

My Recovery Discipleship Plan Workbook

I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel.

For God is my witness, how I yearn for you all with the affection of Christ Jesus.

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

Philippians 1:3-11 (ESV)

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Introduction

The journey from addiction to recovery is not only about overcoming the physical and emotional challenges but also about spiritual transformation. The Bible teaches that true transformation comes from allowing Christ to work in and through us.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

- Romans 12:2 (ESV)

This workbook is designed to help you create a successful transition plan after recovery, grounded in your faith in Christ. It will guide you in developing your My Recovery Discipleship Plan, helping you take ownership of your journey with the support of your church mentor and rooted in God's Word.

The heart of man plans his way, but the Lord establishes his steps.

- Proverbs 16:9 (ESV)

As you work through each section, you'll find spaces to record important information, set goals, and track your progress. Remember to seek God's guidance and lean on your church and mentor for support.

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

- Jeremiah 29:11 (ESV)

Keep moving forward with faith, knowing that God is with you every step of the way. We believe in what God is doing in and through you. Know that you have people praying for you every step of the way.

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

- Ephesians 3:14-21 (ESV)

Overview

Preparation

- For Those Transitioning from Recovery Back Home
- For Families of Those Transitioning from Recovery Back Home

Module 1: Spiritual Foundation

- **Being a part of a Church community:** A strong church community is essential for your spiritual growth. **This section will help you integrate into your local church community to support your spiritual journey.**

Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

- Hebrews 10:25 (ESV)

- **Connecting with Life Groups and Recovery Groups:** Fellowship with other believers is crucial for your recovery. Here, you will learn the importance of joining life and recovery groups where you can build meaningful relationships and receive encouragement.

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.

- Ecclesiastes 4:9-10 (ESV)

- **Daily Devotional Disciplines:** Regular time in God's Word and prayer is **foundational to spiritual** life. This section will guide you in establishing a daily habit of Bible reading and prayer, helping you stay connected to God's will for your life.

Your word is a lamp to my feet and a light to my path.

- Psalm 119:105 (ESV)

- **Creating Accountability Relationships:** Accountability is key to maintaining your spiritual and recovery journey. This section will help you identify and develop accountability relationships within your church to provide ongoing support and encouragement.

...confess your sins to one another and pray for one another, that you may be healed.

- James 5:16 (ESV)

Module 2: Emotional Well-being

- **Identifying a Licensed Christian Therapist:** Emotional healing is a critical aspect of recovery. This module will assist you in finding a Christian therapist who can provide the guidance and support you need for emotional health.

Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

- Proverbs 11:14 (ESV)

- **Journaling for Emotional Clarity:** Writing down your thoughts and feelings can bring clarity and healing. In this section, you'll learn how to use journaling as a tool to process emotions & draw closer to God.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

- Psalm 62:8 (ESV)

- **Dealing with Triggers:** Understanding and managing emotional triggers is vital for long-term recovery. This section will help you identify triggers and develop strategies to manage them in a way that aligns with **the Christian** faith.

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

-2 Corinthians 10:5 (ESV)

- **Building Healthy Relationships:** Healthy relationships are foundational to emotional well-being. This section will guide you in building and maintaining relationships that encourage your growth.

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

- Proverbs 13:20 (ESV)

Module 3: Physical Health

- **Establishing a Fitness Routine:** Caring for your body is part of honoring God. This section will help you create a fitness routine that supports your physical and spiritual well-being.

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

- 1 Cor. 6:19-20 (ESV)

- **Nutrition for Recovery:** Proper nutrition is essential for physical health and recovery. Here, you'll find guidance on how to nourish your body in a way that supports your overall health.

So, whether you eat or drink, or whatever you do, do all to the glory of God.

- 1 Corinthians 10:31 (ESV)

- **Regular Medical Checkups:** Staying on top of your physical health is crucial. This section will remind you of the importance of regular medical visits to maintain your health.

...I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

- 3 John 1:2 (ESV)

- **Sleep Hygiene:** Getting quality sleep is important for your recovery. This section will offer tips on establishing healthy sleep habits that support your recovery.

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

- Psalm 127:2 (ESV)

Module 4: Practical Resources

- **Tangible Resource Assistance:** Accessing the resources you need is part of living responsibly. This section will help identify/access resources for housing, transportation & financial assistance.

...my God will supply every need of yours according to his riches in glory in Christ Jesus.

- Philippians 4:19 (ESV)

- **Educational Support and Career Development:** Education and career are important for your future. This section will guide you in finding educational and career support that align with your skills and passions.

Whatever you do, work heartily, as for the Lord and not for men.

- Colossians 3:23 (ESV)

- **Employment Assistance:** Finding stable employment is key to your independence. Here, you'll receive guidance on job searches, resume building, and interview preparation.

In all toil there is profit, but mere talk tends only to poverty.

- Proverbs 14:23 (ESV)

- **Financial Stewardship:** Managing your finances wisely honors God. This section will provide you with basic financial management skills to help you steward your resources well.

One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

- Luke 16:10 (ESV)

Module 5: Continued Growth and Accountability

- **Ongoing Mentorship:** Your relationship with your mentor is crucial for continued growth. This section will help you understand how to maintain a productive/supportive relationship.

Iron sharpens iron, and one man sharpens another.

- Proverbs 27:17 (ESV)

- **Setting Personal Goals:** Goal-setting is important for your ongoing development. Here, you'll learn how to set and achieve personal goals that align with God's plan for your life.

Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

- Philippians 3:13-14 (ESV)

- **Regular Check-ins:** Staying connected with your Mentor **is essential for staying** on track. This section will emphasize the importance of regular communication with your Mentor for continued support.

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

- **Reflection and Gratitude:** Reflecting on your journey and cultivating gratitude is key to spiritual growth. This section will provide exercises for reflecting on your progress and expressing gratitude for God's work in your life.

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- 1 Thessalonians 5:18 (ESV)

As you complete this workbook, remember that you are not alone on this journey. Lean on God, your mentor, and your church as you step into this new season of life, trusting that He will guide you every step of the way.

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.
- Joshua 1:9 (ESV)

Module 1: Spiritual Foundation

Being part of a Bible-Teaching Church

Acts 2:42 (ESV) says, “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.”

- **Statistic:** According to the Pew Research Center, regular church attendance can improve mental health and provide a strong community support system.
- **Illustration:** In the early church, the apostles played a crucial role in establishing and fostering connections among believers. One of the most significant examples is found in Acts 2:42-47, where the early Christians “devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” This passage highlights how the early church gathering was a close-knit community where believers supported one another in every aspect of life. The believers met regularly in each other’s homes, sharing meals and resources. This deep sense of community provided spiritual nourishment and practical support, which strengthened the faith of the early Christians and helped the church grow rapidly. The early church’s commitment to regular fellowship and mutual care was essential in helping new believers stay connected to God and one another, grow in their faith, and withstand hardships and persecution. This example from Acts demonstrates the importance of creating and maintaining strong church connections. It shows how being part of a church community provides not only spiritual growth through teaching and worship but also emotional and practical support, which is crucial for long-term spiritual health and stability.
- **Principles:**
 - **Commitment:** Attend church regularly for spiritual growth.
 - **Engagement:** Participate actively in church activities.
 - **Community:** Build relationships within the church body.

Connecting with Life Groups & Recovery Groups

Hebrews 3:13 (ESV) says, “But exhort one another every day, as long as it is called ‘today,’ that none of you may be hardened by the deceitfulness of sin.”

- **Statistic:** A study published in the *Journal of Substance Abuse Treatment* shows that individuals involved in support groups have a 50% higher chance of maintaining sobriety.
- **Illustration:** A powerful biblical example of being part of a life group or recovery group is found in the story of Nehemiah and the rebuilding of the walls of Jerusalem. When Nehemiah returned to Jerusalem, he didn’t undertake the enormous task of rebuilding the city’s walls alone. Instead, he gathered the people of Jerusalem into small groups, each responsible for repairing a section of the wall near their homes (Nehemiah 3). These groups worked side by side, encouraging and supporting one another in the face of opposition and challenges. Nehemiah 4:6 says, “So we built the wall, and all the wall was joined together to half its height, for the people had a mind to work.” The collective effort and mutual support of these groups were crucial in overcoming the immense task before them. Just as the people of Jerusalem worked together to rebuild the wall, offering each other support and

accountability, being part of a life group or recovery group provides a community where individuals can encourage one another, share burdens, and grow together in their spiritual journey. The success of the wall's reconstruction was due to the combined efforts of many, showing that community and serving together are vital in overcoming life's challenges.

- **Principles:**
 - **Support:** Life groups offer emotional and spiritual support.
 - **Accountability:** Regular interaction **assists with accountability.**
 - **Growth:** Being part of a group encourages personal and spiritual growth.

Developing Daily Devotion Disciplines

Psalms 1:2 (ESV) says, "But his delight is in the law of the Lord, and on his law he meditates day and night."

- **Statistic:** According to the American Bible Society, individuals who engage with the Bible four or more times a week are 57% less likely to engage in destructive behaviors.
- **Illustration:** Daniel was a man of unwavering faith who lived in Babylon during a time when it was dangerous to practice his Jewish faith openly. Despite the risks, Daniel maintained a disciplined routine of prayer and devotion to God. Daniel 6:10 says, "When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously." Daniel's commitment to daily prayer and devotion was so consistent that even his enemies knew they could trap him by targeting his prayer life. However, this devotion also became the source of his strength and resilience, especially when he was thrown into the lion's den for defying the king's decree. Because of his unwavering devotion, God protected Daniel, and his faithfulness was rewarded. Daniel's life illustrates the transformative power of daily devotion as a foundational practice that builds spiritual strength, resilience, and a deep connection with God. His regular time with God not only sustained him through personal trials but also became a powerful testimony to others, leading to the king acknowledging the power of Daniel's God.
- **Principles:**
 - **Discipline:** Make daily devotions a non-negotiable habit.
 - **Focus:** Use devotion time to align **daily life** with God's will.
 - **Reflection:** Reflect on how God's Word speaks to current circumstances.

Creating Accountability Relationships

Galatians 6:2 (ESV) instructs, "Bear one another's burdens, and so fulfill the law of Christ."

- **Statistic:** Research from the *American Society of Addiction Medicine* indicates that individuals with accountability partners are 70% more likely to maintain sobriety than those without.
- **Illustration:** Despite the dynamics between their families—David being the future king and Jonathan the son of King Saul—Jonathan remained a loyal friend to David. In 1 Samuel 18:1-4, we see how

Jonathan and David formed a covenant, pledging mutual support and loyalty to one another. Jonathan served as an accountability partner to David, warning him of potential dangers and encouraging him to stay faithful to God's plan. In 1 Samuel 23:16, Jonathan visited David at Horesh and "strengthened his hand in God." Jonathan reminded David of God's promises and encouraged him to stay true to his calling, even when David was on the run and facing immense pressure. This relationship illustrates the importance of having someone who can hold you accountable, offer encouragement, and remind you of God's faithfulness. Jonathan's support was vital to David's survival and success during some of the most challenging times of his life. Their relationship highlights how accountability relationships can provide the necessary strength, encouragement, and perspective needed to stay on the right path.

- **Principles:**

- **Trust:** Choose accountability partners that are trustworthy.
- **Honesty:** Be open and honest about struggles.
- **Consistency:** Regularly check in with accountability partners.

Module 2: Emotional Well Being

Identifying a Licensed Christian Therapist:

Proverbs 12:25 (ESV) notes, “Anxiety in a man’s heart weighs him down, but a good word makes him glad.”

- **Statistics:** According to the *National Alliance on Mental Illness (NAMI)*, over 50% of individuals with addiction also have a co-occurring mental health disorder.
- **Illustration:** Saul, the first king of Israel, struggled with intense bouts of depression, anger, and fear throughout his reign. The Bible records in 1 Samuel 16:14 that “the Spirit of the Lord departed from Saul, and an evil spirit from the Lord tormented him.” This torment led to severe mood swings, paranoia, and destructive behavior. Saul’s condition was so dire that his servants sought help for him, suggesting that a skilled musician might soothe him. David, who was known for his musical abilities, was brought in to play the harp for Saul, and the music temporarily relieved Saul’s distress (1 Samuel 16:23). However, while this provided momentary relief, Saul never fully dealt with the underlying issues plaguing his soul, leading to his eventual downfall. This story underscores the importance of seeking holistic help from a solid Christian therapist that addresses both the spiritual and psychological aspects of a person’s struggles biblically. Just as Saul needed to seek out and trust someone who could provide more than just temporary comfort, individuals today benefit from the guidance of Christian therapists who can address both the spiritual and mental aspects of their challenges. A Christian therapist can help navigate deep emotional wounds, provide biblical counsel, and offer strategies for healing that align with one’s faith.
- **Principles:**
 - **Seek Professional Help:** A Christian therapist offering biblical counsel.
 - **Be Open:** Therapy requires openness and honesty.
 - **Consistency:** Regular sessions are key to making progress.

Journaling for Emotional Clarity

Lamentations 3:19-21 (ESV) says, “Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have hope.”

- **Statistic:** Studies show that expressive writing reduces depression symptoms & anxiety by 28%.
- **Illustration:** David is often referred to as a man after God’s own heart. The psalms are essentially David’s journal entries, where he openly expressed his fears, doubts, joys, praise and thanksgiving. In Psalm 51, David writes a heartfelt prayer of repentance after his sin with Bathsheba was exposed. This psalm reflects his internal struggle, sorrow for his sin, and plea for God’s forgiveness. Through this “journaling” in the form of a psalm, David not only processed his emotions and sought God’s guidance, but also left behind a record that has encouraged countless others. Psalm 42 captures the deep despair David felt during difficult times: “Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God” (Psalm 42:11). Here, David is seen talking to his own soul, reflecting on his emotions and redirecting his focus

back to God. These examples from David's life demonstrate the importance of journaling as a way to record your thoughts/prayers, process complex emotions, seek God's presence, and reflect on His faithfulness. Just as David used his psalms to navigate his spiritual and emotional journey, journaling can be a powerful tool for individuals today to connect with God, gain clarity, and find peace in the midst of life's challenges.

- **Principles:**
 - **Express:** Write honestly about your thoughts and feelings.
 - **Reflect:** Use journaling to reflect on your journey and growth.
 - **Pray:** Incorporate prayer into your journaling practice.

Dealing with Triggers

Psalm 139:23-24 (ESV) says, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

- **Statistic:** NIDA states that 40-60% of people relapse due to exposure to triggers.
- **Illustration:** On the night Jesus was arrested, Peter faced a situation that triggered fear and insecurity. Despite his earlier bold declaration that he would never deny Jesus, Peter found himself in a high-pressure situation where his fear of being associated with Jesus led him to deny knowing Him three times (Luke 22:54-62). Peter's denial was triggered by the fear of persecution and the desire to protect himself. After his third denial, a rooster crowed, and Peter remembered Jesus' prophecy that he would deny Him three times before the rooster crowed. Realizing what he had done, Peter went out and wept bitterly, deeply regretting his actions. However, Peter's story did not end in failure. After Jesus' resurrection, He lovingly restored Peter, giving him the opportunity to reaffirm his love and commitment (John 21:15-19). This restoration process allowed Peter to recognize his triggers—fear and self-preservation—and address them with renewed faith and courage. Peter went on to become a bold leader in the early church, no longer swayed by the same triggers that once led him to deny his Lord. This story highlights the importance of recognizing triggers (situations or emotions that can lead us away) and addressing them with intentional biblical strategies & prayer. By identifying what triggers us, as Peter eventually did, we can seek God's strength to overcome these challenges and grow.
- **Principles:**
 - **Identify:** Recognize situations and emotions that trigger cravings.
 - **Plan:** Develop strategies to manage and avoid triggers.
 - **Pray:** Seek God's strength in overcoming triggers.

Building Healthy Relationships

1 Corinthians 15:33 (ESV) warns, "Do not be deceived: 'Bad company ruins good morals.'"

- **Statistic:** Research shows that healthy relationships can reduce the risk of relapse by 60%.
- **Illustration:** After the death of her husband and sons, Naomi decided to return to her homeland, feeling bitter and hopeless. Ruth, her daughter-in-law, had the option to stay in Moab, her own country, but instead, she chose to stay with Naomi. Ruth's famous declaration in Ruth 1:16-17 reflects the depth of their relationship: "Do not urge me to leave you or to return from following you. For where you go, I will go, and where you lodge, I will lodge. Your people shall be my people, and your God my God. Where you die, I will die, and there will I be buried." Ruth's commitment to Naomi fostered a relationship that brought healing, hope, and restoration. Through this relationship, both women found a new purpose and a future. Ruth's loyalty and love led her to meet Boaz, who would eventually marry her, redeem Naomi's family line, and become the great-grandparents of King David, establishing a lineage that would ultimately lead to Jesus Christ. This story illustrates the significance of choosing and nurturing healthy relationships. Ruth and Naomi's bond provided mutual support, encouragement, and resilience during difficult times. Their relationship was characterized by loyalty, love, and faith, demonstrating how fostering healthy relationships can lead to profound blessings and a renewed sense of purpose in life.
- **Principles:**
 - **Choose Wisely:** Stay surrounded with people who can support the recovery journey.
 - **Communicate:** Open and honest communication is key.
 - **Grow Together:** Engage in activities that strengthen trustworthy relationships.

Module 3: Physical Health

Establishing a Fitness Routine

3 John 1:2 (ESV) says, “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”

- **Statistic:** The *Centers for Disease Control and Prevention (CDC)* reports that regular physical activity can reduce the risk of relapse by 30%.
- **Illustration:** Paul’s missionary journeys required significant physical stamina and resilience. He often traveled long distances on foot, sometimes through rugged terrain, and faced harsh conditions such as shipwrecks, imprisonment, and beatings (2 Corinthians 11:23-27). Paul understood the value of physical discipline and used the analogy of athletic training to describe the Christian life. In 1 Corinthians 9:24-27, Paul writes, “Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” Paul’s commitment to physical discipline mirrors the dedication needed for spiritual discipline. By maintaining his physical health, Paul was able to endure the rigors of his missionary work, effectively spreading the gospel across vast regions. His example shows that caring for our physical bodies through exercise and healthy living is not just beneficial for our well-being but is also essential in enabling us to fulfill our God-given purposes with endurance and strength.
- **Principles:**
 - **Routine:** Establish a regular exercise routine.
 - **Balance:** Include a mix of physical activities.
 - **Commitment:** Stay consistent with fitness goals.

Nutrition for Recovery

1 Timothy 4:8 (ESV) notes, “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.”

- **Statistic:** Proper nutrition can reduce the likelihood of relapse by 35% according to the *American Dietetic Association*.
- **Illustration:** After Elijah’s intense confrontation with the prophets of Baal on Mount Carmel, he fled to the wilderness, overwhelmed by fear and exhaustion. In his despair, Elijah prayed for death, feeling utterly defeated and worn out. However, instead of rebuking him, God sent an angel to care for Elijah’s physical needs. The angel provided Elijah with food and water, instructing him to eat and drink. The Scripture notes, “And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again” (1 Kings 19:6). After resting and eating, Elijah was strengthened enough to travel for forty days and nights to Mount Horeb, where he would have a profound encounter with God. Proper nutrition is essential for maintaining physical strength,

spiritual well-being and mental clarity, especially during times of stress and spiritual struggle. Just as God provided Elijah with the nourishment He knew that Elijah needed to continue his calling, we are reminded that caring for our bodies through good nutrition is vital for fulfilling God's purposes in our lives. Proper nourishment sustains us physically and equips us to overcome the challenges we face.

- **Principles:**
 - **Healthy Choices:** Choose foods that nourish your body.
 - **Hydration:** Drink plenty of water daily.
 - **Moderation:** Practice portion control and balanced eating.

Regular Medical Checkups

1 Corinthians 6:19-20 (ESV) reminds us, "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."

- **Statistic:** Regular medical check-ups can reduce health-related complications that may lead to relapse by 25%.
- **Illustration:** In 2 Kings 20:1-7, we read that Hezekiah became deathly ill, and the prophet Isaiah came to him with a message from the Lord, telling him to set his house in order because he would not recover. In response, Hezekiah prayed earnestly to the Lord, asking for healing and reminding God of his faithfulness. God heard Hezekiah's prayer and sent Isaiah back to tell him that he would be healed and given 15 more years of life. However, the healing process required practical medical intervention as well. Isaiah instructed the servants to prepare a poultice of figs and apply it to the boil that was causing Hezekiah's illness, and he recovered as a result (2 Kings 20:7). Prayer and faith are essential, however practical medical treatment also plays a critical role in the healing process. Hezekiah's experience highlights the importance of seeking medical attention when necessary and following through with treatment to ensure complete recovery. Just as Hezekiah needed both divine intervention and practical medical care, we too should combine faith with diligent attention to our physical health, including regular medical follow-ups and treatments.
- **Principles:**
 - **Schedule:** Keep up with regular doctor's visits.
 - **Monitor:** Track health progress regularly.
 - **Prevent:** Address health issues before they escalate.

Sleep Hygiene

Psalms 4:8 (ESV) says, "In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety."

- **Statistic:** The National Sleep Foundation found that good sleep hygiene can improve recovery outcomes by 40%.
- **Illustration:** After teaching large crowds and performing miracles, Jesus and His disciples crossed the Sea of Galilee. During the journey, a furious storm arose, threatening to capsize their boat. Despite the chaos around Him, Jesus was found sleeping soundly on a cushion in the stern of the boat (Mark 4:35-41). It's interesting that even in the midst of a storm, Jesus knew the importance of resting in

trust of The Father's goodness leading to physical rest. His ability to sleep peacefully amidst turmoil underscores the significance of faith and trust, establishing a sleep routine that allows for adequate rest, regardless of external circumstances. In Mark 6:30-32, we see that after a busy day the disciples were excited to tell Jesus all about it but Jesus said "Come away by yourselves to a desolate place and rest a while." They were so busy, they didn't take a break, not even to eat. We were created with a sleep cycle that we need to stay healthy and fit to serve. Just as Jesus slept to sustain His physical and mental well-being, we too must value and protect our sleep. Good sleep hygiene rooted in trust in God above our worries and desire to steward our bodies well (including a regular sleep schedule/ peaceful environment) is crucial for maintaining our overall health, resilience, and ability to handle life's challenges..

- **Principles:**

- **Routine:** Stick to a consistent sleep schedule.
- **Environment:** Create a restful sleeping environment.
- **Faith:** Pray and trust God over worry.

Module 4: Practical Resources

Tangible Resource Assistance

James 2:15-16 (ESV) states, “If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, ‘Go in peace, be warmed and filled,’ without giving them the things needed for the body, what good is that?”

- **Statistic:** Access to practical resources reduces the risk of relapse by 50%.
- **Illustration:** In Genesis 41, Joseph while in Egypt and through God’s guidance, interpreted Pharaoh’s dreams and foresaw seven years of plenty followed by seven years of severe famine. Understanding the need for resources and preparation, Joseph advised Pharaoh to store up grain during the years of abundance so that there would be enough food during the famine. When the famine came, it affected not only Egypt but the surrounding regions as well. Because Joseph had wisely stored up resources, Egypt had enough food to sustain itself and even help others. People from all over, including Joseph’s own family from Canaan, came to Egypt to buy grain. Joseph’s foresight in locating, stewarding and securing the necessary resources was crucial in preventing widespread starvation and suffering. Joseph proactively ensured that resources were available and accessible during a time of need, it’s essential for individuals to know where to find assistance, whether it’s food, shelter, counseling, or other forms of support, especially during challenging times. Locating and securing resources can be the difference between survival and devastation, both physically and spiritually.
- **Principles:**
 - **Seek Help:** Don’t hesitate to ask **for resources needed**.
 - **Stay Informed:** Know what resources are available in **the** community.
 - **Follow Through:** Actively use the resources **available**.

Educational Support & Career Development

Proverbs 16:3 (ESV) encourages us, “Commit your work to the Lord, and your plans will be established.”

- **Statistic:** Continued education & career development can reduce the likelihood of relapse by 60%.
- **Illustration:** Born into a Hebrew family but raised in the Egyptian royal household, Moses was given a unique opportunity for education that **helped shape** his future leadership. Acts 7:22 says, “And Moses was instructed in all the wisdom of the Egyptians, and he was mighty in his words and deeds.” This education equipped Moses with knowledge, skills, and an understanding of leadership that would later be crucial in his role as the deliverer of Israel. Moses’ education in Egypt **helped prepare** him for his future career as the leader of the Israelites. Despite spending 40 years in the wilderness as a shepherd, his education and training in Egypt were not wasted. When God called him to lead His people out of slavery, Moses’ background **helped** him to stand confidently before Pharaoh and guide the Israelites through the challenges of the Exodus. This story highlights the importance of investing in education and career development, as these can equip individuals for the unique roles and challenges they may face in the future. Just as Moses’ education in Egypt was **a significant part** in fulfilling his God-given purpose, pursuing education and career growth today can open doors and prepare individuals for the opportunities and responsibilities that lie ahead.

- **Principles:**
 - **Lifelong Learning:** Education is an ongoing process.
 - **Career Goals:** Set clear, attainable career goals.
 - **Perseverance:** Stay committed to educational and career aspirations.

Employment Assistance

Ephesians 4:28 (ESV) instructs, “Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.”

- **Statistic:** Employment stability is linked to a 70% decrease in the risk of relapse.
- **Illustration:** The Apostle Paul was a dedicated missionary and also worked as a tentmaker to support himself during his ministry. In Acts 18:1-3, it is noted that Paul met Aquila and Priscilla in Corinth, who were also tentmakers by trade. Paul stayed and worked with them, earning a living through his craft while simultaneously preaching the gospel. Paul’s employment as a tentmaker was crucial for several reasons. First, it provided him with financial independence, allowing him to carry out his ministry without being a burden on the churches he served. Second, it gave him opportunities to connect with others in the marketplace, building relationships and spreading the message of Christ through his everyday work interactions. This story highlights the value of employment, not just for financial stability, but also for the opportunities it provides for personal growth and community engagement. Paul’s example shows that work, when aligned with Christ’s calling and mission, can be a powerful tool for both personal development and ministry.
- **Principles:**
 - **Stability:** Find stable employment that aligns with **core** values.
 - **Growth:** Seek opportunities for career advancement.
 - **Balance:** Ensure work-life balance to maintain recovery.

Financial Stewardship

Proverbs 21:5 (ESV) says, “The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.”

- **Statistic:** Financial stability reduces the likelihood of relapse by 45%.
- **Illustration:** In the Parable of the Talents (Matthew 25:14-30), a master entrusts his servants with varying amounts of money (talents) before leaving on a journey. He gave one servant 5 talents, 2 to another, 1 to the third (each according to their ability). The first two servants invested their talents, doubling the amount given. When the master returned, these two servants were commended, saying, “Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master” (Matthew 25:21, 23). The third servant, out of fear, buried his talent in the ground and returned it to the master without any increase. The master called him wicked and lazy, and took away the one talent, giving it to the servant who had ten. God expects us to be responsible stewards of the resources He has entrusted to us. Whether it’s money, time, or talents, we are called to manage these gifts in a way that honors God and produces fruit. The servants who were

faithful to invest wisely were rewarded, while the one who failed to invest at all faced consequences. Here we see the importance of financial stewardship, wisely managing, investing, and growing the resources God provides. Just as the servants were accountable for their actions, we too are responsible for how we handle our finances. Good financial stewardship, like in the parable, can lead to growth, stability, and greater opportunities to serve and honor God.

- **Principles:**

- **Budgeting:** Create and stick to a budget including giving.
- **Saving:** Build a savings cushion for emergencies.
- **Stewardship:** Manage finances in a way that honors God.

Module 5: Continued Growth & Accountability

Ongoing Mentorship

2 Timothy 2:2 (ESV) says, “And what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also.”

- **Statistic:** Strong mentorship can increase recovery success rates by 65%.
- **Illustration:** Moses was the leader of Israel and mentored Joshua over many years, preparing him to eventually take on the leadership of the Israelites. Joshua served under Moses and was by his side during significant events, such as when Moses received the Ten Commandments on Mount Sinai (Exodus 24:13). Moses consistently guided and encouraged Joshua, giving him opportunities to grow in leadership. When the time came for Moses to pass the leadership mantle, he did so publicly, laying his hands on Joshua and commissioning him before the entire assembly of Israel (Deuteronomy 34:9). Moses reminded Joshua to be strong and courageous, assuring him that God would be with him just as He was with Moses (Deuteronomy 31:7-8). Joshua’s success in leading the Israelites into the Promised Land can be directly attributed to the mentorship he received from Moses. This relationship highlights the importance of having a mentor who can provide guidance, encouragement, and wisdom, helping to prepare one for the responsibilities ahead. Just as Joshua relied on Moses for instruction and support, having a mentor in our own lives can be crucial in developing the skills, character, and confidence needed to fulfill our God-given purposes.
- **Principles:**
 - **Consistency:** Meet regularly **with mentors**.
 - **Transparency:** Be honest and open **in discussions**.
 - **Growth:** Use mentorship as a tool for spiritual and personal growth.

Setting Personal Goals

Philippians 3:13-14 (ESV) says, “...one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

- **Statistics:** Setting/achieving goals can increase likelihood of long-term recovery success by 70%.
- **Illustration:** When Nehemiah heard about the ruined state of Jerusalem’s walls, he was deeply troubled. Nehemiah prayed, fasted, and sought God’s guidance, then set a clear goal: to rebuild the walls of Jerusalem and restore the city’s dignity (Nehemiah 1:4-11). Nehemiah didn’t just stop at setting a goal. He developed a detailed plan, asked the king for permission to go to Jerusalem, and secured the necessary resources and letters of safe passage (Nehemiah 2:4-9). Once he arrived in Jerusalem, Nehemiah assessed the situation, gathered the leaders and people, and clearly communicated the goal and the steps required to achieve it (Nehemiah 2:17-18). Despite significant opposition, Nehemiah’s heart for God led to a clear goal. This goal, coupled with strategic planning and the mobilization of the community, led to the successful rebuilding of the wall in 52 days (Nehemiah 6:15-16). Setting clear, God-honoring goals with action can lead to incredible things, even in the face of

adversity. Nehemiah's leadership and dedication to his goal of rebuilding Jerusalem's walls show us the benefit of goal setting for long-term success. By seeking God's heart and guidance, setting clear goals, making detailed plans, and persisting through challenges, we can accomplish the tasks God has set before us.

- **Principles:**
 - **Clarity:** Set clear, specific goals.
 - **Action:** Break down goals into actionable steps.
 - **Accountability:** **Share goals with mentors for accountability.**

Regular Check-ins

Proverbs 27:23 (ESV) says, "Know well the condition of your flocks, and give attention to your herds."

- **Statistic:** Regular check-ins with a mentor can reduce the risk of relapse by 50%.
- **Illustration:** Paul, as Timothy's spiritual mentor, maintained regular communication with Timothy through letters, offering guidance, encouragement, and correction. These letters, known as 1 & 2 Timothy, are filled with advice on how Timothy should conduct his ministry, address false teachings, and maintain his personal faith. In 2 Timothy 1:3-7, Paul writes to Timothy, reminding him to "fan into flame the gift of God, which is in you through the laying on of my hands." Paul encourages Timothy to be bold and not let fear hold him back, reinforcing the lessons and faith that Timothy had learned from both his family and Paul. This consistent check-in from Paul not only strengthened Timothy's resolve but also provided him with necessary wisdom to face the challenges. Even Paul requested updates from Timothy, as seen in 1 Thessalonians 3:2-6, where Timothy is sent to strengthen and encourage the Thessalonian believers. When Timothy returned, he brought good news about their faith and love, encouraging Paul. This highlights the huge role of regular check-ins in a mentoring relationship. Through these check-ins, a mentor can provide ongoing support, timely advice, and help one stay focused on their goals and calling. As Timothy benefited from Paul, consistent guidance, regular communication with a mentor today can provide encouragement, accountability, and wisdom, helping to navigate life's challenges effectively.
- **Principles:**
 - **Routine:** Establish a regular check-in schedule.
 - **Honesty:** Be open about **both** struggles and progress.
 - **Support:** Use check-ins as a time to receive and give support.

Reflection and Gratitude

Colossians 3:15 (ESV) reminds us, "And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."

- **Statistic:** Practicing gratitude has shown to improve mental health/recovery outcomes by 30%.
- **Illustration:** In Luke 17:11-19, as Jesus was traveling to Jerusalem, He encountered ten men who were suffering from leprosy. They called out to Him from a distance, asking for mercy. Jesus responded by telling them to go and show themselves to the priests, and as they went, they were healed of

their leprosy. However, only one of the ten men, upon realizing that he was healed, turned back to thank Jesus. This man, a Samaritan, fell at Jesus' feet and praised God with a loud voice. Jesus acknowledged the man's gratitude, asking, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" (Luke 17:17-18). Jesus then said to him, "Rise and go your way; your faith has made you well." This story highlights the importance of taking the time to reflect on the blessings and breakthroughs we experience and then expressing gratitude for them. The one leper who returned to give thanks not only received physical healing but also a deeper spiritual blessing as Jesus affirmed his faith. This teaches us that reflection and gratitude are essential practices in our spiritual lives, helping us to recognize God's work in our lives and drawing us closer to Him. By making reflection and gratitude a regular part of our lives, we honor God and also strengthen our faith perspective, enabling us to see and appreciate the blessings, both big and small, that come our way.

- **Principles:**

- **Reflect:** Take time to reflect on **the** journey.
- **Gratitude:** Cultivate a habit of gratitude.
- **Celebrate:** **Celebrate progress, no matter how small.**

Schedule & Contacts

- **Bible Reading** Day @ Time
- **Devotional Journal Entry** Day @ Time
- **Fitness Routine Day** @ Time
- **Worship Weekly Service** Day @ Time
- **Life Group Weekly Meeting** Day @ Time
- **Recovery Weekly Meeting** Day @ Time
- **Discipleship Mentor Weekly Meeting** Day @ Time
- **Family Mentor Weekly Meeting** Day @ Time
- **Counseling Weekly Session** Day @ Time
- **Alumni Coach Weekly Connect** Day @ Time
- **Alumni Friends Weekly Connect** Day @ Time

My Church Home

Church Name: _____

Serving Ministry: _____

Contact: _____

Email: _____

Phone: _____

My Life Group

Life Group Name: _____

Meeting Address: _____

Life Group Leader: _____

Email: _____

Phone: _____

My Recovery Group

Contact: _____

Email: _____

Phone: _____

My Recovery Mentor

Contact: _____

Email: _____

Phone: _____

My Marriage Mentor

Contact: _____

Email: _____

Phone: _____

My Christian Counselor

Contact: _____

Email: _____

Phone: _____

My Alumni Recovery Coach

Contact: _____

Email: _____

Phone: _____

My Alumni Friend #1

Contact: _____

Email: _____

Phone: _____

My Alumni Friend #2

Contact: _____

Email: _____

Phone: _____

My Alumni Friend #3

Contact: _____

Email: _____

Phone: _____

My Life Group Friend #1

Contact: _____

Email: _____

Phone: _____

My Life Group Friend #2

Contact: _____

Email: _____

Phone: _____

My Doctor

Contact: _____

Email: _____

Phone: _____

Personal Development

My Impulse Response Killer

Managing Impulse Responses is key to maintaining your recovery. Use this space to track and manage your impulse responses:

- **Impulse Response:** _____
- **Normal Response:** _____
- **Replacement Response:** _____
- **Appropriate Scripture:** _____
- **Impulse Response:** _____
- **Normal Response:** _____
- **Replacement Response:** _____
- **Appropriate Scripture:** _____
- **Impulse Response:** _____
- **Normal Response:** _____
- **Replacement Response:** _____
- **Appropriate Scripture:** _____

My Assistance Resources

Accessing resources is vital for stability. (Employment, Housing, Transportation, Financial, etc. Record the details you find:

- **Type:** _____
- **Name:** _____
- **Website:** _____
- **Resources:** _____
- **Address:** _____
- **Contact:** _____
- **Email:** _____
- **Phone:** _____
- **Type:** _____

- **Name:** _____
- **Website:** _____
- **Resources:** _____
- **Address:** _____
- **Contact:** _____
- **Email:** _____
- **Phone:** _____

My Personal Goals

Setting and achieving goals will help you stay focused on growth. Use the space below:

Short-term Goals: _____

Goal Dates: _____

Action Steps: _____

Short-term Goals: _____

Goal Dates: _____

Action Steps: _____

Short-term Goals: _____

Goal Dates: _____

Action Steps: _____

Long-term Goals: _____

Goal Dates: _____

Action Steps: _____

Long-term Goals: _____

Goal Dates: _____

Action Steps: _____

My Financial Stewardship

Managing finances is part of responsible living. Use this space to create and track your budget:

Income: _____

Expenses: _____

Savings Goals: _____

My Career Development

Finding stable employment is critical. Record job search details and preparation steps:

- **Vision:** _____
- **Goals:** _____
- **Action Steps:** _____
- **Job Search:** _____
- **Resume Building:** _____
- **Interview Preparation:** _____

Daily Affirmations for Long Lasting Recovery

1. **I am a new creation in Christ.**

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

2. **I am no longer a slave to sin.**

For sin will have no dominion over you, since you are not under law but under grace. — Romans 6:14

3. **God's grace is enough for me.**

But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' — 2 Corinthians 12:9

4. **I have the mind of Christ.**

But we have the mind of Christ. — 1 Corinthians 2:16

5. **I walk by faith, not by feelings.**

For we walk by faith, not by sight. — 2 Corinthians 5:7

6. **The Holy Spirit gives me self-control.**

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

7. **I am forgiven and redeemed.**

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. — Ephesians 1:7

8. **I can endure through Christ's strength.**

I can do all things through him who strengthens me. — Philippians 4:13

9. **God is always with me.**

...I will never leave you nor forsake you. — Hebrews 13:5b

10. **God is renewing my mind daily.**

Do not be conformed to this world, but be transformed by the renewal of your mind... — Romans 12:2

11. **The Word of God is shaping me.**

Sanctify them in the truth; your word is truth.— John 17:17

12. **My identity is hidden in Christ.**

For you have died, and your life is hidden with Christ in God.— Colossians 3:3

13. **I leave shame and regret behind.**
...forgetting what lies behind and straining forward to what lies ahead... — Philippians 3:13
14. **God will finish what He started in me.**
And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. — Philippians 1:6
15. **I am chosen, set apart, and loved.**
But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession... — 1 Peter 2:9
16. **God is my refuge and strength.**
God is our refuge and strength, a very present help in trouble. — Psalm 46:1
17. **I have peace with God through Jesus.**
Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. — Romans 5:1
18. **I live by the Spirit, not the flesh.**
If we live by the Spirit, let us also keep in step with the Spirit. — Galatians 5:25
19. **I seek first the Kingdom of God.**
But seek first the kingdom of God and his righteousness, and all these things will be added to you. — Matthew 6:33
20. **I cast my anxieties on the Lord—He cares for me.**
...casting all your anxieties on him, because he cares for you. — 1 Peter 5:7
21. **I am being renewed day by day.**
Though our outer self is wasting away, our inner self is being renewed day by day.
— 2 Corinthians 4:16
22. **The Lord fights for me—I need only to be still.**
The Lord will fight for you, and you have only to be silent.— Exodus 14:14
23. **God's Word lights my path.**
Your word is a lamp to my feet and a light to my path.— Psalm 119:105
24. **My help comes from the Lord.**
My help comes from the Lord, who made heaven and earth. — Psalm 121:2
25. **God is faithful to deliver me.**
The Lord is faithful. He will establish you and guard you against the evil one.
— 2 Thessalonians 3:3

26. I will not grow weary, for my strength is in the Lord.

But they who wait for the Lord shall renew their strength... — Isaiah 40:31

27. The Spirit in me is greater than the world.

He who is in you is greater than he who is in the world. — 1 John 4:4b

28. God supplies all I need.

*And my God will supply every need of yours according to his riches in glory in Christ Jesus.
— Philippians 4:19*

29. I will overcome by the blood of the Lamb.

*And they have conquered him by the blood of the Lamb and by the word of their testimony...
— Revelation 12:11*

30. The joy of the Lord is my strength.

...for the joy of the Lord is your strength.” — Nehemiah 8:10b

31. Nothing can separate me from God’s love.

*...nothing will be able to separate us from the love of God in Christ Jesus our Lord.
— Romans 8:39b*

Preparing Both Spouses for the Return Home

1) Things to Avoid

- **Dwelling On Past Failures:** Avoid constantly reminding your loved one of their past mistakes or failures. Focus on the progress they've made and the future ahead. Encourage, rather than condemn.
- **Enabling Old Behaviors:** Don't fall into the trap of enabling old patterns, like providing money with no accountability or allowing toxic habits to creep back in. This may unintentionally enable relapse.
- **Unrealistic Expectations:** Avoid expecting immediate, perfect transformation. Recovery is a process, and there will be ups and downs. Be patient with their growth and healing, avoiding undue pressure.
- **Emotional Overreaction:** Refrain from reacting out of fear, anger, or anxiety. Emotional outbursts create stress for the person in recovery and lead to setbacks. Practice emotional regulation through prayer, counseling, and support.
- **Over-Policing:** Avoid trying to control every aspect of their life. It's important to trust them and allow them to take responsibility for their own recovery journey.

2) Things to Engage In

- **Open, Honest Communication:** Encourage frequent, honest, and loving communication. Be a safe space where your loved one can share their struggles and victories without fear of judgment.
- **Prayer and Spiritual Support:** Pray regularly for your loved one and with them. Engage in Bible study or devotionals together. Your spiritual support can help them stay rooted in their faith and recovery.
- **Encourage Healthy Habits:** Encourage and engage in healthy activities together, such as exercise, attending church, and meal prepping. Participate in recovery-friendly habits that build a positive, structured environment.
- **Be an Accountability Partner:** Offer to be part of their accountability circle. Attend recovery meetings with them or have regular check-ins to see how they are doing emotionally and spiritually.
- **Educate Yourself on Recovery:** Engage in learning about addiction and recovery. This will help you better understand the journey they are on and what role you can play in supporting long-term success.

3) Preparing Everyone Else

- **Family Meetings:** Hold a family meeting before your loved one returns home. Discuss how everyone can contribute to creating a safe and supportive environment. Set boundaries and expectations together.
- **Set Clear Roles:** Assign specific roles for family members. For example, someone might handle emotional support, while another might help with practical aspects like managing finances or scheduling recovery activities.
- **Discuss Triggers:** Educate the entire family about triggers that could lead to relapse (stress, certain conversations, environments). Teach family members to avoid or address these triggers in a helpful way.

- **Commit to Boundaries:** Ensure that everyone in the family understands and agrees to boundaries. Boundaries help maintain a healthy relationship and prevent resentment or enabling behaviors.
- **Encourage Patience:** Prepare family members to exercise patience and grace as they readjust to home life. Everyone needs time to adapt, and a patient, loving environment can make all the difference.

4) Response When Your Loved One Comes Home

- **Celebrate Progress:** Welcome them home with celebration and gratitude for the progress they've made. Acknowledge the work they've put in and the commitment they've shown to recovery.
- **Create a Peaceful Environment:** Ensure that the home environment is peaceful, supportive, and free from potential triggers. Create an environment of safety, acceptance, and faith.
- **Offer Emotional Support:** Be present emotionally. Ask them how they are feeling, listen intently, and offer support without judgment. Sometimes they may just need someone to listen, not to solve problems.
- **Encourage Routine:** Support them in establishing and maintaining a healthy daily routine. Encourage things like devotionals, work, exercise, and time for reflection and relaxation.
- **Stay Engaged, but Not Overbearing:** Be involved in their recovery journey, but don't micromanage. Offer help, but allow them the freedom to take responsibility for their actions and decisions.

5) Trauma Processing

- **Acknowledge Past Trauma:** Understand that addiction may have been fueled by past trauma. Be sensitive to this and create a safe space for your loved one to process their emotions without fear of judgment.
- **Encourage Counseling:** Encourage your loved one to engage in trauma-informed counseling or therapy. Offer to attend family counseling sessions if appropriate, to help heal and address unresolved family issues.
- **Forgive and Rebuild:** If your relationship with your loved one was strained due to their addiction, begin the process of forgiveness. Allow time for trust to be rebuilt and seek biblical guidance on reconciliation.
- **Be a Safe Listener:** Be open to listening to your loved one's trauma without trying to "fix" it. Sometimes, simply being a safe, supportive listener is what they need most.
- **Pray for Healing:** Pray with and for your loved one's emotional and spiritual healing. Ask for God's guidance as they process their trauma and for His strength to overcome it through grace and forgiveness.
- **Work on Family Healing:** Recognize that addiction affects the entire family. Engage in family therapy or healing exercises to address any trauma caused by the addiction and promote restoration within the family.

Dealing with Addiction in Marriage

A Guide for Spouses and Those Struggling with Addiction

This guide provides actionable steps to help navigate the recovery journey for both the spouse of someone in recovery as well as the spouse in recovery. It outlines strategies to biblically establish boundaries, seek support, rebuild trust, and start the healing process so both individuals can move forward in healing and wholeness.

Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.

(Proverbs 3:5-6)

Show me Your ways, O Lord; Teach me Your paths. Lead me in Your truth and teach me, For You are the God of my salvation; On You I wait all the day.

(Psalm 25:4-5)

At its core, addiction disrupts the way we are meant to be attached—to God and to each other. God designed relationships to be built on trust, transparency, and emotional safety.

In the beginning God created the heavens and the earth. Then God said, "Let Us make man in Our image, according to Our likeness And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being. And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him. So God created man in His own image; in the image of God He created him; male and female He created them.

(Genesis 1:1, 26; 2:7,18; 1:27)

Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.

(John 15:4)

When trust is broken, it creates a deep spiritual and emotional wound because healthy/safe attachment is central to human relationships. When addiction disrupts that bond, it leads to isolation, fear, and pain. The betrayed spouse often experiences a loss of security, feels abandoned and uncertain about their future. Meanwhile, the one struggling with addiction is consumed by shame and guilt and withdraws further deepening the relational divide.

For it is not an enemy who reproaches me; Then I could bear it. Nor is it one who hates me who has exalted himself against me; Then I could hide from him. But it was you, a man my equal, My companion and my acquaintance... We took sweet counsel together, And walked to the house of God in the throng. In return for my love they are my accusers, But I give myself to prayer.

(Psalm 55:12-14, Psalm 109:8)

Addiction fundamentally dissolves trust in a marriage. One of the most damaging aspects of addiction is the sense of betrayal and cycle of secrecy and deception that accompanies it. Those struggling with addiction often hide their behavior for an extended period, leaving their spouse unaware of the full extent of the problem. When the truth is finally discovered, the instinctive response for many struggling with addiction is to continue concealing parts of their struggle—out of shame, fear of further hurting their spouse, or denial of the magnitude of their addiction.

The integrity of the upright will guide them, but the perversity of the unfaithful will destroy them... Lying lips are an abomination to the Lord, but those who deal truthfully are His delight.

(Proverbs 11:3,12:22)

True healing requires restoring attachment through honesty, vulnerability, and community. As Scripture teaches, humility and transparency are essential for restoration. A crucial part of this restoration is the responsibility of the one in recovery to actively pursue their spouse to communicate information. He or she must be transparent about the steps they are taking toward recovery, even if their spouse struggles to believe it at first. This includes regularly updating them on progress, accountability measures, and the people involved in their recovery journey. Installing third-party software like Covenant Eyes, working with an accountability mentor, and maintaining open communication about struggles and victories all demonstrate a commitment to rebuilding trust. Secrecy and deception caused the hurt—radical honesty is the only way to heal it. A crucial principle in recovery is that *“a man who hides nothing has nothing to hide.”* Transparency is essential for rebuilding trust, and when someone in recovery chooses honesty over secrecy, they create an environment where healing can begin.

Whoever walks in integrity walks securely, but he who perverts his ways will become known... Therefore, putting away lying, ‘Let each one of you speak truth with his neighbor,’ for we are members of one another.

(Proverbs 10:9, Ephesians 4:25)

However, one of the biggest obstacles to healing is the tendency to isolate themselves. Instead of reaching out for support, many in recovery push people away, either out of shame, fear of judgment, or the belief that they must fix themselves alone. This isolation is not only selfish but also incredibly damaging to both themselves and their spouse. No one can recover in isolation—both the one in recovery and the spouse need a support system of healing and spiritual discipleship.

A man who isolates himself seeks his own desire; He rages against all wise judgment. Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.

(Proverbs 18:1, Ecclesiastes 4:9-10)

True transformation happens with the renewing of the mind through the word of God in community, where accountability & encouragement lead to real change. Openness and accountability are the antidotes to secrecy and deception. Recovery is not just about stopping addictive behavior; it is about rebuilding trust, restoring safety, and seeking support from others who provide biblical wisdom & encouragement. It involves seeking external support through Christ-centered counseling, community support groups, and overall accountability to navigate the difficult road ahead.

*As iron sharpens iron, so a man sharpens the countenance of his friend. how good and how pleasant it is For brethren to dwell together in unity! ...For there the Lord commanded the blessing—
Life forevermore.*

(Proverbs 27:17, Psalms 133:1,3)

Having a Christian Discipleship Mentor plays a key role in recovery. The spouse in recovery should actively pursue accountability by sharing their struggles, victories, and temptations with their Christian Mentor in a disciplined fashion. True recovery is built on submission to accountability and a willingness to be open, honest, and humble in every step of the journey. A Discipleship Mentor should be willing to do the following:

- Stand solidly on scripture and faithful application of it.
- Encourages humility as well as a willingness to submit to correction.
- Have honest and often difficult conversations.
- Reinforce the importance of community and discourage isolation.
- Available for regular check-ins and updates.
- Holds the one in recovery accountable to their commitments without enabling them.

Where there is no counsel, the people fall; But in the multitude of counselors there is safety... Listen to counsel and receive instruction, That you may be wise in your latter days.... A wise man will hear and increase learning, And a man of understanding will attain wise counsel... The way of a fool is right in his own eyes, But he who heeds counsel is wise.

(Proverbs 11:14, 19:20, 1:5, 12:15)

Addiction does not have to be the end of a marriage but restoration requires intentional effort, community support, and of course faith in God's redeeming power. Whether you are the spouse of someone in recovery or the one in recovery, remember that God is in the business of restoring what is broken. Healing takes time, but through God's word, transparency, accountability, and a Christ-centered approach, trust can be restored, lives can be transformed and marriages can be rebuilt.

The Lord is near to those who have a broken heart, And saves such as have a contrite spirit. Wait on the Lord; Be of good courage, And He shall strengthen your heart...

(Psalm 34:18, (Proverbs 27:14)

For the Spouse: Establishing Boundaries & Finding Support

1. Prioritize Your Own Safety and Well-being

The prudent see danger and take refuge, but the simple keep going and pay the penalty.

(Proverbs 22:3)

Boundaries are not about controlling addiction; they are about ensuring your own safety and healing. Implement clear boundaries such as requiring sobriety checks, limiting financial access if needed, and setting expectations for accountability. For sexual addictions, consider tools like Covenant Eyes, which provides accountability reports on online activity.

2. Seek Support From Trustworthy Sources

Plans are established by counsel; By wise counsel wage war.

(Proverbs 28:18)

Just as someone in recovery cannot do it alone, neither can a spouse heal from betrayal alone. Find a support group such as Betrayal and Beyond, or a church-based recovery group. Seek counseling with a therapist trained in addiction, betrayal-trauma and marriage.

3. Understand That You Are Not Responsible for Their Recovery

Each of us shall give account of himself to God.

(Romans 14:12)

It is not your job to “fix” your spouse. Your role is to establish healthy boundaries and create a safe environment for yourself while they work through their recovery. Focus on your own healing process rather than trying to control their journey.

4. Rebuilding Trust Takes Time

Rest in the Lord, and wait patiently for Him.

(Psalm 37:7)

Transparency from the one in recovery is key, but trust will not be restored overnight. Look for consistency in actions over time, rather than relying solely on words. Healing requires both patience and verification.

For Recovering Spouse: Steps Toward Healing & Restoring Your Marriage

1. Restore Your Spiritual Grounding

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

(Matt 6:33)

Addiction is not just a behavioral issue, it is a spiritual battle. Daily prayer, Bible study, & involvement in a local church are essential. Recognize the role of God’s grace and truth in healing.

2. Submit to Accountability

Where there is no counsel, the people fall; but in the multitude of counselors there is safety.

(Proverbs 11:14)

True healing requires humility & sincere willingness to submit to accountability. Commit to a trusted mentor and engage/actively participate in a local church, small group. Build relationships with believers who will walk alongside you. Be honest and don't hide from/deceive those who will hold you accountable.

3. Own Your Actions and Be Transparent

*He who covers his sins will not prosper, but whoever confesses
and forsakes them will have mercy.*

(Prov 28:13)

Recovery begins with full disclosure. Partial honesty prolongs the healing process and erodes trust further. Pursue accountability without waiting for others, installing safeguards such as Covenant Eyes for sexual addictions, breathalyzers for alcohol addiction, drug tests for drug addiction. Regularly update your spouse without them having to ask.

4. Rebuilding Trust Through Action, Not Just Words

But be doers of the word, and not hearers only, deceiving yourselves.

(James 1:22)

Be consistent in attending recovery meetings, therapy, and accountability check-ins. Follow through on commitments without making excuses. Demonstrate change by prioritizing family and spiritual growth over past behaviors.

5. Commit to Community

*Confess your trespasses to one another, and pray for one another,
that you may be healed.*

(James 5:16)

Isolation is the enemy of recovery. Surround yourself with a strong, Christ-centered community that will encourage, challenge, and support you. Healing happens in the context of biblical fellowship, stay connected. Have a heart to serve others and resist a self-centered perspective.

The Character of a Disciple

Humility – The Foundation of Growth

*When pride comes, then comes shame;
but with the humble is wisdom.*

(Proverbs 11:2)

Principle: You must be willing to admit you don't know everything. A proud person can't grow, but a humble person gains wisdom.

Honor – Valuing What's Given

*Be kindly affectionate to one another with brotherly love, in
honor giving preference to one another.*

(Romans 12:10)

Principle: If you don't value the time and wisdom given, you'll take it for granted. Honor means respecting and valuing the relationship.

Gratitude – Acknowledging the Gift

*In everything give thanks; for this is the will of God in
Christ Jesus for you*

(1 Thessalonians 5:18)

Principle: A disciple who isn't grateful for mentorship won't grow. Gratitude shows that you recognize the blessing of guidance.

Respect – A Two-Way Street

*Obey those who rule over you, and be submissive, for they watch out
for your souls, as those who must give account. Let them do so with
joy and not with grief, for that would be unprofitable for you.*

(Hebrews 13:17)

Principle: A disciple should show respect for the mentor's time, wisdom, and leadership. Disrespect brings disorder and discouragement.

Selflessness – Discipleship Isn't Just About You

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.

(Philippians 2:3-4)

Principle: Discipleship is about giving as well as receiving. Selfishness blocks growth, but selflessness leads to transformation.

Structure – Discipleship Requires Order

Let all things be done decently and in order.

(1 Corinthians 14:40)

Principle: Structure brings stability. Without a plan, there is no progress. Orderly discipleship leads to consistent spiritual growth.

Orderliness – A Reflection of Faithfulness

He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much.

(Luke 16:10)

Principle: Small things matter. How you handle small responsibilities in discipleship shows if you're ready for greater growth.

Submission – A Willingness to be Led

Therefore submit to God. Resist the devil and he will flee from you.

(James 4:7)

Principle: You can't grow if you resist correction. Submission means trusting the process and following guidance.

Discipline – Training Yourself to Grow

But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

(1 Corinthians 9:27)

Principle: Discipline isn't punishment—it's training. If you don't discipline yourself, you won't grow spiritually.

Punctuality – Respecting Time Shows Character

To everything there is a season, a time for every purpose under heaven.

(Ecclesiastes 3:1)

Principle: If you can't be trusted to show up on time, you can't be trusted with greater responsibilities. Time management shows respect and commitment.

The Expectations of Discipleship

And whoever does not bear his cross and come after Me cannot be My disciple. For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it

— (Luke 14:27-28)

Discipleship is not passive, it requires mutual investment, commitment, and action. It's also not just about receiving but giving as well. The person you've asked to mentor you is taking their personal time from their family, work, hobbies to pour in to you. Most mentors will go to the ends of the earth with you but cannot carry you there. To describe this, we use the acronym F.A.T..

FAITHFUL - Consistent and Trustworthy

A faithful man will abound with blessings, but he who hastens to be rich will not go unpunished.

(Proverbs 28:20)

Principle: Faithfulness brings fruitfulness. Reliability and consistency, will yield growth and receive God's blessings.

He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much.

(Luke 16:10)

Principle: Faithfulness in small commitments will show that one is ready for greater responsibility. If one can't be trusted to be faithful in discipleship, how can God entrust with more?

Moreover it is required in stewards that one be found faithful.

(1 Corinthians 4:2)

Principle: Discipleship is a stewardship—a responsibility given by God. Being faithful in it is a requirement, not an option.

Expectation: If a meeting is set, we expect each other to show up on time at the day and location agreed upon. If something is agreed upon, it is expected that we each follow through. If there's to be growth, faithfulness is non-negotiable.

AVAILABLE – Present and Engaged

...I heard the voice of the Lord, saying: 'Whom shall I send, and who will go for Us?' Then I said, 'Here am I! Send me.'

(Isaiah 6:8)

Principle: Availability is a sign of willingness. God uses those who are present and ready to serve.

Then He said to His disciples, 'The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.' (Matthew 9:37-38)

Principle: Discipleship yields results, is hard work and requires showing up with a willing heart.

And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. (Acts 2:42)

Principle: The early church grew because they were intentional and made themselves available for teaching, prayer, and fellowship. Presence is paramount but requires focus and attention as well.

Expectation: We each need to be fully engaged—not just physically present, but mentally and spiritually available. This means setting aside distractions, prioritizing this relationship, and being intentional about growth.

TEACHABLE – Humble and Willing to Learn

Give instruction to a wise man, and he will be still wiser; teach a just man, and he will increase in learning.

(Proverbs 9:9)

Principle: The wise seek more wisdom. A teachable person is always growing, while a proud person remains stagnant.

Whoever loves instruction loves knowledge, but he who hates correction is stupid.

(Proverbs 12:1)

Principle: If you reject correction, you hinder your own growth. A teachable person embraces instruction rather than resisting it.

Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

(James 1:21)

Principle: A teachable person humbly receives truth, even when it challenges them.

Expectation: Someone who isn't willing to learn, cannot be disciplined. If wisdom, instruction, or correction is rejected, discipleship won't work. A teachable heart is essential.

Discipleship Meeting Format

Open

Pray/Review God's guidance, wisdom, discernment & strength. Progress, victories, & challenges.

Spiritual Growth & Foundation

- Bible Reading (self) Did you spend time in God's Word alone? How/Outcome?
- Prayer Life (self) Did you spend time in prayer alone? How/Outcome?
- Bible Reading (others) Did you spend time in God's Word with your family? How/Outcome?
- Prayer Life (others) Did you spend time in prayer with your family? How/Outcome?
- Spiritual Battles Have you faced spiritual attacks, doubts, or moments of weakness? How/Effect?

Faith Community

- Church Involvement Did you attend your home Church service? Outcome?
- Did you attend your weekly Life Group? Outcome?
- Did you interact with your Life Group outside the meeting? Outcome?
- Did you serve at your church in your agreed upon role? How/Outcome?

Gratitude & Serving

- Journaling Have you journaled after your Gratitude/Prayers? How/Outcome?
- Family Have you sacrificially served your wife? How/Outcome?
- Have you sacrificially served your children? How/Outcome?
- Church Have you sacrificially served people in your church? How/Outcome?
- Alumni Have you sacrificially served alumni friends in recovery? How/Outcome?
- Community Have you sacrificially served others struggling with addiction? (How/Outcome?)

Personal Accountability

- Sobriety Check Have you had any relapses, near-misses, or moments of temptation? How/Outcome?
- Have you fulfilled your sobriety checks (Covenant Eyes, breathalyzer, urine...) Outcome?
Pressure Points & Struggles Any situations, emotions, or relationships difficulty? How/Outcome?
- Coping Strategies Have you faced stress, anger, sadness, confusion or loneliness? How/Outcome?
- Confession & Repentance Have you struggled with deception, purity, or isolation? How/Outcome?

Marriage & Children

- Family Dynamics Did you talk to your Family Mentors this week? Outcome?
- Family & Friend Dynamics How are you rebuilding trust and setting/honoring healthy boundaries? Forgiveness & Reconciliation Have you had any conflicts or made amends where needed?
- Accountability Outside of Meetings Have you regularly checked in with mentors & trusted friends?

Relationships & Community

- Good Fellowship Did you talk to your Alumni Coach this week? How/Outcome?
- Did you talk to your Alumni Friends this week? How/Outcome?
- Did you spend time edifying & being edified by other believers? How/Outcome?

Health & Lifestyle

- Physical Health Have you taken care of your body (sleep, nutrition, exercise)? How/Outcomes?
- Emotional Health Have you met with your counselor? Outcomes?
- Work & Responsibilities Have you managed your job, finances, and obligations well? How/Outcomes?
Hobbies & Healthy Outlets Have you found joy and purpose outside of recovery? How/Outcomes?

Goals & Next Steps

- Personal & Spiritual Goals What is one area you want to grow in this week?
Practical Next Steps What commitments are you making before the next meeting?
- Encouragement & Prayer Requests How can I support them in the coming week?

Closing

- Affirmation, Blessing & Prayer: Struggles and victories. Grace and progress.

Making Things Right: A Biblical Framework

"I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

- Ephesians 4:1-3

1. Start with the Gospel: You Are Forgiven

"There is therefore now no condemnation for those who are in Christ Jesus." **Romans 8:1**

"In Him we have redemption through His blood, the forgiveness of our trespasses..." **Eph. 1:7**

You are not an "addict trying to clean up your mess"—you are a **child of God**, washed and made new by grace making things right because it's the right thing to do before a holy God. Before you face others, face the cross. If you've placed your faith in Jesus, your sin has been paid for in full. You don't make amends to *earn* forgiveness, you make amends because you're already *forgiven*.

2. Repent Deeply: Own Your Sin Without Excuse

"Godly grief produces a repentance that leads to salvation without regret." **2 Corinthians 7:10**

"Against you, you only, have I sinned and done what is evil in your sight." **Psalms 51:4**

"Let the one who stole steal no longer... but rather let him labor... so that he may have something to share with anyone in need."

Ephesians 4:28

Before approaching others, take your sin seriously. Grieve what you've done. Go to God first, not to get out of guilt, but to own it fully and surrender it completely.

Ask God:

- How have I sinned in public and in secret?
- Who have I hurt?
- What damage have I caused—physically, emotionally, financially, spiritually?
- What would You have me do to make it right?

3. Seek Wisdom: Don't Rush the Process

"Plans fail for lack of counsel, but with many advisers they succeed." **Proverbs 15:22**

"Where there is no guidance, a people falls, but in an abundance of counselors there is safety." **Proverbs 11:14**

Restoration takes wisdom. Some people may not be ready to receive you. Others may be harmed more by your approach if it's done in the wrong spirit or timing. Talk to a mature believer or mentor before moving forward.

Ask Others:

- Is this the right time?
- Is a direct conversation helpful or harmful?
- Should I write a letter, meet in person, or simply pray?

4. Confess and Make Amends: Speak Truth with Humility

"Confess your sins to one another... that you may be healed."

James 5:16

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." **1 John 1:9**

Go to the person (when wise, safe and honoring) with no agenda but to confess and make things right. No manipulation. No guilt-tripping. Just truth, humility, and love.

What to say:

- "I sinned against you when I _____. I was wrong."
- "I'm not coming to explain or justify, only to acknowledge and apologize."
- "If there's a way I can make things right, I'd like to."

5. Restitution Where Possible: Repair the Damage

“Zacchaeus...said... ‘If I have defrauded anyone of anything, I restore it fourfold.’” **Luke 19:8**

If you stole—pay it back. If you lied—clear the record. If you broke something—repair it. If you fractured trust—be patient in rebuilding it. Restitution doesn’t undo the past, but it honors the people affected.

Examples:

- Repaying borrowed or stolen money
- Returning property
- Correcting false statements
- Taking responsibility for legal consequences

6. Accept the Outcome: You Are Obedient, Not in Control

“So far as it depends on you, live peaceably...” **Romans 12:18**

“Do not be overcome by evil, but overcome evil with good.”
Romans 12:21

Some people may not forgive you. Some may never speak to you again. That’s not your burden. Your role is to walk in obedience, not control the result. Whether they receive you or not, your identity is in Christ—not in their response.

7. Walk in Freedom: Don’t Look Back in Shame

“Forgetting what lies behind and straining forward to what lies ahead...” **Philippians 3:13**

“The old has passed away; behold, the new has come.”
2 Corinthians 5:17

The devil wants to define you by your worst moments. God defines you by Christ’s finished work. Once you’ve genuinely and fully repented and made amends, stop rehearsing your shame. Your past may explain your story, but it no longer names you.

8. Disciple Others: Let God Use Your Story

"Comfort others with the comfort you've received."

2 Corinthians 1:4

"They overcame... by the blood of the Lamb and the word of their testimony." **Revelation 12:11**

Your story of restoration can help others find courage to make things right too. Be open. Be real. Let God redeem your brokenness for His glory.

*For I know the thoughts
that I think toward you, says the Lord,
thoughts of peace and not of evil,
to give you a future and a hope.*

*Then you will call upon Me
and go and pray to Me,
and I will listen to you.*

*And you will seek Me and find Me,
when you search for Me with all your heart.*

*I will be found by you, says the Lord,
and I will bring you back from your captivity*

(Jeremiah 29:11-14)
