

# LESSON 25: COMMUNITY ENDURANCE

## Principle 4: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith

Scripture: Galatians 6:2 (ESV) – “Bear one another’s burdens, and so fulfill the law of Christ.”

Main Idea: Community supports steadfastness

Description: Emphasize mutual support, using Galatians 6:2, with a peer accountability plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, thank You for not calling us to walk this journey alone. You created us for community. As we open Your Word, help us to see the strength that comes from bearing one another’s burdens. Give us humility to receive support and courage to offer it. Make us a people who endure together. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Endurance increases in the context of godly relationships.

Explanation: Galatians 6:2 reminds us that carrying each other’s burdens isn’t a suggestion—it’s how we fulfill the law of Christ. You were never meant to endure in isolation.

Illustration: Think of two people climbing a mountain. If one slips, the other pulls them up. But if they’re alone, the fall could be fatal.

Application: Have students reflect on who they currently lean on spiritually—and whether they're open to being supported or too isolated.

Scripture: Galatians 6:2 - "Bear one another's burdens, and so fulfill the law of Christ."

## **2. Accountability fuels spiritual consistency.**

Explanation: When we walk closely with others in transparency and encouragement, our endurance is strengthened. Isolation weakens us—accountability strengthens us.

Illustration: Picture a fire. If you pull one coal away from the rest, it quickly cools. But when coals stay close, they stay hot.

Application: Create peer accountability pairs or groups. Ask each student to write 3 goals and share them with a peer who will pray and check in during the week.

Scripture: Ecclesiastes 4:9-10 (ESV) - "Two are better than one... for if they fall, one will lift up his fellow."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Endurance is not a solo sport. God never designed faith to be lived in isolation. From the beginning, He said, "It is not good for man to be alone." And when it comes to long-term spiritual endurance, community is the secret weapon.

Galatians 6:2 gives us a clear command: "Bear one another's burdens." This isn't about rescuing people—it's about walking with them. It's about standing in the gap, offering encouragement, speaking truth, praying consistently, and reminding each other that quitting isn't an option.

Why is this so vital in recovery? Because isolation is often the breeding ground for relapse. The enemy works in secrecy and shame—but when we walk in community, we walk in the light. When we confess our struggles, receive grace, and walk in accountability, the chains begin to break.

- Think about Jesus—He didn't call one disciple. He called twelve. Even in His greatest trial—the Garden of Gethsemane—He brought friends to pray with Him. And after His resurrection, He sent the disciples out two by two. Why? Because endurance is multiplied through fellowship.
- Use the fire/coals illustration: one coal pulled away from the others cools off quickly. But coals together create lasting heat. In the same way, you need people around you who will pray, challenge, and walk with you.
- Encourage students: if you want to endure, you must get honest, get known, and get connected. The burdens are heavy, yes—but when shared, they become bearable. You don't have to be perfect—you

just have to show up and walk together.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Are you walking alone or with others spiritually right now?
- What burden are you carrying that you need help with?
- Who in your life needs you to help carry their burden?

### **Declaration (write in workbook):**

“I will not walk alone. I will share my burdens and help others carry theirs. In Christ, we endure together.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- God designed us to endure together (Galatians 6:2)
- Accountability builds consistency, encouragement, and strength
- Isolation is dangerous—community is protective

## **CLOSING PRAYER**

### **Instructions:**

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.

- Thank God for the class, everyone, and everything in it.

Prayer:

“God, thank You for giving us each other. Help us drop our pride, drop our shame, and walk in honesty and unity. Strengthen our friendships. Help us be people who listen, carry burdens, and endure together. Build a community here that reflects You. In Jesus’ name, Amen.”

## **Lost & Found: Lesson 25 Handout**

Principle: Seeking Steadfastness (Endurance)

Focus: Persevering through trials with faith.

## **Lesson 25: Community Endurance**

### **Peer Support & Accountability Plan: Enduring Together**

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” — Galatians 6:2

Support Remembrance: List 3 ways others have supported your endurance in the past when life was hard.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### **2. Support Inventory: List 3 areas of challenge that you currently need support for in your endurance/faith..**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**3. Current Caring Community: Write the names of anyone who you will ask to help you carry those burdens..**

**4. Weekly Connection: Create a check-in schedule with a peer or your group for your encouragement.**

Who? \_\_\_\_\_ Day/Time: \_\_\_\_\_

How will you check in (text, call, meeting)? \_\_\_\_\_

1. Serving Others: Write the names of two people who help carry your burdens in hard times.

**6. Weekly Connection: Create a check-in schedule with a peer or your group where you will encourage others.**

Who? \_\_\_\_\_ Day/Time: \_\_\_\_\_

How will you check in (text, call, meeting)? \_\_\_\_\_

Bring this handout next week to discuss how mutual support strengthened your perseverance in the faith.

# LESSON 26: THE CALL TO HOLINESS

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: 2 Peter 1:6 (ESV) – “...and steadfastness with godliness...”

Main Idea: Godliness mirrors Christ

Description: Introduce holiness, using 1 Peter 1:15-16 (ESV) – “But as he who called you is holy, you also be holy in all your conduct, since it is written, ‘You shall be holy, for I am holy.’”

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Holy God, You have called us to be holy as You are holy. That feels impossible, but with You, all things are possible. As we open Your Word, reveal to us what it means to walk in godliness—not just in behavior but in the depths of who we are. Transform us from the inside out. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## Godliness is the reflection of God’s character in your life.

Explanation: Godliness isn’t just about “being good”—it’s about being set apart, living in such a way that

God's holiness is visible through you.

Illustration: Think of a mirror. If it's clean, it reflects clearly. But if it's smudged or cracked, the image is distorted. Our lives are mirrors for Christ.

Application: Ask students: What area of your life most clearly reflects God's character—and what area most distorts it?

Scripture: 1 Peter 1:15-16 - "Be holy, for I am holy."

Holiness is not about perfection—it's about pursuit.

\* Explanation: Being holy doesn't mean being flawless—it means being fully His. It's a daily commitment to pursue Christlikeness with the help of the Holy Spirit.

\* Illustration: Holiness is like climbing a mountain. You may slip, you may get tired, but you keep ascending because your eyes are fixed on the summit.

\* Application: Lead a reflection where students identify one habit that helps them pursue godliness and one that hinders it.

\* Scripture: Philippians 3:12 (ESV) - "Not that I have already obtained this or am already perfect, but I press on to make it my own..."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Godliness is not about outward appearances—it's about an inward reality that flows from intimacy with God. The world has its own definitions of "goodness," but Scripture calls us to something higher: holiness. God isn't just good—He's holy. He is set apart, pure, without flaw, and filled with truth and grace.

When 2 Peter 1:6 tells us to add godliness to our steadfastness, it's showing us that perseverance must lead to transformation. We don't endure just to survive—we endure to become more like Jesus. That is the essence of godliness: becoming like Christ in thought, word, and deed.

1 Peter 1:15-16 calls us to holiness because the One who called us is holy. This command is not a burden—it's an invitation. We are called to reflect the nature of the God who saved us. He sets us apart from sin and for Himself.

This is especially powerful in recovery. Addiction often defiled what was sacred: our bodies, minds, and relationships. But in Christ, God begins restoring holiness where shame once lived. Godliness is the rebuilding of identity, integrity, and intimacy with God.

Holiness is not something we achieve in our strength. Philippians 2:13 says, "It is God who works in you, both to will and to work for his good pleasure." Our job is to respond—to surrender, obey, and pursue. Godliness

grows when we value God more than sin, and when we reject compromise for the sake of conviction.

Remind students: God isn't looking for religious actors—He's looking for wholehearted disciples. The pursuit of holiness is a pursuit of joy, purpose, and identity. Don't fear the call to be set apart. It's how we shine in the dark.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What does "holiness" mean to you—and does it feel achievable?
- Where is God calling you to be more set apart in your life?
- What would it look like to pursue godliness with joy instead of pressure?

### **Declaration (write in workbook):**

"God has called me to be set apart—not to earn His love, but because I already have it. I will pursue holiness as a reflection of His grace in me."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Godliness is not behavior modification—it's heart transformation that reflects Christ
- Holiness is not perfection—it's a daily pursuit of being set apart for God's purposes

\* You don't walk in godliness alone—God empowers what He commands

## **CLOSING PRAYER**

## Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

"Father, thank You for calling us to more—not to earn Your love, but to reflect it. Help us walk in godliness this week. Help us say no to sin and yes to holiness. Fill us with the courage to be different in a world that wants us to compromise. May our lives be mirrors of Your grace, Your truth, and Your holiness. In Jesus' name, Amen."

## Lost & Found: Lesson 26 Handout

### Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## Lesson 26: The Call to Holiness

### Pursuit of Holiness Tracker Set Apart for God

"But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'" — 1 Peter 1:15-16

Scripture Application: Read 1 Peter 1:15-16. Underline or highlight the command to "be holy."

What does "be holy" mean and how can you apply this truth to your life right now?

### 2. Reflect: Holiness vs. Perfection: What's the difference between God's call to holiness and striving for perfection?

1. Areas to be Set Apart: List three parts of your life where God is calling you to "stand out" or be different

Explain How You Will Be Different and what scripture verse you will memorize to do it.

Area To Be Set Apart In

(i.e. relationships, habits, work, recreation)

How You Will Be Different

(i.e. set boundaries, choose discipline, work with integrity, reject peer pressure)

## **2. Scripture Verse To Memorize to Help**

## **3. Prayer for Holiness: Write a prayer asking God to help you pursue holiness this week.**

Share your prayer and reflection with your group. Pray for holiness together!

# LESSON 27: GODLINESS IN IDENTITY

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: 2 Corinthians 5:17 (ESV) – “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

Main Idea: A new identity fosters godliness

Description: Explore the new creation, using 2 Corinthians 5:17, with a personal identity reflection

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for giving us a new identity—not rooted in our past, our pain, or our performance, but in Christ. Help us today to believe what You say about us, not what the world or our shame says. Let our lives reflect who we now are in You. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Your identity in Christ is the foundation for godliness.

Explanation: Godliness flows from knowing who you are. When you understand you are a new creation in Christ, you stop striving and start reflecting His character.

\* Illustration: Imagine a butterfly trying to crawl like a caterpillar—forgetting it has wings. That’s what it’s like

to live in your old identity while claiming a new one.

\* Application: Have students reflect on this question: “Do I still call myself by the name of my past, or by the name God gave me in Christ?”

Scripture: 2 Corinthians 5:17 – “If anyone is in Christ, he is a new creation...”

## **The old identity must be laid down for the new to grow.**

Explanation: You cannot live godly while clinging to labels like addict, failure, liar, or broken. The old has passed. The new has come. Believing this is a daily choice.

\* Illustration: Think of a prisoner who’s been released but keeps wearing the orange jumpsuit out of habit. Freedom has come—but they must dress for the new life.

\* Application: Ask students to write a list of lies they’ve believed about themselves—and then write a truth from Scripture next to each one.

\* Scripture: Colossians 3:9-10 (ESV) – “You have put off the old self... and have put on the new self, which is being renewed in knowledge after the image of its creator.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

You cannot live a godly life until you believe you’ve been made godly by the finished work of Jesus. 2 Corinthians 5:17 declares that if anyone is in Christ, they are a new creation. This isn’t symbolic—it’s spiritual truth. But if you don’t know who you are, you’ll keep living like who you were.

In recovery, this is life-changing. So many people cling to labels: addict, mess-up, screw-up, lost cause. But God calls you son. Daughter. He calls you clean. Free. Redeemed. Holy. And the moment you believe what He says, your life starts to match your new name.

We see this throughout Scripture. God changed names to reflect new identity: Abram to Abraham, Jacob to Israel, Simon to Peter, Saul to Paul. These weren’t cosmetic changes—they were calling changes. With a new name came new purpose.

Colossians 3:9-10 tells us to take off the old self and put on the new. This is more than behavior—it’s belief. When you stop identifying with your past, you start walking in your purpose. You stop saying “I’m broken,” and you start saying, “I’m being made whole.”

That’s how godliness grows. Not by striving to behave—but by believing what’s already true: you’re new. You’ve been forgiven. You’ve been cleansed. You’ve been filled with the Spirit. Now you get to walk it out.

Remind your students: transformation doesn't come from self-improvement. It comes from identity replacement. You're not who you were. You are who Christ says you are. And when you live from that place, godliness becomes your nature, not your burden.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What labels have you worn that no longer belong to you in Christ?
- What does it mean to you personally to be a “new creation”?
- How would your actions change if you truly believed what God says about you?

### **Declaration (write in workbook):**

“I am not who I was. I am a new creation in Christ. I will walk in the identity He gave me—not the one my past tries to name me by.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Godliness begins with identity—you must know who you are in Christ

\* The old identity must be laid down daily so the new one can flourish

\* You're not defined by your addiction or your past—you're defined by the cross

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Jesus, thank You for making us new. Not better versions of our old selves—but brand new in You. Help us remember who we are. Silence the lies of our past. Strengthen our faith to live in truth. Let godliness rise from our new identity. And give us boldness to believe what You say, even when feelings lie. In Jesus’ name, Amen.”

## Lost & Found: Lesson 27 Handout

### Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## Lesson 27: Godliness in Identity

### Identity Exchange Sheet: Living Out Your New Identity

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”  
— 2 Corinthians 5:17

### 1. Scripture Reflection: How is 2 Corinthians 5:17 directly tied to the gospel itself?

- As a Christian, what lie are you believing when you continue to identify with who you used to be?
- As a Christian, what are the dangers of continuing to live from your past identity vs. your new life in Christ?
- As a Christian, what are the blessings of identifying and living as a new creation in Christ?

# Letting Go of The Old & Embracing the New: List 3 negative or old labels you no longer claim because you are in Christ, your new Identity, scriptures & personal declarations.

**Old Label** (one word): \_\_\_\_\_

**New Identity in Christ** (one word): \_\_\_\_\_

**Supporting Scripture:** \_\_\_\_\_

**Personal Declaration** (restating God's truth in agreement): \_\_\_\_\_

\_\_\_\_\_

**Old Label** (one word): \_\_\_\_\_

**New Identity in Christ** (one word): \_\_\_\_\_

**Supporting Scripture:** \_\_\_\_\_

**Personal Declaration** (restating God's truth in agreement): \_\_\_\_\_

\_\_\_\_\_

**Old Label** (one word): \_\_\_\_\_

**New Identity in Christ** (one word): \_\_\_\_\_

**Supporting Scripture:** \_\_\_\_\_

**Personal Declaration** (restating God's truth in agreement): \_\_\_\_\_

\_\_\_\_\_

Be ready to share how affirming your new identity is strengthening your walk with God at the next meeting.

# LESSON 28: PRACTICING GODLINESS

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: 1 Timothy 4:8 (ESV) – “...for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

Main Idea: Godliness shapes daily life

Description: Discuss practical godliness, using 1 Timothy 4:8, with a daily habit plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

Prayer:

“Father, we don’t want to talk about godliness—we want to live it. Help us today to see how to walk this out practically. Give us strength to make choices that honor You, not just in big moments but in daily decisions. Make our lives a reflection of You. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Godliness grows through daily habits—not just spiritual moments.

Explanation: 1 Timothy 4:8 compares godliness to physical training. You don't get spiritually strong by accident—you practice daily disciplines that lead to growth.

Illustration: Just like going to the gym consistently builds muscle, time in prayer, Scripture, and obedience builds godliness.

Application: Ask students what small daily actions they take to grow spiritually—and which habits they struggle with.

Scripture: 1 Timothy 4:7-8 - “Train yourself for godliness...”

## **2. Practicing godliness brings benefits now and eternally.**

Explanation: Godliness impacts every area of your life. It brings peace, purpose, character, and eternal reward. It's not just for “church life”—it transforms work, relationships, and recovery.

Illustration: A garden doesn't grow because you pray over it once—it grows because you water, weed, and care for it every day. So does your soul.

Application: Lead students in creating a “Daily Godliness Plan” with time slots for Scripture, prayer, service, and reflection.

Scripture: Hebrews 12:11 (ESV) - “For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Godliness isn't just a spiritual theory—it's a practical, everyday pursuit. In 1 Timothy 4, Paul urges Timothy to train himself for godliness. That word “train” in Greek is *gymnazō*—the same word we get “gymnasium” from. It means effort, consistency, and repetition. Godliness doesn't just show up—it's developed through discipline.

Many people want the fruit of a godly life—peace, stability, joy—but aren't willing to build the root system. Daily habits are the roots. They're small, often hidden, but essential. This includes prayer, Scripture reading, honesty, confession, acts of kindness, and saying no to temptation.

Paul reminds us that bodily training has some value—but godliness has value in every way. It blesses this life and the life to come. It shapes your character, your decisions, your relationships, and your eternal legacy.

This is critical in recovery. Inconsistency and chaos marked the old life. God is now calling you into a new rhythm—a structure that supports spiritual growth. Don't expect to feel strong without training for it. But take heart: God doesn't leave you to figure it out alone. His Spirit empowers your discipline and makes every step fruitful.

- Look at Daniel—his godliness was visible through his consistent prayer life, even when it was risky. Look at Jesus—He withdrew regularly to pray and stayed aligned with the Father in every decision.
- This lesson is an invitation: don't just admire godliness in others—practice it daily. God is far more interested in daily faithfulness than in dramatic moments. Each small act of obedience matters.
- Encourage students: choose one thing. Start small. Be consistent. And watch how godliness begins to shape your life from the inside out.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What's one godly habit you've built that helps keep you grounded?
- What's one area of your daily life where godliness is missing?
- What would it look like to "train for godliness" this week?

### **Declaration (write in workbook):**

"Godliness is not just what I believe—it's how I live. I will train for godliness daily, trusting God to grow fruit through my faithfulness."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Godliness is developed through consistent, daily spiritual habits (1 Timothy 4:8)
- Small acts of obedience build strong spiritual lives
- Practicing godliness shapes this life and prepares you for eternity

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, we don’t want to live by feelings—we want to live by faith. Help us be people who train for godliness. Give us strength to build habits that reflect who You are. Let every choice we make this week point us toward holiness, discipline, and love. Grow in us what pleases You. In Jesus’ name, Amen.”

## Lost & Found: Lesson 28 Handout

Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## Lesson 28: Practicing Godliness

### Daily Godliness Plan: Training the Heart for Godliness

“...train yourself for godliness. For while bodily training is of some value, godliness is of value in every way...”  
— 1 Timothy 4:8

Scripture Focus: Read 1 Timothy 4:8 and highlight or underline the phrase ‘train yourself for godliness.’

### How does daily training for godliness compare with physical training in your life?

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**Three Daily Habits: Write down three daily disciplines or habits that could help train your heart toward God.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Weekly Commitment Tracker: Write a daily habit (scripture, prayer, accountability, service, etc.), time of day practiced (morning, midday, evening) & benefit noticed.**

Day	Time of Day (Morning / Midday / Evening)	Discipline/Habit Practiced	Spiritual Benefit or Effect
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Reflection: How is God using these practices to shape your heart and mind this week?**

Share your prayer and reflection with your group. Pray for holiness together!

# LESSON 29: OVERCOMING WORLDLINESS

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: Romans 12:2 (ESV) - "Do not be conformed to this world, but be transformed by the renewal of your mind..."

Main Idea: Godliness rejects worldly patterns

Description: Address worldliness, using Romans 12:2, with a group discussion on cultural influences

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

Prayer:

"Father, we live in a world filled with lies, temptations, and distractions. But You've called us to something greater—to be set apart. Today, teach us how to recognize and resist the patterns of this world. Renew our minds and transform our thinking so we can walk in godliness. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Worldliness is subtle conformity to a system that opposes God.

Explanation: Romans 12:2 tells us not to conform—to refuse to be shaped by worldly values. The world says follow your heart; God says deny yourself. The world says live for pleasure; God says live for purpose.

\* Illustration: Think of Jell-O in a mold—it takes the shape of whatever it’s poured into. So does our thinking, if we aren’t vigilant.

\* Application: Lead a group brainstorm: What are common cultural messages (media, music, social media, slogans) that subtly pull us away from godliness?

Scripture: 1 John 2:15-17 (ESV) – “Do not love the world or the things in the world...”

Transformation happens when the mind is renewed by truth.

Explanation: You don’t overcome worldliness by trying harder—you overcome it by thinking differently. When your mind is filled with God’s truth, your life begins to change.

\* Illustration: Picture two radio stations—one playing lies and one playing truth. You’ll live according to whatever frequency you tune into most.

\* Application: Ask students to choose one worldly belief they’ve held onto—and write a biblical truth to replace it.

\* Scripture: Romans 12:2 – “...be transformed by the renewal of your mind...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

The biggest threat to godliness is not always blatant sin—it’s subtle conformity. Romans 12:2 urges us not to be conformed to the world. That word “conform” means “to be shaped by external pressure.” Every day, culture is trying to mold our minds—through entertainment, media, music, advertising, and social norms. And most people don’t even realize it’s happening.

The world has a message: follow your heart, do what makes you happy, chase pleasure, avoid discomfort, stay true to yourself, and live your truth. It sounds good—but it leads to bondage. God’s truth says the opposite: deny yourself, follow Christ, serve others, fear God, and walk in holiness.

That’s why Paul says, “Be transformed by the renewal of your mind.” Transformation isn’t about behavior first—it’s about belief. If your thinking doesn’t change, your life won’t either. But when your mind is filled with the Word of God, your desires, values, and habits begin to shift.

In recovery, this is critical. Old thought patterns feed addiction. Worldly ideas fuel selfishness, shame, lust, fear, and pride. But godly thinking produces self-control, peace, joy, humility, and strength. The only way to escape the world’s mold is to be filled with God’s Word every day.

Jesus modeled this in the wilderness. When tempted by Satan, He didn’t argue—He quoted Scripture. His mind was set on truth, and it gave Him the strength to resist. That same renewal is available to us.

Encourage your students: don't settle for being a better version of your old self. Let God reshape your entire way of thinking. Filter everything—music, media, friendships, habits—through the lens of godliness. You are not of this world. You are being transformed.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Where are you most tempted to conform to the world's way of thinking?
- What area of your life needs transformation by the renewing of your mind?
- What truth from God's Word do you need to focus on this week?

### **Declaration (write in workbook):**

"I will not be conformed to this world. I belong to Christ. I will be transformed as I renew my mind in His Word."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Worldliness is subtle but powerful—don't let culture shape your convictions
- Godliness requires a renewed mind, not just changed behavior
- Daily Scripture replaces lies with truth and sets your mind free

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“God, we want to be different. Set apart. Holy. Not shaped by this world, but transformed by Your truth. Help us recognize the lies we’ve believed—and replace them with Your Word. Make us people who think differently, live boldly, and reflect Your glory. Renew our minds and transform our lives. In Jesus’ name, Amen.”

## Lost & Found: Lesson 29 Handout

### Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

### Lesson 29: Overcoming Worldliness

### Mind Renewal Tracker: Renewing Your Mind

“Do not be conformed to this world, but be transformed by the renewal of your mind...” — Romans 12:2

#### 1. Renew Your Mind: What does “renewing your mind” mean?

Exchanging Wordly Influences for Truth: List three worldly influences (music, media, people, etc) that affect your thinking choices then write a Christ-centered replacement and choice you’ll make this week because of the new influence.

Worldly Influence (lies): \_\_\_\_\_

Christ-Centered Replacement: \_\_\_\_\_

Choice I’ll Make: \_\_\_\_\_

## 2. Create Your Renewal Plan: Write specific steps you'll take to "feed your mind with truth" this week.

Day	Time of Day (Morning / Midday / Evening)	How You Will Renew Your Mind
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

### **Reflection: What changes do you notice as your mind is renewed by God's truth?**

Share your prayer and reflection with your group. Pray for holiness together!

# LESSON 30: GODLINESS IN RELATIONSHIPS

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: Colossians 3:12-13 (ESV) – “Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and... forgiving each other.”

Main Idea: Godliness enhances relationships

Description: Teach godly interactions, using Colossians 3:12-13, with a forgiveness exercise

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, You are kind, compassionate, and patient with us. Teach us today how to reflect Your godliness in our relationships. Help us walk in love, humility, and forgiveness. Heal the wounds we carry and give us the strength to release bitterness. Make us more like Jesus in how we treat others. In His name we pray, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## **Godliness shows up in how we treat others.**

Explanation: Colossians 3 tells us to “put on” certain attitudes: compassion, kindness, humility, meekness, and patience. These aren’t just private virtues—they’re relational practices.

Illustration: Think of getting dressed in the morning—you choose what to wear. In the same way, you choose to clothe yourself in godliness each day in your relationships.

Application: Ask students: which of these “clothing items” are hardest for you to put on—and why?

Scripture: Colossians 3:12 – “Put on... compassionate hearts, kindness, humility...”

Forgiveness is a non-negotiable expression of godliness.

Explanation: Verse 13 connects godliness directly to forgiveness. God forgave you—that’s your reason and your strength to forgive others. It’s not about what they deserve. It’s about who you now are.

Illustration: Picture holding a heavy backpack filled with bricks labeled “resentment.” Forgiveness is setting it down—not saying the pain didn’t matter, but that you won’t carry it anymore.

\* Application: Lead students through a silent forgiveness exercise: identify one person you need to release and write their name privately in their workbook. Pray for them.

\* Scripture: Colossians 3:13 – “As the Lord has forgiven you, so you also must forgive.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

It’s easy to think of godliness as something that happens just between you and God. But the fruit of your spiritual growth will always show up in your relationships. Colossians 3:12-13 gives us a wardrobe of godly behavior—compassion, kindness, humility, meekness, patience, and forgiveness.

Why? Because relationships are where transformation becomes visible. You can quote Scripture, attend church, and speak all the right words—but if you’re harsh, rude, unforgiving, or manipulative, your godliness is hollow. True godliness is revealed in how you treat others—especially the hard ones.

This is especially relevant in recovery. Many wounds were created in relationships, and many must be healed in relationships. God doesn’t just want to restore you—He wants to redeem how you live with others. And that means walking in forgiveness, not revenge. Humility, not pride. Patience, not volatility.

Jesus modeled this perfectly. He showed compassion to the outcasts, kindness to His enemies, humility even as King of kings, and forgiveness to those who nailed Him to the cross. And He calls us to do the same—not in our own strength, but by His Spirit in us.

Forgiveness can feel like the hardest thing to do. But it's also one of the most powerful. It doesn't excuse the wrong—it frees you from being enslaved to it. When you forgive, you break the cycle of bitterness and make room for healing.

Encourage your students: godliness in relationships is the evidence that your faith is real. It's not about being perfect—it's about reflecting Christ. Ask God for help. And choose to “put on” these virtues every day like spiritual clothes.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Which “clothing item” from Colossians 3:12 do you most need to put on right now?
- Who is someone you need to forgive—not because they deserve it, but because Christ forgave you?
- What step can you take this week to show godliness in a strained relationship?

### **Declaration (write in workbook):**

“I will put on compassion, kindness, humility, patience, and forgiveness. I will reflect Christ in my relationships—even when it's hard.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Godliness is most visible in your relationships (Colossians 3:12–13)
- You choose daily to “put on” godly attitudes and actions
- Forgiveness is a command, not a suggestion—and it brings freedom and healing

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“God, thank You for being so kind and patient with us. Now help us do the same for others. Teach us to love, to forgive, and to walk in humility. Transform our relationships through Your Spirit. Let our lives reflect Your grace in how we speak, how we forgive, and how we love. In Jesus’ name, Amen.”

## Lost & Found: Lesson 30 Handout

### Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## Lesson 30: Godliness in Relationships

### 1. Relational Reset Worksheet: Reflecting Christ in Relationships

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another...” — Colossians 3:12-13

List Virtues: Read Colossians 3:12-13 and write out all the virtues listed in these verses.

### 2. Areas for Growth: Which virtue do you struggle with most in your relationships? Why?

Virtue: \_\_\_\_\_  
\_\_\_\_\_

Reason/Challenge: \_\_\_\_\_  
\_\_\_\_\_

### **3. Change in One Relationship: Describe a specific relationship where you want to see more godliness.**

How could practicing this virtue change things?

Relationship: \_\_\_\_\_

How could it change: \_\_\_\_\_

Faith in Action: Write down one step of reconciliation or encouragement you'll take this week.

### **3. Prayer for Godliness: Ask God to help you reflect His love & character in this relationship. Write your prayer.**

Share your progress and encouragement at your next group meeting!

# LESSON 31: THE JOY OF GODLINESS

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: Psalm 16:11 (ESV) – “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”

Main Idea: Godliness brings joy

Description: Celebrate joy in godliness, using Psalm 16:11, with a praise session

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You that joy is not found in chasing the world—it’s found in walking closely with You. Show us today how godliness leads to gladness. Teach us that holiness isn’t heavy—it’s freeing. Fill this time with Your presence and give us joy in who You are. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Joy is found not in rebellion—but in relationship with God.

Explanation: Psalm 16:11 teaches that fullness of joy is in God’s presence. The world says joy comes from indulgence. God says it comes from intimacy.

Illustration: Picture a child playing joyfully in their father’s presence—safe, free, and secure. That’s what joy in godliness looks like.

Application: Ask students to reflect: What activities or attitudes have promised joy but only left you empty? What has brought lasting peace instead?

Scripture: Psalm 16:11 – “In your presence there is fullness of joy...”

Godliness produces the kind of joy that circumstances can’t steal.

Explanation: Godly living aligns you with your Creator—and when your heart is right with Him, joy is a natural byproduct. It’s not situational—it’s spiritual.

Illustration: Think of Paul and Silas in prison, singing hymns after being beaten (Acts 16). They didn’t have comfort—but they had joy.

Application: Encourage students to write one area of obedience they’ve walked in recently and describe the inner fruit it’s produced.

Scripture: Nehemiah 8:10 – “...for the joy of the Lord is your strength.”

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Many people associate godliness with heaviness—as if it’s all about rules, burdens, or walking on eggshells. But Scripture paints a different picture. Psalm 16:11 reveals that in God’s presence is fullness of joy. Not a little joy. Not temporary joy. But the kind that satisfies your soul.

The joy that flows from godliness isn’t fake, fragile, or fleeting. It’s rooted in something eternal: relationship with God. When you pursue holiness—not just avoiding sin but loving righteousness—you begin to experience the kind of joy the world can’t offer and circumstances can’t take.

The world sells the lie that joy comes from doing whatever feels good. But how many times did that leave you more empty than full? Godliness, on the other hand, often starts as surrender—but it always ends in joy. Why? Because it’s the path of life God designed you for.

Look at David. His greatest joy wasn’t his crown—it was God’s presence. That’s why he wrote Psalm 51 after his failure, asking God to “restore to me the joy of your salvation.” He didn’t ask for his position back—he asked for joy that flows from being right with God.

In recovery, joy often returns gradually. It’s not a rush—it’s a restoration. As you walk in integrity, forgive, serve, worship, and pursue righteousness, you begin to smile again. Not because everything is easy—but because your heart is alive in Christ.

Joy is strength. That’s why Nehemiah said, “The joy of the Lord is your strength.” If you feel weak, it may be

because your joy has faded. But when you walk in godliness—day after day—you'll find your joy comes back stronger than before.

Encourage students: don't settle for temporary happiness when God offers lasting joy. Holiness and joy aren't enemies—they're best friends. When you walk in God's presence, joy is the result.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Where have you been looking for joy outside of God—and how has that worked?
- What is one moment of obedience or godliness that brought deep joy to your life?
- How could joy become part of your daily walk with Christ?

### **Declaration (write in workbook):**

"I will stop chasing counterfeit joy. Godliness is my path, and joy is my reward. I will pursue His presence and walk in His strength."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Joy is the fruit of a godly life—not a distraction from it (Psalm 16:11)
- God's joy strengthens you when emotions fail
- The path of obedience leads to the presence of God—and the presence of God leads to joy

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You that You don’t just call us to holiness—but You fill it with joy. Teach us to delight in You. Restore joy where it’s been stolen. Let us walk closely with You, knowing that fullness of joy is in Your presence. And let that joy overflow to everyone around us. In Jesus’ name, Amen.”

## Lost & Found: Lesson 31 Handout

### Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## Lesson 31: The Joy of Godliness

### Joy Journal: Experiencing Joy in God’s Presence

“You make known to me the path of life; in your presence there is fullness of joy...” — Psalm 16:11

The Joy List: Start a running list: Each day this week, record one moment you felt God’s nearness.

Day

Joyful Moment (obedience, worship, or connection with God and others)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Joy Reminder Card: Create a card with your favorite verse from Psalm 16:11 or any another verse about God's presence. Copy it here for quick reference:

Keep this card somewhere you'll see it daily or in your wallet/purse.

Daily Silent Time: Each day this week, spend at least 5 minutes simply sitting in silence, enjoying the presence of God. Reflect briefly:

What did you notice as you were quiet with God?

Plan to share your experience and encouragement with your group next session!

# LESSON 32: TEACHING GODLINESS

## Principle 5: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ

Scripture: 2 Timothy 2:2 (ESV) - "...what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also."

Main Idea: Godliness is shared with others

Description: Encourage teaching others, using 2 Timothy 2:2, with a mentorship plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Lord, You've poured so much into us—not just for our growth, but so we can pour into others. Teach us how to multiply what You've done in our lives. Show us how to lead, mentor, and teach with humility and truth. Let our lives reflect godliness, and let that reflection point others back to You. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Godliness is meant to be passed on—not kept private.

Explanation: 2 Timothy 2:2 shows the model: Paul teaches Timothy → Timothy teaches faithful men → they teach others. Godly growth should multiply.

Illustration: Think of a relay race—each runner hands off the baton. If one person drops it or holds onto it too

long, the mission is compromised.

Application: Ask students: Who in your life could you begin pouring into—even informally?

Scripture: Matthew 28:19–20 – “Go therefore and make disciples of all nations...”

You don’t have to be perfect to teach—you just need to be faithful.

Explanation: Timothy was young and likely timid, but Paul still called him to teach others. God is looking for faithful, not flawless, people to pass on His truth.

Illustration: A cracked pot still carries water. The point is not your perfection but your willingness.

Application: Have students write out one area of growth where they’ve experienced godliness and brainstorm how they could use it to help someone else.

Scripture: Titus 2:7 (ESV) – “Show yourself in all respects to be a model of good works...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

The purpose of godliness isn’t just to grow us—it’s to equip us to help grow others. Paul tells Timothy in 2 Timothy 2:2 that what he’s learned should be passed on to faithful people who will pass it on again. This is discipleship: the passing of truth, love, and holy living from generation to generation.

Too often, people think they need a title, platform, or years of experience before they can teach. But the truth is, if you’ve been walking with Jesus for one day, you know something someone else doesn’t. If you’ve been set free from something, your story can unlock someone else’s cage.

Godly people are not perfect people—they’re people willing to share what they’ve learned. God wants to use your testimony, your scars, your wisdom, and even your failures to help someone else walk in victory.

Jesus modeled this. He didn’t just teach crowds—He mentored twelve. And within those twelve, He gave special focus to three. Discipleship isn’t mass production. It’s multiplication. And it starts with one person you’re willing to walk with in love and truth.

Remind students: the goal of recovery is not just sobriety—it’s spiritual maturity. And maturity means you begin to help others walk the same path. God didn’t save you just for you—He saved you so your life could lead others to Him.

- Encourage them to think practically: Who can I call weekly? Who can I pray with? Who can I walk with and encourage? Godliness becomes legacy when we teach it forward.

# ENGAGEMENT MOMENT

## Instructions:

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

## Reflection Questions:

- Who has helped disciple or mentor you in your faith journey?
- Who could you begin pouring into with encouragement, prayer, or wisdom?
- What fear do you need to let go of in order to begin helping others?

## Declaration (write in workbook):

“God has poured truth into me—not to keep it, but to multiply it. I will share what I’ve learned and help others grow in godliness.”

# PRINCIPLE TAKE-A-WAYS

## Instructions:

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Teaching godliness is not about being perfect—it’s about being faithful (2 Timothy 2:2)
- You grow stronger when you help others grow
- Every believer is called to make disciples—not just leaders or teachers

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## **Prayer:**

“Lord, thank You for teaching us and trusting us to teach others. Help us walk in humility and courage. Show us who we can invest in—and how to do it with love, grace, and truth. Let our godliness not stop with us. Let it spread. Let it multiply. For Your glory and the growth of Your Kingdom. In Jesus’ name, Amen.”

## **Lost & Found: Lesson 32 Handout**

Principle: Seeking a Life of Godliness

Focus: Living a holy life reflective of Christ.

## **Lesson 32: Teaching Godliness**

### **Mentorship Map: Passing On What God Has Taught You**

“And what you have heard from me... entrust to faithful men, who will be able to teach others also.” — 2 Timothy 2:2

#### **1. Three Truths God Has Taught Me Recently**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

#### **2. People Who HAVe Mentored Me: Write down names of anyone in your life who has invested in you in any way.**

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#### **3. People I Could Teach or Mentor: Write down names of people in your life or recovery group you could encourage, teach, or mentor.**

**4. Choose One to Invest In: Pick one person from your list above. What's one practical way you can encourage or invest in them this week?**

Person: \_\_\_\_\_

Action: \_\_\_\_\_

1. Monthly Goal: List what you would like to accomplish as you pour into them over the next month.
2. Prayer for Wisdom and Courage: Write a short prayer asking God to help you multiply what He's given you.

Plan to share your experience and encouragement with your group next session!

# LESSON 33: THE BOND OF AFFECTION

## Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery

Scripture: 2 Peter 1:7 (ESV) – “...and godliness with brotherly affection...”

Main Idea: Affection unites believers

Description: Introduce brotherly love, using Romans 12:10 (ESV) – “Love one another with brotherly affection” – with a group bonding activity

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, thank You for placing us in a family of faith. As we open Your Word, help us understand what it means to love with brotherly affection. Remove pride, fear, and isolation—and help us grow together in unity, humility, and compassion. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Brotherly affection is love lived out in close-knit community.

Explanation: 2 Peter 1:7 builds upon godliness by adding brotherly affection—a reminder that love for others is proof of spiritual maturity.

Illustration: Think of a healthy family—imperfect but committed. Brotherly affection creates space for real

relationships: honest, loyal, and sacrificial.

Application: Ask students: Where have you experienced fake community—and how did it differ from real, godly connection?

Scripture: Romans 12:10 – “Love one another with brotherly affection...”

## **2. Genuine affection binds us together and strengthens recovery.**

Explanation: Affection isn’t just a feeling—it’s a choice to walk with, support, and uplift one another. It provides protection, encouragement, and accountability.

Illustration: A single rope strand can snap easily, but when woven together with others, it becomes unbreakable.

Application: Have students pair up for a short “get-to-know-you deeper” question session to begin building connection.

Scripture: Hebrews 13:1 – “Let brotherly love continue.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

One of the most overlooked signs of spiritual maturity is how we treat each other. Peter places brotherly affection right after godliness because love for our brothers and sisters is a natural outflow of a godly heart. You can’t grow close to God and remain distant from others.

Romans 12:10 says, “Love one another with brotherly affection.” This isn’t surface-level friendliness—it’s deep, intentional love between spiritual siblings. And it’s especially powerful in recovery. Isolation leads to relapse. Shame leads to silence. But brotherly affection creates a safe place for healing.

The early church was known for this. Acts 2 describes believers who shared meals, resources, time, and lives. They weren’t just worshiping together—they were living together, suffering together, and growing together. That kind of affection turns strangers into family.

Jesus set the standard. He said, “By this all people will know that you are my disciples, if you have love for one another” (John 13:35). That kind of love is not optional—it’s evidence that you belong to Him.

In recovery, brotherly affection often means listening instead of preaching. Encouraging instead of judging.

Showing up consistently. Speaking truth in love. Carrying burdens (Galatians 6:2). And offering grace even when it’s uncomfortable.

This principle reminds us: you were never meant to do this alone. The goal isn't just for you to grow—it's for all of us to grow together. When we're bound together in Christ, the enemy loses ground. When affection flows, healing accelerates.

Encourage your students: community doesn't have to be perfect to be powerful. Choose to love. Choose to show up. Choose brotherly affection. It's how we build a recovery culture that lasts.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What has held you back from showing or receiving affection in Christian community?
- Who in this group can you intentionally encourage this week?
- What would change if you truly believed these people were your spiritual family?

### **Declaration (write in workbook):**

"I am not alone. God has placed me in a family of faith. I will love with brotherly affection and help others grow in Christ."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Brotherly affection is the fruit of godliness (2 Peter 1:7)
- Love in action binds us together and strengthens us in recovery
- True Christian growth always happens in community—not isolation

## **CLOSING PRAYER**

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Father, thank You for giving us brothers and sisters in Christ. We reject isolation and pride—and we choose to walk in love and humility. Help us love with action, not just words. Teach us to reflect Your affection in how we care, speak, and serve. Let our group become a place of healing, strength, and unity. In Jesus’ name, Amen.”

## Lost & Found: Lesson 33 Handout

Principle: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

## Lesson 33: The Bond of Affection

“Brotherly Affection in Action” Worksheet: Pursuing Deep Community

“Be devoted to one another in love. Honor one another above yourselves.” — Romans 12:10

### 1. Meaningful Connection

List three people you want to pursue a more meaningful connection or friendship with.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### 2. Being Intentional: What is one way you could show brotherly affection to each of them by serving this week?

Person

Practical Way to Show Brotherly Affection

Result

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## **2. Reflection: How did it feel to offer or receive brotherly affection and encouragement this week?**

Bring your handouts next session to discuss how God's joy, teaching, and brotherly affection are shaping your journey!

# LESSON 34: SUPPORTING ONE ANOTHER

## Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery

Scripture: 1 Thessalonians 5:11 (ESV) – “Therefore encourage one another and build one another up, just as you are doing.”

Main Idea: Affection encourages recovery

Description: Discuss encouragement, using 1 Thessalonians 5:11, with a peer encouragement plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for not calling us to do life alone. You’ve placed us in a community so we can strengthen and encourage one another. Today, show us the power of our words and our presence. Help us be builders, not critics. Remind us that brotherly affection includes support, accountability, and grace. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Encouragement strengthens others to keep going when it’s hard.

\* Explanation: 1 Thessalonians 5:11 commands us to “encourage one another.” The Greek word used means to “come alongside and call forward.” True encouragement uplifts, strengthens, and restores hope.

\* Illustration: Think of a runner stumbling mid-race. A teammate’s voice—“You’ve got this, don’t quit!”—can make all the difference.

\* Application: Ask students: When was the last time someone’s encouragement helped you keep going? Who could you encourage today?

Scripture: Proverbs 12:25 (ESV) - “Anxiety in a man’s heart weighs him down, but a good word makes him glad.”

## **Support is not passive—it’s intentional, consistent, and mutual.**

Explanation: Support doesn’t just happen when someone falls—it’s cultivated through daily actions. Encouragement is not flattery—it’s truth spoken with love and purpose.

\* Illustration: A healthy support beam isn’t flashy, but without it, the structure collapses. Real support in community is often quiet but life-saving.

\* Application: Form “Encouragement Pairs”—partners who check in with each other 3x this week to pray, affirm, or remind one another of their growth.

Scripture: Hebrews 10:24-25 (ESV) - “Let us consider how to stir up one another to love and good works...”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

When life gets hard, encouragement can feel like oxygen. Paul knew this—which is why he told the Thessalonians to “encourage one another and build one another up.” He was writing to people facing pressure, persecution, and confusion. And his answer wasn’t complicated: keep building each other up.

This kind of support is essential in recovery. The battle against addiction, shame, temptation, and fear is often intense—and no one wins it alone. Even the strongest believer needs to be reminded of who they are in Christ and that their progress matters.

Jesus modeled this with His disciples. He didn’t just preach at them—He encouraged, corrected, restored, and sent them out with purpose. When Peter failed, Jesus didn’t discard him—He rebuilt him: “Feed my sheep.” That’s real support.

Encouragement doesn’t mean ignoring someone’s struggles—it means reminding them of their strength in Christ. It’s seeing beyond the current moment and speaking hope into their future. It means saying, “I see God’s hand on your life, even when you can’t.”

This is what makes brotherly affection powerful. It transforms our communities into places of life—not just accountability, but also affirmation. Encouragement becomes a kind of holy momentum. The more it's practiced, the more others rise to their calling.

Encourage your students: start where you are. A text, a prayer, a note, a kind word—it all matters. Don't underestimate the healing power of consistent encouragement in someone's life. And as you give it, you'll find your own faith rising too.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Who's someone you can speak life into this week—and how?
- What kind of encouragement has helped you most during recovery?
- How can you become more intentional in supporting others?

### **Declaration (write in workbook):**

"I will speak life. I will build others up with truth, grace, and encouragement. I am not just in recovery—I am called to help others stand."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Encouragement is a spiritual weapon—it uplifts and strengthens (1 Thess. 5:11)
- Support must be consistent, intentional, and mutual
- You grow when you help others grow

## **CLOSING PRAYER**

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Jesus, You are the greatest encourager. You saw greatness in us when we saw only failure. Teach us to see others the way You do. Help us speak life, build up, and restore. Give us eyes to notice those who need a word of hope. Make us faithful encouragers—not just today, but in the everyday moments ahead. In Your name we pray, Amen.”

## Lost & Found: Lesson 34 Handout

### Principle: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

## Lesson 34: Supporting One Another

### Encouragement Tracker: Encouragement in Community

“Therefore encourage one another and build each other up, just as in fact you are doing.” — 1 Thessalonians 5:11

- Send Encouragement: Write an encouraging note or send a text to someone in your group or church today.
- Who did you encourage?
- What did you say or share?

### Encouragement List: Make a list of people you want to consistently encourage in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Set a Daily Reminder: Set a reminder (alarm or calendar) to reach out to one person each day this week.**

<b>Day</b>	<b>Person Reached</b>	<b>How Did You Encourage?</b>	<b>Response</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Journal: Impact of Encouragement: How does giving and receiving encouragement affect you and others?**

Plan to share your experience and encouragement with your group next session!

# LESSON 35: HEALING THROUGH COMMUNITY

## Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery

Scripture: James 5:16 (ESV) – “Therefore, confess your sins to one another and pray for one another, that you may be healed.”

Main Idea: Affection fosters healing

Description: Explore confession in community, using James 5:16, with a safe sharing exercise

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for being a God who heals—physically, spiritually, emotionally. Today we open our hearts to the truth that healing comes through humility and connection. Teach us how to walk in the light together. Let this be a place of safety, freedom, and grace. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Healing requires honesty—and honesty requires community.

Explanation: James 5:16 commands us to confess to one another—not just to God. Healing happens when we come out of hiding and into relationship.

Illustration: Infection can't heal if it's never exposed. Light is what kills disease. Confession brings sin out of the dark and into the healing light.

Application: Lead students in a journaling exercise: "What am I holding in that I've never shared with someone godly and trustworthy?"

Scripture: 1 John 1:7 - "If we walk in the light, as he is in the light, we have fellowship... and the blood of Jesus cleanses us..."

God uses people as part of His healing process.

\* Explanation: We often want to heal privately. But God's design is communal—He wants us to pray for each other, encourage each other, and hold each other up.

\* Illustration: Think of a soldier wounded in battle. He doesn't heal on the battlefield—he's carried to safety and surrounded by care. That's what real recovery looks like.

\* Application: Offer a safe opportunity (optional and private) for students to write one area they're seeking healing in and receive prayer from a leader or peer.

\* Scripture: Galatians 6:2 - "Bear one another's burdens..."

## PRINCIPLE PURPOSE

### Instructions:

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

One of the most overlooked sources of healing in the Christian life is community. James 5:16 makes a bold claim: healing follows confession and prayer—with other people. That's not just spiritual metaphor. That's a divine pattern.

We live in a culture of secrecy, pride, and self-protection. And for many in addiction recovery, isolation is a survival tactic. But isolation is also where wounds fester. Shame multiplies. Lies grow stronger. And healing becomes harder.

God's solution? Confess to one another. Pray for one another. Not because people replace God—but because God chooses to work through His people. The act of speaking truth out loud—especially in safe, grace-filled relationships—is deeply healing.

Think of David. When he hid his sin, his bones wasted away (Psalm 32). But when he confessed—first to Nathan, then in worship—he found joy and freedom again. And the same is true for us.

Jesus didn't send the disciples out solo—He sent them in pairs. Why? Because community protects, heals, and strengthens. Confession doesn't mean dumping your trauma on anyone who'll listen—it means opening up to a trusted, spiritually mature brother or sister who can walk with you toward freedom.

Healing doesn't always happen in a moment—but it begins with honesty. And community is the soil where

honesty can take root and bear fruit.

Encourage students: Don't let fear keep you stuck. Don't let pride keep you silent. Find your person. Ask for prayer. Be real. And watch what God can do through the support and affection of His people.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Is there something I've kept hidden that is delaying my healing?
- Do I have someone safe and godly I can talk to honestly?
- What kind of healing have I already experienced through confession or prayer?

### **Declaration (write in workbook):**

"I will not walk in shame or isolation. I will confess in truth and walk in light. God is healing me through His people."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.

\* Confession and prayer are essential for deep healing (James 5:16)

\* God uses people as part of His restoration plan

\* Brotherly affection includes making space for vulnerability and prayer

## **CLOSING PRAYER**

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
  - Ask God to give everyone greater faith.
3. Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You that we don’t have to carry our burdens alone. Thank You for creating healing through community. Help us to walk in the light. Give us courage to confess, to receive prayer, and to pray for others. Let this be a place where healing flows. You are faithful, and You are near. In Jesus’ name, Amen.”

## Lost & Found: Lesson 35 Handout

Principle: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

## Lesson 35: Healing Through Community

### Healing Through Honesty Worksheet: Freedom in Confession

“Therefore confess your sins to each other and pray for each other so that you may be healed...” — James 5:16

#### 1. Reflection on Confession: What do you need to confess to God, a family member and a trusted friend?

(Write privately—be honest)

To God: \_\_\_\_\_

To a Family Member: \_\_\_\_\_

To a Friend: \_\_\_\_\_

#### 2. Safe People List: List two people who are safe to be real and honest with (a trusted accountability partner).

1. \_\_\_\_\_

2. \_\_\_\_\_

### **3. Plan to Share Honestly: Which person will you open up to this week? When and how?**

Person: \_\_\_\_\_

Date/Method: \_\_\_\_\_

### **4. Journal: Results of Honesty: How did sharing honestly affect your sense of healing, connection, or freedom?**

Plan to share your experience and encouragement with your group next session!

# LESSON 36: OVERCOMING ISOLATION

## Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery

Scripture: Hebrews 10:24-25 (ESV) - “And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another..”

Main Idea: Affection breaks isolation

Description: Address isolation, using Hebrews 10:24-25, with a commitment to fellowship

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, thank You for calling us into a family—not to walk alone, but together. We confess our tendency to isolate, especially when we’re hurting. But You’ve designed community to be a source of strength and healing. Help us break the walls that keep us distant. Open our hearts to one another, and make this place a refuge of real connection. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

Isolation is dangerous—it keeps us in cycles of shame and defeat.

Explanation: When we withdraw from others, especially during struggle, we disconnect from the very help God wants to provide.

Illustration: Think of a piece of burning coal. When it's pulled out of the fire, it cools down fast. Isolation works the same way.

Application: Ask students to journal: “What triggers me to isolate—and what do I believe in those moments?”

Scripture: Proverbs 18:1 (ESV) – “Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.”

Fellowship is God's design for growth, accountability, and strength.

Explanation: Hebrews 10:24–25 urges believers not to “neglect meeting together.” Why? Because fellowship stirs up love and good works—and reminds us we're not alone.

Illustration: A tree standing alone is more likely to fall in the storm. But trees in a forest are shielded and strengthened by each other.

\* Application: Lead students in creating a “Fellowship Commitment” with two goals: 1) attend group consistently, 2) reach out to one person in the group weekly.

\* Scripture: Ecclesiastes 4:9–10 – “Two are better than one... for if they fall, one will lift up his fellow.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

One of the most subtle but destructive weapons the enemy uses is isolation. In recovery, isolation often leads straight back to addiction. Shame says, “You're the only one.” Pride says, “I don't need anyone.” Fear says, “If they really knew me, they'd leave.” But none of those voices come from God.

Hebrews 10:24–25 is clear: we are called to stir one another up toward love and good works—and we can't do that alone. The early church didn't survive through independence. It thrived through interdependence—breaking bread, praying, meeting together daily.

Jesus modeled this by surrounding Himself with twelve, then drawing even closer to three. He shared meals, emotions, mission, and even pain with His disciples. He didn't isolate—even though He was perfect.

The moment we step out of fellowship, we're more vulnerable to lies. Isolation creates echo chambers of hopelessness. It's often in isolation that relapse begins—not with action, but with thought. The enemy's voice gets louder when no one else is around to speak truth.

But community interrupts isolation. It says, “You belong here. We see you. We’re with you.” That kind of connection breaks shame. It fights temptation. It builds resilience. It’s not just therapeutic—it’s biblical.

Encourage students: don’t wait until you feel like connecting—choose to connect. Consistent community is a spiritual discipline that produces emotional and spiritual freedom. Show up, even when it’s hard. Speak up, even when it’s uncomfortable. Someone else needs your presence—and you need theirs.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What lies do you believe that keep you from connecting with others?
- When do you most tend to isolate—and how does it affect your spiritual health?
- What one step can you take this week to break isolation?

### **Declaration (write in workbook):**

“I am not meant to walk alone. I will choose connection over isolation and fellowship over fear. God has placed me in a family—and I will show up.”

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Isolation is dangerous—it distances you from healing, truth, and support
- God designed community as a means of protection and growth (Heb. 10:24-25)
- Fellowship isn’t optional—it’s essential to long-term recovery and spiritual health

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“God, we confess that we’ve isolated out of fear, shame, or pride. But You’ve called us into something better—fellowship. Help us to choose connection even when it’s uncomfortable. Strengthen the bonds between us. Make this group a place of truth, love, and healing. Let isolation break today. In Jesus’ name, Amen.”

## Lost & Found: Lesson 36 Handout

### Principle: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

## Lesson 36: Overcoming Isolation

### 1. Fellowship Commitment Card: Choosing Connection Over Withdrawal

“Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together...but encouraging one another...” — Hebrews 10:24-25

- Identify Isolation Impulse Responses: Make a list of the times, places, or feelings where you are most tempted to withdraw or isolate.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**2. Three Connection Strategies: List three intentional steps you can take to stay connected when you feel withdrawn or the impulse to isolate. Post it somewhere visible in your house.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**3. Check-In Partner: Which 2 will you put into practice this week**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

**4. Check-In Partner: Ask a friend or accountability partner to check in on you during these times.**

Partner's Name: \_\_\_\_\_

Best way to reach me: \_\_\_\_\_

**5. Reflection: Benefits of Community: How has staying connected with others helped you in your recovery?**

Bring these handouts to your next group session and be ready to share what God is teaching you about healthy, supportive community!

# LESSON 37: SERVING WITH AFFECTION

## Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery

Scripture: Galatians 5:13 (ESV) – “For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.”

Main Idea: Affection leads to service

Description: Encourage service, using Galatians 5:13, with a community service idea

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Father, thank You for giving us freedom—not just from sin, but for love and service. Teach us today how to use our freedom to serve others in humility and affection. Let our love not just be words, but actions that reflect Your heart. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

**1. Freedom in Christ is not a license to serve self—it’s a call to serve others.**

Explanation: Galatians 5:13 says we were called to freedom, but that freedom isn't for self-indulgence—it's for love expressed through service.

Illustration: Think of a person released from prison who now builds houses for others instead of hiding from the world. Their freedom fuels service.

Application: Ask students: "Where am I still using freedom selfishly—and where could I start using it to serve?"

Scripture: 1 Peter 4:10 - "As each has received a gift, use it to serve one another..."

## **2. True affection expresses itself in sacrificial action.**

Explanation: Real love isn't just emotional—it moves. Brotherly affection becomes powerful when it leads to helping, blessing, lifting, and serving others consistently.

Illustration: A parent doesn't just say "I love you"—they show up at 3 a.m. when their child is sick. Affection without service isn't real affection.

Application: Brainstorm a group service project (e.g., write cards to local shelters, help a church ministry, or volunteer together).

Scripture: John 13:14-15 - "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

The gospel isn't just about what we're saved from—it's also about what we're saved for. Galatians 5:13 reminds us that our freedom in Christ isn't meant to be hoarded or wasted on selfish pursuits. It's meant to be leveraged in love—to serve others.

Brotherly affection can't stay internal. It must become visible. Real love acts. It gives. It steps in. It kneels down. It sacrifices. This is the kind of community that changes lives—one act of service at a time.

Look at Jesus, who washed His disciples' feet the night before He went to the cross. He didn't just preach servanthood—He demonstrated it. He took the lowest position in the room, not because He had to, but because love compelled Him to serve.

Love that doesn't lead to service becomes sentimental and stagnant. But when you begin to love people the way Christ loved you—through practical service—it brings life to them and to you. Some of your deepest healing will happen while helping someone else.

Think of the early church in Acts. They didn't just gather for teaching—they served each other's needs. They gave food, shared possessions, took care of widows, and lifted each other's burdens. That kind of affection drew people in and made the gospel visible.

Serving also protects your recovery. It shifts the focus from self to others. It reminds you that you're part of something bigger. It gives meaning to your pain—because now your story and strength are helping someone else rise.

Encourage your students: You have something to offer. You don't need to have it all together—you just need to be available. Every time you choose to serve, you're building a new legacy. You're showing the world what God's love looks like.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- How has someone's service helped you grow in your walk with God?
- What area of your life or story could be used to serve others now?
- Who could benefit this week from your time, help, or encouragement?

### **Declaration (write in workbook):**

"My freedom is not for me alone. I will serve others through love and reflect the heart of Christ in action."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.

\* Freedom in Christ is meant to be expressed through loving service (Gal. 5:13)

\* Affection becomes powerful when it turns into sacrificial action

\* You grow by serving—and others are healed when you serve in love

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Jesus, thank You for serving us in love. You laid down everything so we could live. Help us to do the same—not just in word, but in action. Open our eyes to needs around us. Make us willing to serve, eager to bless, and quick to love. Let this be a community where affection overflows into service. In Your name we pray, Amen.”

## Lost & Found: Lesson 37 Handout

### Principle: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

### Lesson 37: Serving with Affection

### Service Strategy Card: Love Expressed Through Service

“Serve one another humbly in love.” — Galatians 5:13

- Prayer for a Servant Heart: Write a brief prayer, asking God for a heart that serves with love over obligation.

## 2. List Three People to Serve This Week

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**3. Specific Acts of Service: For each person, describe a practical way you can serve them (anonymously or directly).**

Person	Act of Service	Did You Complete? (Y/N)
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No

**4. Journal: Loving Service Experience: How did it feel to serve with affection? Did your attitude change, did theirs?**

Plan to share your experience and encouragement with your group next session!

# LESSON 38: AFFECTION IN FORGIVENESS

## Principle 6: Seeking Brotherly Affection

Focus: Building supportive community in recovery

Scripture: Ephesians 4:32 (ESV) – “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Main Idea: Affection includes forgiveness

Description: Teach forgiveness, using Ephesians 4:32, with a forgiveness letter activity

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

“Lord, thank You for Your forgiveness—it’s undeserved, complete, and life-changing. Help us to reflect that same forgiveness toward others. We confess that some wounds feel too deep, but we know nothing is impossible with You. Soften our hearts, guide us through this lesson, and teach us to release bitterness in exchange for peace. In Jesus’ name, Amen.”

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Forgiveness is an act of godly affection—it reflects the heart of Christ.

Explanation: Ephesians 4:32 calls us to be kind, tenderhearted, and forgiving. These aren’t just emotional

responses—they're decisions rooted in God's character.

Illustration: Imagine holding a grudge as holding a rope tied to a boulder. Forgiveness is not pretending the rock isn't heavy—it's choosing to let go of the rope.

Application: Ask students: Who do I need to forgive—not because they deserve it, but because Christ forgave me?

Scripture: Colossians 3:13 - "...as the Lord has forgiven you, so you also must forgive."

Forgiveness frees you more than the one who hurt you.

Explanation: Bitterness is bondage. Forgiveness doesn't erase the past—it releases its power over your future. Forgiving someone is not excusing the wrong; it's entrusting justice to God.

Illustration: Picture a prisoner unlocking the cell—only to realize they've freed themselves.

Application: Provide time for students to write a "Forgiveness Letter"—not necessarily to send, but to release pain. Guide them through reflecting and writing from a place of surrender.

Scripture: Matthew 6:14 - "For if you forgive others their trespasses, your heavenly Father will also forgive you."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Forgiveness may be one of the most difficult commands in all of Scripture—and yet it's one of the most freeing. Ephesians 4:32 doesn't suggest it as a nice option—it calls us to forgive "as God in Christ forgave you." That's the standard.

Forgiveness is not weakness. It's not pretending you weren't hurt. It's not staying in harmful situations. Forgiveness is a choice to release the offense to God, to stop replaying it in your mind, and to surrender your right to vengeance.

Jesus modeled this from the cross. "Father, forgive them..." were His words—spoken while nails still pierced His hands. That's not a feeling. That's love in action. That's the kind of brotherly affection we're called to live out: love that forgives.

In the context of recovery, forgiveness is often a major turning point. Some are holding onto pain from others. Others need to forgive themselves. And some must ask forgiveness from those they've hurt. No matter where you are, this truth remains: forgiveness is necessary for healing.

Unforgiveness is like drinking poison and expecting the other person to suffer. It only hurts you. It traps you in the past. But when you choose to forgive, it doesn't mean you approve of what happened. It means you're ready to move forward in freedom.

Encourage students: forgiveness is not a one-time decision—it's a process. But today can be the start. Brotherly affection, real godly love, creates space for forgiveness because it knows we've all been forgiven more than we could ever repay.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- Who do I need to forgive—even if they never apologize?
- What has holding onto unforgiveness cost me emotionally or spiritually?
- What would change in my life if I finally released this?

### **Declaration (write in workbook):**

"I choose to forgive. I release this burden to God. I will walk in freedom, because Christ forgave me."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Forgiveness reflects the heart of Christ (Ephesians 4:32)
- It frees you more than it frees the one who hurt you
- Affection in the body of Christ requires grace, patience, and mercy through forgiveness

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for forgiving us completely and eternally. Help us to extend that same grace to others. Give us strength to release the weight of bitterness and walk in freedom. Heal every wound, speak truth over every lie, and flood our hearts with compassion. May this be a community marked by mercy. In Jesus’ name, Amen.”

## Lost & Found: Lesson 38 Handout

### Principle: Seeking Brotherly Affection

Focus: Building supportive community in recovery.

### Lesson 38: Affection in Forgiveness

#### Forgiveness Letter Template: Kindness and Forgiveness

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” — Ephesians 4:32

- Reflection: Kindness & Forgiveness: How are kindness and forgiveness connected in your experience?
  - Releasing Resentment: What resentment resulting from pain, anger, or guilt, do you need to release?
  - Towards Self \_\_\_\_\_
  - Towards Others \_\_\_\_\_
4. Write a Forgiveness Letter: Write a letter (that you may or may not send) offering forgiveness or asking for it.

5. Blessings of Releasing Resentment: List some benefits of letting go of resentment and choosing love.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**4. Prayer for Peace and Healing: Write a short prayer asking God to bring peace and healing to the relationship.**

Plan to share your experience and encouragement with your group next session!

# LESSON 39: THE GREATEST COMMANDMENT

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: 2 Peter 1:7 (ESV) - "...and brotherly affection with love."

Main Idea: Love fulfills God's law

Description: Introduce love, using Matthew 22:37-39 (ESV) - "Love the Lord your God... love your neighbor..." - with a discussion

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, You are love—and You've called us to love You with our whole hearts and love others as ourselves. Teach us today what real love looks like. Not just feelings, but actions. Not just words, but truth. We want to follow the greatest commandment with our whole lives. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Loving God fully is the foundation of the Christian life.

\* Explanation: In Matthew 22:37-38, Jesus says the greatest commandment is to love God with all your heart, soul, and mind. This love isn't casual—it's total devotion.

\* Illustration: Imagine a relationship where someone only shows up once a week and never communicates. That's not love—it's obligation. God wants our hearts, not just our habits.

Application: Ask students: What areas of your life are hardest to surrender to God—and how does that affect your love for Him?

Scripture: Matthew 22:37 - "You shall love the Lord your God with all your heart..."

## **2. Loving others is inseparable from loving God.**

Explanation: The second commandment, Jesus said, is like the first: love your neighbor as yourself. Real love for God overflows in love for people.

Illustration: A vertical beam and a horizontal beam make up the cross—our love must move both upward to God and outward to others.

Application: Start a class discussion: Who is hard for you to love right now? What would it look like to love them as God commands?

Scripture: Matthew 22:39 - "You shall love your neighbor as yourself."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Love is not a suggestion—it's the greatest commandment. Jesus made it clear: all the law and the prophets hang on this truth—love God, and love others (Matthew 22:37-40). That's the heart of the Christian life.

But in a world filled with shallow definitions of love, it's easy to misunderstand what Jesus meant. Love isn't just being nice. It isn't tolerance without truth. And it's not merely an emotion—it's obedience. It's sacrifice. It's loyalty. It's pursuit.

Loving God with all your heart means you don't compartmentalize your faith. It means God's Word shapes your decisions, God's presence satisfies your desires, and God's voice matters more than your feelings. This love is wholehearted.

Loving your neighbor doesn't mean you'll always feel warm and fuzzy. It means you choose to treat them with dignity, patience, forgiveness, and compassion—even when it's inconvenient. Even when it's undeserved.

Jesus said the world will know we are His by our love (John 13:35). Not by our knowledge. Not by our recovery milestones. Not by our reputation—but by our love. That kind of love changes people. It's contagious. It's convicting. And it's Christlike.

In recovery, love becomes both a source of healing and a sign of transformation. Many of us came from

environments of mistrust, brokenness, and self-protection. But in Christ, we're learning a new way: to receive love and then give it away freely.

Encourage students: the greatest evidence of your growth is not perfection—it's love. If you want to measure spiritual maturity, start with how well you're loving God and others. That's what matters most. And it's where everything else begins.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What does it look like to love God with all your heart, soul, and mind in daily life?
- Who in your life is hard to love—and how can you begin showing love to them this week?
- Are you more focused on being right or being loving—and why?

### **Declaration (write in workbook):**

"I choose to love God with all I am, and to love others the way He loves me. Love is not just a command—it's my calling."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Loving God fully is the first and greatest commandment (Matt. 22:37)
- Loving others is the natural overflow of loving God (Matt. 22:39)
- Real love is action rooted in truth—not feelings, but faithful obedience

## **CLOSING PRAYER**

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You for showing us the greatest love through the cross. Help us love You with all we are—not halfway, not on Sundays only—but fully. And help us love others the way You’ve loved us—with grace, truth, and sacrifice. Fill our lives with real love. In Jesus’ name, Amen.”

## Lost & Found: Lesson 39 Handout

### Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

## Lesson 39: The Greatest Commandment

### Love in Action List: Loving God & Loving Others

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ ...‘Love your neighbor as yourself.” — Matthew 22:37-39

### 1. What Does It Mean to Love God with Your Whole Self?: Write down your thoughts:

### 2. Three Practical Ways to Love God This Week

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### **3. Two Practical Ways to Love Yourself This Week**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### **4. Two Practical Ways to Love Your Neighbor This Week**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### **3. Journal: Which Is Harder—Loving God, Self or Others? Why?**

### **4. Prayer for Greater Love: Ask God to grow your capacity to love like Jesus.**

Bring your completed handouts to your next group to discuss how service, forgiveness, and love are shaping your walk with Christ!

# LESSON 40: LOVE AS ACTION

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: 1 John 3:18 (ESV) - "Little children, let us not love in word or talk but in deed and in truth."

Main Idea: Love requires action

Description: Explore active love, using 1 John 3:18, with a service project plan

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"God, thank You for loving us not just with words, but with action—through Jesus' sacrifice on the cross. Help us learn today what it means to love like You love: with truth, humility, and bold steps of obedience. Stir us to act, not just feel. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Biblical love is more than emotion—it's movement.

Explanation: 1 John 3:18 tells us that love isn't about just saying the right things—it's about doing the right things. Real love shows up.

Illustration: A firefighter doesn't tell someone he cares while standing outside a burning house—he runs in. Love takes action.

Application: Ask students: What's one area where I've been "saying" love but not "showing" it?

Scripture: James 2:17 - "Faith by itself, if it does not have works, is dead."

## **2. Love that acts in truth brings healing and impact.**

Explanation: It's not just any action—it's truthful action. Love rooted in God's truth transforms lives, builds trust, and reflects Christ.

Illustration: Like a surgeon's hands, truth + love = healing. But without truth, love can become enabling or misleading.

Application: Organize a group service project—something that reflects truth-based love (e.g., visiting a shelter, writing encouragement cards, helping a church member).

\* Scripture: Galatians 5:6 - "...faith working through love."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

One of the clearest signs of a changed life is love that moves. 1 John 3:18 calls us to go beyond talking about love—and to live it out in deed and truth. In the world, love often means words, feelings, or approval. But in the kingdom of God, love looks like action—sacrificial, intentional, and bold.

Jesus showed us what this looks like. He didn't just tell us He loved us—He left heaven, stepped into suffering, and gave His life. That is the ultimate picture of love in action. And now, as His followers, we are called to reflect that kind of love to others.

In recovery, this is crucial. Many people in addiction have been hurt by false promises, hollow apologies, or love that disappeared when things got hard. But when they encounter real, consistent, action-driven love—it becomes a turning point.

The early church grew not just because of preaching, but because of love in action. They fed the hungry, visited the sick, cared for widows, and carried one another's burdens. Their love was visible—and it drew people in.

True love doesn't wait for convenience. It moves. It doesn't ask, "What do I get?" It asks, "What do they need?" And it doesn't require perfection—it only requires willingness.

Encourage students: your testimony of love will be remembered more than your words. Choose to show up. Choose to give. Choose to love in action and truth—not just on the good days, but especially when it's uncomfortable. That's how we show the world who Jesus is.

# ENGAGEMENT MOMENT

## Instructions:

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

## Reflection Questions:

- Where have you substituted words for action in how you love others?
- How can you demonstrate love this week in a way that costs you something?
- What truth does your love need to be rooted in?

## Declaration (write in workbook):

“My love will not be shallow or passive. I will love in truth—and I will love with action.”

# PRINCIPLE TAKE-A-WAYS

## Instructions:

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any ‘handouts’ which are good for retention and highly recommended.
- Love is not just a feeling or talk—it’s deed and truth (1 John 3:18)
- Jesus modeled love by acting, serving, and giving—even unto death
- We grow in Christ by choosing love that moves, costs, and heals

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Lord, thank You that You didn’t just say You loved us—you proved it. Help us now to love like You do—with our hands, our time, and our lives. Give us courage to act even when it’s inconvenient. Help us to love in truth, not just in emotion. Let others see You in the way we love. In Jesus’ name, Amen.”

## Lost & Found: Lesson 40 Handout

### Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

## Lesson 40: Love as Action

### Love in Motion Worksheet: Putting Love Into Practice

“Dear children, let us not love with words or speech but with actions and in truth.” — 1 John 3:18

- Plan Acts of Love: Write down a practical act of love you will do daily (e.g. a kind note, a favor, a prayer).

Day	Person	Act of Love Planned	Truth/reason Why You're doing it
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Log the Impact: After each act, write briefly how it affected the other person and how it made you feel.**

Day	Impact on Others	Impact on Me
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

**Memorize the Verse: Write out 1 John 3:18 and commit it to memory as a reminder to lead with love.**

Plan to share your experience and encouragement with your group next session!

# LESSON 41: LOVE OVERCOMES HATE

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: 1 John 4:18 (ESV) - "There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."

Main Idea: Love conquers addiction's effects

Description: Discuss love's power, using 1 John 4:18, with a testimony share

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Lord, thank You that Your love is not weak—it's strong. Strong enough to cast out fear, conquer shame, and silence the lies of the enemy. Today, open our hearts to receive that love more deeply and to reflect it in a world full of hate, fear, and pain. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- God's love casts out fear—especially the fear rooted in shame.

\* Explanation: 1 John 4:18 shows us that fear cannot coexist with perfect love. Addiction is often fueled by fear—fear of failure, rejection, exposure, and pain. But God's love drives those fears away.

\* Illustration: Picture darkness in a room. The moment light enters, darkness has to flee. That's how love

displaces fear.

\* Application: Ask students to identify one fear they still carry in recovery, and invite them to speak God's love over it.

Scripture: Romans 8:15 - "You did not receive the spirit of slavery to fall back into fear..."

## **2. Love is the antidote to the damage addiction causes.**

\* Explanation: Addiction breaks trust, isolates people, and leads to self-hatred and despair. But love—especially God's kind of love—restores, rebuilds, and reclaims.

\* Illustration: Have someone (or yourself) share a testimony of how love—either from God or another person—broke through hate, shame, or addiction.

\* Application: Discuss how walking in love—not fear or guilt—can become a new daily recovery rhythm.

\* Scripture: 1 Corinthians 13:7 - "Love bears all things, believes all things, hopes all things, endures all things."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Many people who struggle with addiction live in a cycle of fear. Fear of judgment. Fear of being found out. Fear of failing again. Fear of never being enough. But Scripture tells us something radical: perfect love casts out fear.

That means the antidote to fear isn't control—it's love. Not conditional love. Not performance-based love. But the kind of love that comes from God alone—a love that knows you completely and still chooses you entirely.

When people experience this kind of love, everything starts to change. The fear that kept them in hiding begins to lose its grip. The shame that made them isolate begins to fade. The anger that hardened their hearts begins to melt.

Addiction is often a counterfeit comfort for unmet needs—especially the need to be loved. But only the love of God satisfies the soul and rewrites the story. That love not only forgives sin—it heals the damage. It restores dignity. It gives purpose.

Jesus displayed this when He met people like the woman at the well (John 4) or the woman caught in adultery (John 8). He didn't meet them with condemnation—He met them with truth and love. And it changed everything.

In your own recovery journey, you will face moments when fear and shame try to pull you back. But the weapon you've been given is love. God's love for you. Your love for Him. And the love you offer others who are hurting too.

Encourage students: Don't fight addiction with more rules or self-hatred. Fight it with the love of God. Receive it. Walk in it. Give it. Love is stronger than hate. It always has been. It always will be.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What fear still has a grip on you—and what truth from God's love can replace it?
- Who first showed you the love of Christ—and how did it impact you?
- How can you reflect God's fearless love to someone else this week?

### **Declaration (write in workbook):**

"God's love drives out my fear. I will not live in shame or hate—I will walk in love and be made whole."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Perfect love casts out fear (1 John 4:18)
- Love heals what addiction, shame, and hate have broken
- God's love is the foundation for healing and the power to change

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Father, thank You for perfect love—the kind that casts out fear and brings healing to the deepest parts of us. Thank You that we don’t have to live afraid, ashamed, or alone anymore. Fill us with Your love and teach us to walk in it. Let it overflow into our recovery, our relationships, and our future. In Jesus’ name, Amen.”

## Lost & Found: Lesson 41 Handout

### Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

### Lesson 41: Love Overcomes Hate

Love vs. Fear Reflection Worksheet: Overcoming Fear and Bitterness

“There is no fear in love. But perfect love drives out fear...” — 1 John 4:18

Identify Fear or Hate: List areas where fear, hate, or bitterness still linger in your heart.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## **2. Scriptural Truths to Counter Lies: For each fear, write a truth from God's Word you will claim instead.**

- Fear (from above)
- How Fear Reacts
- Scripture
- How Love Reacts
- Scripture

## **3. Choose Love over Fear: How will you choose to love this week?**

## **4. Prayer for Healing: Write a prayer asking God to replace fear and bitterness with His perfect love.**

Plan to share your experience and encouragement with your group next session!

# LESSON 42: SHARING LOVE'S MESSAGE

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: Mark 16:15 (ESV) - "Go into all the world and proclaim the gospel to the whole creation."

Main Idea: Love shares the gospel

Description: Encourage evangelism, using Mark 16:15, with a personal story exercise

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, thank You for giving us the greatest message of all time—the gospel of Jesus Christ. Thank You that You entrusted this message to us. Help us today understand that sharing Your love is not just a duty, but a natural overflow of a changed heart. Give us boldness, compassion, and clarity. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Love compels us to share the gospel—not just to help, but to save.

Explanation: Mark 16:15 is a command, not a suggestion. Jesus didn't say "if you're comfortable"—He said "go." If we truly love others, we won't keep the good news of salvation to ourselves.

Illustration: If you found a cure for a deadly disease, would you keep it quiet? Of course not. That's what the gospel is—the cure to eternal death.

Application: Have students list 1-2 people in their lives who don't know Christ. Encourage them to pray for boldness and opportunity to speak the truth in love.

Scripture: Romans 10:14 - "How are they to believe in him of whom they have never heard?"

Your personal story is a powerful part of God's message.

Explanation: Evangelism isn't about having perfect answers—it's about telling people what Jesus has done in your life. People relate to real stories more than polished presentations.

Illustration: Testimony is like a spotlight—aimed at Jesus, not ourselves. It shows what He can do with a surrendered life.

Application: Provide time for students to write out or share their "Before/Jesus/After" story in under 3 minutes.

Scripture: Revelation 12:11 - "They overcame... by the blood of the Lamb and by the word of their testimony."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

Love isn't silent. Love speaks up. That's why Jesus ended His earthly ministry by telling His disciples to "go into all the world and proclaim the gospel." The world doesn't just need our kindness—it needs the truth. And if we've truly encountered the love of God, we should want others to experience it too.

Mark 16:15 is often called the "Great Commission"—but it's really a great invitation. It's an invitation to partner with Jesus in rescuing people from darkness, addiction, sin, and eternal separation from God.

So why don't more believers share the gospel? Often, it's fear. "I don't know enough." "What if they reject me?" "What if I say the wrong thing?" But God isn't asking you to impress people—He's asking you to tell the truth in love. He'll do the rest.

In Acts 4, Peter and John were arrested for preaching Jesus. But they said, "We cannot help speaking about what we have seen and heard." That's the kind of boldness love produces. And it's the kind of boldness the Holy Spirit empowers in us.

In recovery, your testimony is a tool of evangelism. People might argue theology—but they can't argue with a changed life. Sharing how Jesus set you free from bondage gives hope to those still enslaved.

We're not responsible for who says "yes"—we're just responsible to speak. Love doesn't stay quiet while people perish. It moves toward the broken with hope. You don't have to stand on a street corner. Just start with a conversation. A question. A story. A prayer.

Encourage students: You don't need to be perfect—you just need to be willing. And you already have the most powerful message in the universe: Jesus saves. That's worth sharing.

# ENGAGEMENT MOMENT

## Instructions:

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

## Reflection Questions:

- Who in your life needs to hear about Jesus—and what's stopping you?
- How has your story prepared you to reach someone else?
- What's one step you can take this week to boldly share the gospel?

## Declaration (write in workbook):

"I will not keep God's love to myself. I will speak boldly and share the truth of Jesus with compassion and faith."

# PRINCIPLE TAKE-A-WAYS

## Instructions:

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- If we love people, we will share the truth that saves them (Mark 16:15)
- Our testimony is one of the most powerful tools God has given us (Rev. 12:11)
- God does the saving—we just do the telling

# CLOSING PRAYER

## Instructions:

- Ask for God's Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Jesus, thank You for trusting us with Your message. We don’t take it lightly. Give us courage to speak, wisdom to know what to say, and compassion that reflects Your heart. Let our words be filled with truth, and let our lives back up what we preach. May people come to know You because we chose to speak up. In Your mighty name, Amen.”

📄 Handout Suggestion: “My 3-Minute Testimony Guide” — a worksheet to help students practice sharing their story in a clear, simple, gospel-centered way

## Lost & Found: Lesson 42 Handout

### Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

### Lesson 42: Sharing Love’s Message

#### Lesson 42 — Boldly Sharing God’s Love

“Go into all the world and preach the gospel to all creation.” — Mark 16:15

#### 1. Write Your Testimony

Summarize your testimony in three brief sentences to share God’s love clearly and simply.

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#### 2. Identify Someone to Reach

Who is one person you will intentionally share God’s love or your testimony with this week?

Name: \_\_\_\_\_

### **3. Prayer for Boldness**

Write a prayer asking God to give you courage and love to reach out.

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### **4. Plan Your Sharing**

Decide on a time and place to share part of your story or the gospel.

When: \_\_\_\_\_

Where: \_\_\_\_\_

Bring this plan and your thoughts to the next meeting and share how God is leading you to share His love.

# LESSON 43: LOVE IN SACRIFICE

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: John 15:13 (ESV) - "Greater love has no one than this, that someone lay down his life for his friends."

Main Idea: Love involves sacrifice

Description: Teach sacrificial love, using John 15:13, with a group prayer for others

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Lord, thank You for showing us what real love looks like. You didn't just say You loved us—you laid down Your life for us. Today, help us understand that love costs something. Show us how to love others with sacrifice, patience, and humility. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- The highest form of love is sacrificial.

\* Explanation: John 15:13 tells us that the greatest kind of love is not words or gifts—it's giving of yourself, even to the point of death. This is how Jesus loved us.

Illustration: Soldiers, parents, and friends who give their time, comfort, or even their lives for others show us glimpses of this love.

Application: Ask students: What is one thing you've had to give up or lay down to truly love someone well?

Scripture: Philippians 2:3-4 - "Do nothing from selfish ambition... but in humility count others more significant than yourselves."

Recovery teaches us to love sacrificially through service and presence.

Explanation: In recovery, we learn that love isn't just about feeling better—it's about becoming better for others. That means sacrificing time, energy, preferences, and sometimes comfort.

Illustration: Like a sponsor who answers a midnight call, sacrificial love meets people in their mess—not just when it's convenient.

Application: Pair students and have them write or say a prayer of blessing over each other, modeling intercession as a form of sacrificial love.

Scripture: Galatians 6:2 - "Bear one another's burdens, and so fulfill the law of Christ."

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

In John 15:13, Jesus sets the bar for love—and it's high: "Greater love has no one than this, that someone lay down his life for his friends." He didn't just speak those words—He lived them. His death on the cross was the ultimate act of sacrificial love.

Our culture tends to define love as a feeling or convenience. But the Bible defines love as action—especially sacrificial action. And if we're serious about following Jesus, we need to embrace a love that costs us something.

Real love lays something down. It gives time when you're tired. It gives grace when it's not deserved. It gives forgiveness when it's hard. And sometimes, it gives up rights, recognition, or comfort for the sake of another.

Jesus modeled this in every interaction. He gave His attention to the ignored. He touched the untouchable. He carried the weight of others' pain. And ultimately, He gave His very life so we could live.

In recovery, sacrificial love shows up in big and small ways. It's the friend who listens without judgment. The brother who confronts out of care. The volunteer who makes meals or watches kids so someone else can attend group. These are not glamorous acts—but they're holy.

And they reflect Jesus.

Remind students: Sacrificial love doesn't mean burnout. It means intentionality. It means choosing others when you could have chosen self. It's not about being a martyr—it's about being like Christ. And it's the kind of love that transforms both the giver and the receiver.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What's something God may be asking you to lay down in order to love someone better?
- Who has shown you sacrificial love—and how did it change you?
- How can you reflect Christ's sacrificial love in your relationships this week?

### **Declaration (write in workbook):**

"I will love like Jesus loved—with action, humility, and sacrifice. I choose to lay down my comfort to lift up someone else."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- The greatest love is shown through sacrifice (John 15:13)
- Sacrificial love chooses others over comfort, convenience, or control
- In recovery, love often looks like listening, serving, praying, and showing up

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Jesus, You didn’t hold anything back from us. You gave Your very life to show us what love means. Now we ask for Your strength to do the same—to live lives of sacrificial love that point others to You. Teach us to lay down pride, fear, and selfishness. Use us to lift others up. In Your name we pray, Amen.”

▣ Handout Suggestion: “Love Costs Something” Worksheet — students reflect on areas where they’re being called to sacrifice comfort or convenience to love better

## Lost & Found: Lesson 43 Handout

Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

## Lesson 43: Love in Sacrifice

### Lesson 43 — Loving by Giving Up

“Greater love has no one than this: to lay down one’s life for one’s friends.” — John 15:13

#### 1. Reflect: What Have You Sacrificed for Others?

Write down examples of things (time, comfort, habits, etc.) you’ve been willing to give up to show love.

#### 2. Three Sacrifices to Make This Week

List three things you could choose to give up (big or small) this week to love others well.

#### 3. Journal: When Someone Sacrificed for You

Describe a time someone made a sacrifice for your benefit.

What did you learn about love from their example?

## 4. Serve Sacrificially

Choose one person to serve in a meaningful, self-giving way this week.

Who will it be and how will you serve?

Person: \_\_\_\_\_

Action: \_\_\_\_\_

Share the impact at your next gathering—how did sacrificial love influence your relationships this week?

# LESSON 44: THE ETERNAL LOVE OF GOD

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: Romans 8:38-39 (ESV) - "For I am sure that neither death nor life, nor angels nor rulers... will be able to separate us from the love of God in Christ Jesus our Lord."

Main Idea: God's love sustains us

Description: Celebrate God's love, using Romans 8:38-39, with a worship activity

## OPENING PRAYER

Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

## Prayer:

"Father, thank You that Your love is unshakable, unstoppable, and eternal. We live in a world where love is often conditional and fragile—but not Yours. Teach us today to rest in that truth. Let Your love root us, sustain us, and define us. In Jesus' name, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.

## 1. Nothing can separate us from God's love—not even our past.

\* Explanation: Romans 8:38-39 is a bold declaration of security in Christ. No mistake, no trauma, no relapse, no demonic force, no failure can tear us from His love.

\* Illustration: Imagine a child held tightly by a loving father during a storm. The child may be scared, but the father never lets go. That's God's love.

\* Application: Have students write down one lie they've believed about God's love being conditional—and replace it with truth from Romans 8.

\* Scripture: Lamentations 3:22 – “The steadfast love of the Lord never ceases.”

## **2. God's eternal love gives us stability and strength for the journey.**

\* Explanation: In recovery, emotions change and battles fluctuate—but God's love is the anchor. We don't fight for acceptance—we fight from acceptance.

\* Illustration: Think of a boat anchored during a storm. It may rock, but it doesn't drift away. God's love is that anchor.

\* Application: Lead the group in a worship activity: play a song focused on God's love (e.g., “One Thing Remains”) and invite students to reflect, journal, or pray in response.

\* Scripture: Psalm 136:26 – “Give thanks to the God of heaven, for his steadfast love endures forever.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

The foundation of the Christian life—and especially of recovery—is not how strong we are, but how secure God's love is. Romans 8:38–39 isn't just comforting—it's transformational. Paul doesn't say “maybe” or “hopefully.” He says, “I am sure.” That's the kind of confidence we're invited into.

Why does this matter so much? Because addiction is rooted in insecurity, shame, and broken identity. And the enemy works overtime to convince you that your worst moments disqualify you from God's love. But Paul destroys that lie with a sweeping truth: NOTHING can separate us from the love of God in Christ Jesus.

Not your past. Not your doubts. Not the relapse. Not the trauma. Not your performance. Not your weakness. Not death. Not demons. Not even yourself. Once you are in Christ, His love holds you—eternally.

This love isn't earned; it's given. It's not fragile; it's unbreakable. And it doesn't fade—it endures forever.

When you're grounded in this truth, your whole mindset shifts. You stop trying to earn acceptance and start walking in identity. You stop living in fear and start living in faith. You stop defining yourself by your past and start defining yourself by His promises.

Encourage students: if you truly believe this, it changes how you pray, how you fight temptation, how you handle failure, and how you treat others. The love of God isn't a nice idea—it's your lifeline. Let it be your constant anchor.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2–3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What has made you doubt God's love in the past—and what truth will you believe now?
- How would your life look different if you were completely confident in His love?
- What can you do this week to remind yourself that God's love is constant?

### **Declaration (write in workbook):**

"God's love for me is eternal. Nothing can separate me from it—not my past, not my weakness, not my failure. I am secure in Him."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- God's love is unshakable, eternal, and completely secure (Romans 8:38–39)
- Nothing you've done—or ever will do—can undo what Christ has done for you
- Living from love gives you stability, peace, and strength in recovery

# CLOSING PRAYER

## Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

## Prayer:

“Father, we rest today in the truth that nothing can separate us from Your love. We don’t have to earn it, chase it, or fear losing it. Help us to walk in this confidence and share this love with others. Anchor us, Lord, in the everlasting love of Christ. In His name we pray, Amen.”

📄 Handout Suggestion: “God’s Love Declaration Card” — a printable card with Romans 8:38–39 and space to write a personal reminder of His love

## Lost & Found: Lesson 44 Handout

Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

## Lesson 44: The Eternal Love of God

### Lesson 44 — Rooted in God’s Unchanging Love

“Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord.” — Romans 8:38–39

#### 1. Scripture Highlight

- Read Romans 8:38–39 carefully.
- Underline or write out all the things that cannot separate you from God’s love.

#### 2. Letter to Yourself

- Write yourself a letter as a reminder of God’s unchanging, eternal love for you.

### **3. Memory Passage Card**

- Create a card or small poster with your favorite phrase or verse from Romans 8:38-39.
- Place it somewhere visible this week (bedside, mirror, phone case).
- Favorite part to display:

### **4. Prayer of Gratitude**

- Spend five minutes in prayer, simply thanking God for His eternal love.
- What gratitude or assurance did you notice after praying?

# LESSON 45: LIVING LOVE DAILY

## Principle 7: Seeking Love

Focus: Embodying God's love to share the gospel

Scripture: 1 Corinthians 16:14 (ESV) - "Let all that you do be done in love."

Main Idea: Love guides a life of recovery

Description: Encourage a lifestyle of love, using 1 Corinthians 16:14, with a commitment to daily practice

## OPENING PRAYER

### Instructions:

- Ask the students for prayer requests, write them down, and include them in your prayer.
- Ask God for His presence and purpose in all the words you speak during the teaching time for His glorification.
- Ask God to open the hearts and minds of the students to receive His truth with understanding and application for their personal lives.

### Prayer:

"Father, we thank You for the journey You've taken us on through these lessons. As we close this principle, anchor our lives in Your love—not just in words but in daily action. Show us how to be people who live and love like Jesus in every interaction. In His name we pray, Amen."

## PRINCIPLE ACTION

### Instructions:

- Identify the main points you wish to achieve as the objective.
- Have at least two and no more than three main points to make for the lesson.
- Always use scripture to substantiate points.
- Love should be the motive behind everything we do.

Explanation: 1 Corinthians 16:14 is a summary of the Christian life—do everything in love. Not some things.

Not just ministry. Everything.

Illustration: A life without love is like a body without a heartbeat—still technically moving, but not alive.

Application: Ask students to reflect on one area of their life where love has been missing and ask God to transform it.

Scripture: 1 Corinthians 13:1-3 - “If I speak in the tongues of men... but have not love, I am nothing.”

## **Love is not just a feeling—it’s a consistent choice.**

Explanation: Daily love means showing patience in traffic, kindness in conflict, and humility when tempted to react. Love is learned in the ordinary moments.

Illustration: Think of a river—its strength comes from steady, daily flow. That’s how love works: not just in big events, but in daily consistency.

Application: Create a “Love in Action” commitment list—students write 3 ways they will practice love daily this week.

Scripture: Colossians 3:14 - “Above all... put on love, which binds everything together in perfect harmony.”

## **PRINCIPLE PURPOSE**

### **Instructions:**

- Dictate the relevance, or reason for, the Principle Action and application thereof.
- Use examples from scripture, personal testimony, and history, for each main point from the Principle Action to develop this section.
- Select students to read scriptures when needed, and read all relevant scriptures while teaching.

After walking through weeks of recovery principles and biblical truth, Paul’s instruction in 1 Corinthians 16:14 brings us to a simple but powerful close: “Let all that you do be done in love.” This isn’t a suggestion—it’s a command. And it’s a vision for how to live free.

Why is this so important? Because as we mature in our walk with Christ, the goal isn’t just to avoid sin—it’s to become love. Love is the fruit of transformation. It is what freedom looks like when it’s lived out consistently.

It’s easy to love during emotional highs or spiritual breakthroughs. But daily love is different. It means forgiving when you feel wronged. Showing up for others when it’s inconvenient. Holding your tongue when you’d rather lash out. Listening instead of speaking. Helping instead of judging. And giving when no one sees.

Paul is writing to a church filled with conflict, pride, and division—and he tells them: love has to lead the way. Because when love leads, unity happens. Healing happens. Testimonies are born. Love is what makes the

gospel visible.

Think of Jesus. He didn't just love people in moments of ministry—He loved them in the mundane. He noticed the overlooked, welcomed the unworthy, and served when no one else would. That's the model we're called to follow.

In recovery, you will be tempted to return to old ways of thinking: pride, fear, bitterness, control. But love defeats every one of those. It's not just the path to healing—it's the fruit of it. You know you're growing when you begin to love people you once resented. When you serve without expecting anything. When your motives shift from self-preservation to self-giving.

Encourage students: Daily love is where transformation becomes visible. This is how we build lasting change. This is how we reflect Jesus. This is how we live free.

## **ENGAGEMENT MOMENT**

### **Instructions:**

- Encourage reflection and discussion that ties the Principle Purpose to their personal experience.
- Ask 2-3 intentional questions that prompt self-evaluation.
- Lead students to write a short, practical declaration they can carry into the week.

### **Reflection Questions:**

- What does it mean for everything you do to be done in love?
- Where in your life has love been missing—and how can you begin to change that?
- How do your actions reflect or contradict the love of Christ in daily moments?

### **Declaration (write in workbook):**

"I choose to let love guide every part of my life—not just in words, but in action. I will love like Jesus—daily, intentionally, and sacrificially."

## **PRINCIPLE TAKE-A-WAYS**

### **Instructions:**

- Remind the students about what was just taught.
- Go over the main points from the Principle Action and what was learned.
- Give any 'handouts' which are good for retention and highly recommended.
- Every action, word, and thought should flow from the love of God (1 Cor. 16:14)

- Love is a daily, intentional choice—not just a feeling
- Our recovery becomes sustainable when love becomes our lifestyle

## CLOSING PRAYER

### Instructions:

- Ask for God’s Spirit to empower the students to live out all they have learned in the class.
- Ask God to give everyone greater faith.
- Thank God for the class, everyone, and everything in it.

### Prayer:

“Lord, thank You for showing us what true love looks like—through Your Son, through Your Word, and through the work You’ve done in our hearts. Help us now to live it out daily. Let everything we do reflect Your love. Not just in big moments, but in the small ones. Make love our lifestyle. In Jesus’ name, Amen.”

- 📄 Handout Suggestion: “Daily Love Tracker” — a 7-day checklist that helps students reflect nightly on whether their thoughts, words, and actions were done in love

## Lost & Found: Lesson 45 Handout

### Principle: Seeking Love

Focus: Embodying God’s love to share the gospel.

### Lesson 45: Living Love Daily

### Lesson 45 — Making Love Your Mission

“Let all that you do be done in love.” — 1 Corinthians 16:14

#### 1. Keep the Verse Visible

Write 1 Corinthians 16:14 at the top of your daily to-do list or here for easy reference:

#### 2. Plan to Show Love Today

How will you show love in your:

- Conversations? \_\_\_\_\_
- Responsibilities? \_\_\_\_\_
- Responses to challenges? \_\_\_\_\_

### **3. End of Day Reflection**

At the end of the day, journal where you succeeded and where you struggled to live in love.

**Successes:**

**Struggles:**

### **4. Daily Prayer**

- Ask God to help you make love your daily mission—not just a momentary reaction.
- Review your progress next week—how did daily intentions and reliance on God’s Spirit help you love more like Jesus?