

Recovery Today

12 Truths to Freedom

1. Ps. 51:3

Acknowledge our sin & we cannot change our self

2. Jn. 1:12

Believe and apply God's written word

3. Rms. 10:9-10

Commit our life to God through Jesus Christ

4. Ps. 51:6

Examine destructive actions and inward attitudes

5. Gal. 6:2

Share with others what has happened in our life

6. Ps.51:17

Be willing to **Turn** from a lifestyle of sin

7. 1 Jn. 1:9

With humility we ask Jesus Christ to **Change** us.

8. Mt. 5:23-24

Reconcile with those we hurt in the past or present

9. Eph. 4:31-32

Stop **Blaming** and forgive those who have hurt us

10. Lam. 3:40

Daily examine our self and ask God's forgiveness

11. Col. 1:9-10

Have a **Personal Relationship** with him, seeking his will

12. Mt. 28:19-20

Living a Godly lifestyle, we **Help Others Recover**

Isa. 53: 6

All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all.

Luke 19: 10

The Good Shepherd has come to Seek & Save that which is lost.

He died to Recover all mankind. It is our choice to allow him to rescue us.

Definition of LOSE:

Bring to destruction; to suffer loss or separation from; fail to keep control of; fail to use; let slip; fail to win, gain or obtain; undergo defeat; fail to keep, maintain or sustain; to wander or go astray from; fail to advance or improve.

Definition of LOST:

Not made use of, won or claimed; unable to find the way; ruined or destroyed physically or morally; no longer known; taken away or beyond reach; hardened; insensible.

Definition of FIND:

To come upon by searching; effort to gain or regain the use or power of; a valuable item of discovery

Definition of RECOVER:

To get back to normal position or condition; rescue, to reclaim; obtain a final legal judgment in one's favor; to recover again or renew.

MISSION & PURPOSE

The book, "Recovery Today", has 3 purposes in 1. One of those purposes is as a **Recovery** book to help people with any kind of habit or addiction. **New Christians** this book is to assist you in *discipleship*. Christians you will find this as **a great tool for evangelism**

These life lessons through the empowering of the Holy Spirit, using God's written Word, will enable us all to understand **why** we must be saved but also **how** to be saved and then how to

spiritually grow to be more like him. Then we can use these life lessons to *disciple others, becoming a mentor*.

Any addiction, habit, attitude, or sin of any kind will be broken as truth is revealed to His hurting people. Jesus tells us in John 8:32, “and ye shall know the truth and the truth shall make you free”.

- Truth (if acted upon) empowers us to be free from any addiction or sin.
- Truth (if acted upon) enables us to have a pure relationship with a Holy God through Jesus Christ.

God’s written word, the Bible, tells us in Hosea 4:6 “My people are destroyed for lack of knowledge”. Truth is found in reading, hearing, and studying the Word of God. In it we find a loving, forgiving, merciful, and powerful God who desires to have a personal relationship with each one of us, His creation.

This book is based on the scriptures, our road map for daily living. These life lessons have been written to enable you to see you can have, *Recovery Today and everyday*, not by your power, but through His.

The mission and purpose of this book is to guide countless millions of hurting people to the one who loves them and died for them, Jesus Christ. He is the only one who has all power, and who wants to give his power to us so that we can live a victorious life.

These lessons are even for those who’ve never had any habits or addiction, but desire to be more like Jesus! This study will help your character, enabling you to be a better witness to all those in your life. This is definitely for those who now not only have a relationship with The Good Shepherd and living free from sin, and are desiring to be used by God.

Since these 12 truths are based upon God’s written word, the Bible, I believe we all can benefit by becoming more like Jesus! This workbook has life lessons that are based on the Holy Scriptures. They were written so that anyone with any type of addiction or sin would be able to relate their own personal life

situations to them. People who have never had an addiction will benefit.

The Word of God tells us we all have been born with a sinful nature, so everyone will be able to relate in some way. ***After going through these lessons you will be better equipped to help others!*** If you have been in any kind of addiction and been set free, your life can be a great inspiration to others of what God can do. You just might be the messenger God wants to use!

In what ways can this book be used to help people?

This book has life lessons that can be utilized in several ways:

- On an individual basis
- One on one, learning with a mentor, friend, family, etc.
- As a Bible Study group with someone leading in a home, church, or some other facility
- Used strictly as a Recovery group
- Utilized as a discipleship study
- As a Soul winners, Evangelism class
- Or use as a 3 in 1 group, encompassing all purposes

SPECIAL NOTE

In this study guide, there is a reference section at the conclusion of each lesson. It is included for those who do not have a Bible available to refer to when studying. Scriptures are printed from the King James Version.

TABLE OF CONTENTS

12 Life Lessons

- 1 Acknowledge or Deny**
- 2 Believe and Receive**
- 3 Self-Will or God's Will**
- 4 X-treme Character Makeover**
- 5 Sharing - The Healing Begins**
- 6 Rebellion or Submission**
- 7 Change or Same ole-Same ole**
- 8 I'm Sorry brings Peace**
- 9 Same Blame Game**
- 10 L.U.I. Living Under the Influence**
- 11 Intimacy with My Shepherd**
- 12 Purpose – Help others Recover**

Acknowledge or Deny

Lesson 1

Ps. 51:3

ACKNOWLEDGE our sin & we cannot change our self

A. Write Psalm 51:3 (Please read aloud)

Definition of **ACKNOWLEDGE**:

Accept, admit, own up to, recognize, concede, yield, take notice of, confess / agree to the idea of declaring something to be true; something previously denied or doubted; an admission of wrong doing and shortcoming

The opposite of acknowledge:

Reject, renounce, deny, ignore, disregard

B. What keeps us from acknowledging or admitting to anything that's negative? _____

C. Write: Pro. 16:18 (Please read aloud)

D. Proverbs 29:23 (Please read aloud)

Definition of **ADDICT**:

To devote or surrender oneself to something habitually or obsessively

Definition of **HABIT**:

Practice, usage, way of acting through repetition, unconsciously and often compulsively, practice suggests an act or method often followed regularly, through choice

Definition of SIN:

Offense against God, transgression, iniquity, falling stray, doing any wrong, evil, ungodly or immoral act

The Greek and Hebrew meaning of sin means “missing the mark”, like a misguided arrow shot at a target. We miss God’s plan for our lives when we don’t allow him to guide us. Addiction and sin causes us to miss the target. The arrow representing our lives without God’s guidance is a life that strays off and becomes lost.

Definition of INIQUITY:

Wickedness, wrongdoing, evil doing, sin, transgression, abomination, sinfulness, immorality

Definition of TRANSGRESSION:

Offense, sin, trespass, wrongdoing, law breaking, crime

Definition of TRESPASS:

Enter unlawfully, intrude, invade, sin, wrongdoing, immorality, stepping across property lines or other people’s personal boundaries

NOTE: We trespass against God when we overstep his guidelines for us that are in his written Word, the Holy Bible.

Definition of FREEDOM:

Liberty, no longer in slavery or bondage, not captive anymore

Definition of BONDAGE:

Slavery, captivity, held against a person’s will

E. The Bible tells us we are all born with a sinful nature because of Adam and Eve. Write out Genesis 3:6

F. When Adam and Eve didn't obey God; it brought sin into the world. So therefore their children and the whole world's population since then have been born with a sinful nature. We all are born into bondage (slavery to this sinful nature). Read & write out Romans 5:12

G. That is why we need a new nature as we cannot change ourselves and be sin & addiction free without God's help. Read & write Romans 5:17

H. Write down Romans 5:19

I. Read, write and memorize John 3:16 (Please read aloud)

J. How can someone get this new nature and does God require everyone to have it? Is it just for people who have habits and addictions or do seemingly good moral people need it as well? Read, write and memorize John 3:3:

K. Read Romans 7:15-25 and see if you can relate your own character traits to these verses. Do you recognize the sinful nature in your own past and present life? Are there areas in your own life you've tried to change and couldn't? Do you feel you've been a slave to certain choices and behaviors you've made? Write your thoughts down.

L. What are some of the habits and attitudes that have caused you to suffer?

M. Just who are sinners? There are people in this world who don't go to church, but are not criminals and have never been addicted to anything. They are considered good, moral people. Does God view them any differently from those who have led immoral lives? No! Not at all! Here's what God's Word, the Bible, has to say about this. Read and write out Romans 3:10:

N. Write down Romans 3:23 (Please read aloud)

O. From reading those verses what conclusion did you come to as who are sinners?

P. Write down Romans 6:23 (Please read aloud)

Q. How can we become righteous & not sinners? Have you heard the term, "saved"? It refers to being saved from the judgment of God or saved from our sins. Read & write out I Timothy 1:15:

R. Read & write out Romans 5:6

S. Read & write out Romans 5:7-10

T. Do you see from all these scriptures that Jesus suffered and died on the cross to save not only you but whosoever would choose to live for him and cause them to become righteous (in right standing with God)? The cross enables us to be free from all sin and addiction! _____

U. How can a person no longer be a sinner and be saved from their sin nature? Write out Romans 10:13 (Please read aloud)

V. Read & write out Romans 10:9-10 (Please read aloud)

W. Read but not write out, Romans 10:1-3. These verses show us that even in Bible times people did not know how to be saved. They didn't even acknowledge or recognize they were a sinner. Can you see from these scriptures that all have sinned and need a Savior, Jesus Christ? Write your thoughts about your own life pertaining to what the Bible refers to as salvation.

Once we acknowledge our sins and addictions and we confess it with our mouth, can we keep sinning and stay in our addictions and sin of any kind? No! We are saved **from** our sins, **not to continue** in them. Read all of Romans chapter 6. People think because they believe in Jesus, go to church or said a prayer at one time, that they are saved. Saved from what? If they're still doing what they used to do, they are rejecting what Christ did on the cross. Our actions show that we don't need or want a Savior, Jesus Christ.

Jesus has been revealing His truth to you through this lesson. He wants you to know how to be saved from your sin and addiction. He loves you so much and wants to have a personal relationship with you. God is Holy and cannot have a pure relationship with us if we allow sin to stay in our lives. He made a way for us to be holy as he is holy, through His Son, Jesus Christ. Don't be deceived in thinking because you talk to God, that everything's fine.

God made a way for us to have the power to overcome sin through the death of His Son. He does not take it lightly when we refuse to stop sinning when he's given His only Son's life to enable you and I to not only become "clean & free" but to stay, "clean & free"

I, Kandi Rose, the author and founder of this program acknowledged I was a sinner even when I really was not familiar with that word. I pray this lesson pertaining to step one has helped you today. No matter what lifestyle you've been living, it's not good enough to have that pure and clean relationship with a Holy God. To come to God the Father we all must come by the way of the Cross, which was done for us through the death and resurrection of Jesus Christ.

There is only one way. Jesus said in John 14:6, "I am the way, the truth, and the life. No man cometh unto the Father, but by me." If you'd like to be saved right now, it's very simple. Simply admit that you're a sinner and ask Jesus to forgive your sins. He's been waiting for you to ask. He loves you so much and desires a personal relationship with you. Maybe you've done this before but

rebelled and went back to sin and addictions again. As long as you have breath to breathe, you can make a U-turn, so ask again! You are precious to him just as our children are precious to us. Don't let the devil lie to you anymore and keep you from the one who loves you and died for you!

I, Kandi, went back to living like I wanted to after 3 and one half years of living for the Lord. I was so miserable and missed my beautiful clean relationship I once had with him. God's Holy Spirit kept tugging at my heart (just as he's doing to you.) Listen to His voice of love calling you. He's reaching out to you right now, teaching you through this Step Lesson.

If you'd like to **ACKNOWLEDGE** your sins and **TURN** from them just say a simple prayer like this:

JESUS, thank you for reaching me through this lesson. I now **ACKNOWLEDGE** my sins and believe that through the power of your Holy Spirit, I will be able to live a Godly lifestyle. Thank you for forgiving me my sins and loving me so much that you died for me. I'm willing to leave my old lifestyle behind and live for you with my whole heart. I love you Jesus!

AMEN