

TouchPoints™

FOR RECOVERY



TYNDALE HOUSE PUBLISHERS, INC.
CAROL STREAM, ILLINOIS

Visit Tyndale's exciting Web site at www.tyndale.com

TYNDALE, *New Living Translation*, *NLT*, the New Living Translation logo, and Tyndale's quill logo are registered trademarks of Tyndale House Publishers, Inc.

TouchPoints is a trademark of Tyndale House Publishers, Inc.

TouchPoints for Recovery

Copyright © 2009 by Ronald A. Beers. All rights reserved.

Designed by Jennifer Ghionzoli

Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

ISBN 978-1-4143-2023-6

Printed in the United States of America

15 14 13 12 11 10 09
7 6 5 4 3 2 1

INTRODUCTION

This little book is designed to help point you in the right direction on your journey to recovery. Desire is the feeling that feeds an addiction. The desires to relieve a withdrawal symptom, to relieve depression, or to experience the pleasure that comes from the rush an addictive substance produces are all temptations that are hard to walk away from. Does this mean that desire is a feeling that one must forego in order to recover? The answer is no. In fact, desire is a feeling one *must have* in order to recover. The Bible tells us of the strong desire felt by Jesus' disciples for their Savior, who helped them see life in a new light. This feeling of desire is what helped change these men's lives into positive and joyous ones filled with meaning and purpose. Are the Bible's words about Jesus' longing and willingness to help someone change his or her life still relevant today? Countless people whose lives have completely turned around will say yes. The road to recovery is not easy, but those who have looked to Jesus for help would all agree that their "new" lives began when they decided, or decided once again, to follow him. Their lives of pain, sadness, hurt, and unsatisfied desire stopped, and their lives of joy, meaning, purpose, and fulfilled desires began.

TouchPoints for Recovery has dozens of topics organized into helpful sections that take you step-by-step through the recovery process. Under each topic, you will find one or more questions that a person in recovery might want to ask. Below each question are Bible verses that help answer that question, plus a helpful note written by someone who has gone through the recovery process. We have chosen to first answer every question with words from the Bible itself because we believe that the Bible is God's written Word to all people. It is written exactly the way God wanted it to be written, so what better place to start than God's own words about how to live for him?

While we could not cover all topics, questions, and Scriptures related to the recovery process, our prayer is that this little book will give you a good start and that, along with this book, you will continue to deliberately search the Bible, seek wisdom from those who know how to help you, and find others who can teach you about the strength and determination we all need to follow God daily. Then you will grow closer to God and discover how his way of living is the path to real joy and satisfaction. Whether you read through this book page by page or whether you use it as a reference guide for topics of particular interest to you, may you find answers in God's Word as he longs to be your daily guide.

The editors

PSALM 40:2 | *[The Lord] lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.*

EZEKIEL 36:26 | *[The sovereign Lord said,] “I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.”*

PHILIPPIANS 2:13 | *God is working in you, giving you the desire and the power to do what pleases him.*

COLOSSIANS 1:22 | *[God] has reconciled you to himself through the death of Christ. . . . As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault.*

2 TIMOTHY 3:16 | *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.*

CONTENTS

Part One—

What We May Need to Recover From

- 1 Abuse
- 3 Addiction
- 13 Burnout
- 16 Damaged Relationships
- 20 Depression/Sadness
- 26 Discouragement
- 30 Grief
- 32 Guilt
- 33 Past
- 35 Shame
- 37 Sickness/Damaged Health

Part Two—

Questions for God

- 39 Acceptance
- 44 Faults
- 45 Forgiveness
- 49 Future
- 50 God's Love
- 53 Hope
- 54 Meaning
- 57 Obedience
- 59 Prayer
- 61 Presence of God
- 62 Strength
- 65 Trusting God

Part Three—

The Twelve Steps to Recovery

- 69 Step 1
- 71 Step 2
- 79 Step 3
- 86 Step 4
- 95 Step 5
- 100 Step 6
- 104 Step 7
- 108 Step 8
- 110 Step 9
- 114 Step 10
- 122 Step 11
- 126 Step 12

Part Four—

Beyond the Twelve Steps— Other Recovery Steps and Questions

- 137 Another's Addiction
- 138 Forgiveness
- 140 Health
- 142 Temptation
- 143 Memories
- 144 Christian Community
- 146 Goals
- 147 Work

Part Five—

Things to Avoid in Order to Recover

- 150 Anger/Hatred
- 152 Apathy
- 153 Assumptions
- 155 Backsliding
- 156 Bitterness
- 158 Boredom
- 160 Comparisons
- 162 Deception
- 163 Desires
- 165 Dishonesty
- 168 Disobedience
- 169 Drinking
- 170 Evil
- 175 Fear
- 177 Guilt
- 178 Habits
- 180 Hiding Your Sins
- 182 Hopelessness
- 185 Laziness
- 186 Pretending
- 188 Procrastination
- 189 Quitting
- 192 Regrets
- 196 Respect for Authority
- 197 Sexual Sin

- 200 Sin
- 203 Spiritual Dryness
- 205 Temptation
- 209 Weaknesses/Vulnerabilities

Part Six—

Traits Needed to Recover

- 213 Humility
- 214 Attitude
- 215 Perspective
- 218 Prayer
- 221 Motives
- 223 Convictions
- 225 Surrender
- 226 Hope
- 228 Faith
- 230 Courage
- 232 Vision
- 233 Motivation
- 235 Self-Control
- 238 Confidence
- 239 Trust
- 240 Patience
- 242 Endurance
- 245 Thankfulness
- 247 Stability
- 249 Responsibility
- 251 Potential

Part One

What We May Need to Recover From

ABUSE

How do I heal the wounds of abuse?

PROVERBS 24:29 | *Don't say, "Now I can pay them back for what they've done to me! I'll get even with them!"*

LAMENTATIONS 3:59 | *You have seen the wrong they have done to me, LORD. Be my judge, and prove me right.*

ROMANS 12:19 | *Never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD.*

EPHESIANS 4:31 | *Get rid of all bitterness, rage, anger, harsh words.*

If you have been a victim of abuse, you know that the hurt is real and that there are scars, both physical and emotional. When justice doesn't happen as it should, when life doesn't seem fair, that's when bitterness can consume you. But bitterness and the desire for revenge poison your own soul. It's essential to recognize and deal with the bitterness before it overwhelms you; otherwise, you might not be able to find healing and recover. You can be sure that God will bring justice. Leave that to him so you can focus on healing.

MATTHEW 5:43-44 | *[Jesus said,] “You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you!”*

MATTHEW 6:14-15 | *If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.*

LUKE 23:34 | *Jesus said, “Father, forgive them, for they don’t know what they are doing.”*

This may be the hardest act of the Christian life: forgiving those who have wronged you terribly without any expectation that they will change. Forgiveness is the only way to purge your soul of the toxins of bitterness and a vengeful spirit. When you forgive others, your heart is changed so you can move on. When you forgive, you are *not* saying that the hurt isn’t real or that the event didn’t matter or that you will put yourself in a position where you might be harmed again. Forgiving the abuser simply means that you refuse to let the abuser have any more control in your life. The person who hurt you doesn’t even need to be told—the act of forgiveness occurs between you and God. Leave your hurt with God and allow his power to heal you from the inside so that you can recover.

PHILIPPIANS 4:8 | *Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

As you fill your mind with good and pleasant thoughts of what your future can hold, you have less room and less time to dwell on the past. Focusing on the future will speed up your recovery time.

Part Two

Questions for God

ACCEPTANCE

Am I really important to God?

GENESIS 1:26-27 | *God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.” So God created human beings in his own image.*

PSALM 8:3-6 | *When I look at the night sky and see the work of your fingers . . . what are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honor. You gave them charge of everything you made, putting all things under their authority.*

EPHESIANS 2:10 | *We are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

God made you in his own image—you are his treasure and masterpiece! You are invaluable to him, which is why he sent his own Son to die for your sins so that you could live in heaven with him forever.

PSALM 139:13 | *You made all the delicate, inner parts of my body and knit me together in my mother's womb.*

JEREMIAH 1:5 | *I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations.*

God made you with great skill and crafted you with loving care. He showed how much value he places on you by the way he made you.

PSALM 139:17 | *How precious are your thoughts about me, O God. They cannot be numbered!*

Almighty God thinks wonderful thoughts about you all the time. He looks inside you and sees your real value.

PSALM 139:1-3 | *O LORD, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do.*

God values you so much that he watches over you no matter where you are or what you are doing. This tells you how special he thinks you are.

1 CORINTHIANS 6:19-20 | *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price.*

God values you so much that he even allows your body to become the temple in which he lives. God does not need to live in you. He can live anywhere. But by choosing to live

within you, he declares you his temple, his dwelling place. What a great value he places on you to do that!

GALATIANS 3:26 | *You are all children of God through faith in Christ Jesus.*

GALATIANS 4:7 | *You are no longer a slave but God's own child. And since you are his child, God has made you his heir.*

God values you so much that he thinks of you as his child.

MATTHEW 28:20 | *[Jesus said,] "Be sure of this: I am with you always, even to the end of the age."*

God's Son promises to be with you always. Why would he want to be with you if he didn't value you?

How does God show he cares for me?

PSALM 121:8 | *The LORD keeps watch over you as you come and go, both now and forever.*

PSALM 145:18-20 | *The LORD is close to all who call on him, yes, to all who call on him in truth. He grants the desires of those who fear him; he hears their cries for help and rescues them. The LORD protects all those who love him.*

MATTHEW 6:30 | *If God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?*

1 PETER 5:7 | *Give all your worries and cares to God, for he cares about you.*

God is always close to you, ready to help in your time of need. His presence surrounds you, ready to protect you from Satan's attacks. God also sends blessings your way

in a variety of forms: He sends opportunities your way, ready to make your life more full and satisfying. He promises that he is ready to take your worries and cares upon himself. And he offers you eternal life in heaven, away from all hurt, pain, and sin. He wants to do all these things for you—if you let him—because he cares about you.

Why does God show me mercy when my actions don't deserve it?

EXODUS 34:6 | *The LORD passed in front of Moses, calling out, . . . “The God of compassion and mercy! I am slow to anger and filled with unfailing love and faithfulness.”*

MICAH 7:18 | *Where is another God like you, who pardons . . . guilt . . . , overlooking the sins of his special people? You will not stay angry with your people forever, because you delight in showing unfailing love.*

EPHESIANS 2:4-5 | *God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead.*

HEBREWS 4:16 | *Let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

God's grace—his mercy—is undeserved favor. God shows you mercy because he loves you. He always will, thus he will always want to help you. Mercy is compassion poured out on needy people. Even when you don't deserve mercy, he still extends it to you. Your sin and rebellion against God deserve his punishment, but instead he offers you forgiveness and eternal life. And just as God is merciful toward you in spite

of your sin, you should be able to extend mercy toward those who have wronged you.

How does God show me mercy?

PSALM 86:15 | *You, O Lord, are a God of compassion and mercy, slow to get angry and filled with unfailing love and faithfulness.*

God shows you mercy by being slow to get angry over your sins. He will show you unfailing love no matter what you have done against him.

How is God empathetic toward me?

ROMANS 8:34 | *Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.*

PHILIPPIANS 2:6-8 | *Though [Christ Jesus] was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross.*

COLOSSIANS 2:9 | *In Christ lives all the fullness of God in a human body.*

HEBREWS 5:2, 8 | *[Every high priest] is able to deal gently with ignorant and wayward people because he himself is subject to the same weaknesses. . . . Even though Jesus was God's Son, he learned obedience from the things he suffered.*

1 PETER 3:18 | *Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit.*

God not only created the entire range of human emotions but experienced them himself when he sent his Son, Jesus, to earth as a human being in order to fully experience the human condition. You can't say that God doesn't understand and feel your hurt and pain, for Jesus suffered great hurt and pain. Thus, his heart breaks when your heart breaks. He understands your weaknesses, your fears, and your joys. Instead of condemnation, he gives mercy; instead of criticism, he offers comfort and encouragement.

But even beyond that, his empathy and love for you moved him to create a way for you to experience *eternal* joy, free from all pain and suffering. However, he also gave you freedom of choice to accept his salvation because he understands that if he didn't give you that freedom, you would not be worshiping him of your own will.

FAULTS

With all my faults, how can God see me as blameless?

ROMANS 5:1 | *Since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.*

Part Three

The Twelve Steps to Recovery

STEP 1

“We admitted that we were powerless over our dependencies—that our lives had become unmanageable.”*

What is the significance of admitting that I cannot control my actions?

ROMANS 7:18 | *I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't.*

ROMANS 7:21 | *I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong.*

2 CORINTHIANS 3:5 | *It is not that we think we are qualified to do anything on our own. Our qualification comes from God.*

Admitting that you are powerless over the things you struggle with can be a hard thing to do. However, insisting that you can control your addictions has put you where you are today, and your situation will only get worse if you don't do something—your dependencies will continue to control your life until everything you value is gone. The

*These twelve steps are as published by Alcoholics Anonymous. See www.alcoholicsanonymous.ie/opencontent/default.asp?itemid=10§ion=12+Steps+%2D+12+Traditions.

earlier you admit your problem—no matter how far along it has taken you—the better off you will be. Although there is no instant cure to your problem, admitting your powerlessness over it and God’s ability to help is the first step toward your recovery.

What can I do when I feel helpless?

PSALM 30:10 | *Hear me, LORD, and have mercy on me. Help me, O LORD.*

PSALM 39:12 | *Hear my prayer, O LORD! Listen to my cries for help! Don’t ignore my tears.*

Honestly tell God how you feel, and then don’t be too proud to ask for his help. When you ask God for his help, you are acknowledging your need of him and of his ability to help you.

GENESIS 18:14 | *Is anything too hard for the LORD?*

2 CHRONICLES 14:11 | *Asa cried out to the LORD his God, “O LORD, no one but you can help the powerless. . . . It is in your name that we have come.”*

PSALM 28:7 | *The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.*

When you ask God for help and trust that he will help, you open the lifeline to the God who loves doing the impossible! If you focus on trying to get yourself out of trouble, you may never see what God can do.

PSALM 138:3 | *As soon as I pray, you answer me; you encourage me by giving me strength.*

PHILIPPIANS 4:13 | *I can do everything through Christ, who gives me strength.*

You need God's strength to do what you can't do on your own.

STEP 2

“We came to believe that a Power greater than ourselves could restore us to sanity.”

Why should I have confidence in God's ability and desire to help me?

PSALM 135:5 | *I know the greatness of the LORD—that our Lord is greater than any other god.*

2 CORINTHIANS 5:15 | *[Christ] died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them.*

1 JOHN 4:4 | *You belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.*

God loves you so much that he sent his Son, Jesus, to die for you and rise from the dead so that you could live a transformed life now and enjoy life in heaven forever. This alone should give you great confidence that, more than anything, he wants to help you become all he created you to be.

EPHESIANS 6:16 | *Hold up the shield of faith to stop the fiery arrows of the devil.*

Part Four

Beyond the Twelve Steps— Other Recovery Steps and Questions

ANOTHER'S ADDICTION

What should I do if I suspect addiction in another's life?

GALATIANS 6:1 | *Brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.*

You are to confront others with gentleness and humility. Gentleness means being compassionate while still speaking the truth in love. Humility could involve recognizing your own limitations and the need to get your friend additional, professional help.

LUKE 10:34-35 | *The Samaritan soothed [the man's] wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. The next day he handed the innkeeper two silver coins, telling him, "Take care of this man. If his bill runs higher than this, I'll pay you the next time I'm here."*

ROMANS 12:13 | *When God's people are in need, be ready to help them.*

You are to help others by way of a relationship, not by avoidance. Your relationship with those caught in addiction might be what leads them out of trouble and back to God, who is the only One who can free people from the addiction of sin. Hopefully your own story of overcoming a struggle can be an example of how God's grace and love will help them, as well.

FORGIVENESS

How can I ever forgive someone who has hurt me deeply?

MATTHEW 5:44 | *Love your enemies! Pray for those who persecute you!*

COLOSSIANS 3:13 | *Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

1 PETER 3:8-9 | *All of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.*

If you are looking to recover, forgiving everyone who has hurt you or caused you to stumble is necessary. This may be one of the hardest things you do because you may still be living with the consequences of the hurt. However, forgiveness is necessary in order to recover because it lets go of the bitterness and

Part Five

Things to Avoid in Order to Recover

How do I avoid the things I'm supposed to avoid—the habits and temptations that will hurt the progress of my recovery?

PROVERBS 3:6 | *Seek [the Lord's] will in all you do, and he will show you which path to take.*

PROVERBS 16:6 | *Unfailing love and faithfulness make atonement for sin. By fearing the LORD, people avoid evil.*

PROVERBS 16:17 | *The path of the virtuous leads away from evil; whoever follows that path is safe.*

ROMANS 13:14 | *Clothe yourself with the presence of the Lord Jesus Christ. And don't let yourself think about ways to indulge your evil desires.*

Keeping a close relationship with God is the most important way to avoid those things you need to avoid. Just as staying close to a fire on a cold night keeps you warm, staying close to God in a dangerous world protects you from spiritual attack and keeps you from drifting back into old habits of sin. Seek daily wisdom from God and you will avoid many temptations, bad habits, and mistakes in judgment.

What follows is a topical guide to several specific things you should try to avoid as you walk the road to recovery.

ANGER/HATRED

How can I control my anger?

PROVERBS 29:11 | *Fools vent their anger, but the wise quietly hold it back.*

EPHESIANS 4:26 | *“Don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.*

1 PETER 2:21, 23 | *God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps. . . . He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.*

Anger is dangerous because it can take away your inhibitions. Do you ever remember being angry and then doing something you shouldn’t have because you just didn’t care at the moment? Anger can make you not care about the consequences of your actions. If you want to recover, then you must not let anger control your actions. Instead, focus on your freedom to make a choice to control your anger when it rises up in you.

PSALM 4:4 | *Don’t sin by letting anger control you. Think about it overnight and remain silent.*

PROVERBS 19:11 | *Sensible people control their temper; they earn respect by overlooking wrongs.*

In order to not let anger control you, think through an issue ahead of time and plan a way to prevent yourself from giving in to anger. You will remember this when the issue

threatens to make you angry, and it will be easier to keep yourself from letting it consume you.

PSALM 37:8 | *Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.*

EPHESIANS 4:31-32 | *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Train yourself to examine your heart whenever you become angry. Ask yourself, *Who is really offended in this situation? Is this about God's honor or my pride? Am I acting with humility or out of revenge?* Questions like these will help you to figure out why you are angry, which helps you focus on letting go of the anger and being loving instead.

How do I let go of hatred?

GENESIS 37:5 | *One night Joseph had a dream, and when he told his brothers about it, they hated him more than ever.*

COLOSSIANS 3:8, 13 | *Now is the time to get rid of anger [and] rage. . . . Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

When you hate others, it is hard to even consider forgiving them. This makes your heart cold and hard, allowing bitterness to affect all you say and do.

MATTHEW 5:43-44 | *[Jesus said,] "You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you!"*

1 JOHN 4:20 | *If someone says, “I love God,” but hates a Christian brother or sister, that person is a liar; for if we don’t love people we can see, how can we love God, whom we cannot see?*

When you love God, you learn to let go of hatred because you learn to love everyone else. God made all people, and he calls you to love them too. They experience the same problems and challenges you do, and they long for the same happiness. Love them and forgive them if they have wronged you—and then watch hatred leave your life. Once hatred is gone, recovery will be easier. In fact, you cannot recover as long as you harbor hatred and bitterness in your heart.

APATHY

What happens if apathy is allowed to grow in my life?

JEREMIAH 7:26 | *[The Lord said,] “My people have not listened to me or even tried to hear.”*

COLOSSIANS 1:23 | *You must continue to believe this truth and stand firmly in it. Don’t drift away from the assurance you received when you heard the Good News.*

REVELATION 3:15-16 | *[God said,] “I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!”*

If you become apathetic—meaning you don’t care much about anything anymore—then everything about your

Part Six

Traits Needed to Recover

HUMILITY . . . *to first of all recognize that I have a problem and admit to myself what it is.*

ATTITUDE . . . *to believe I can change and overcome my problem.*

PERSPECTIVE . . . *to look differently at my problem, to no longer see change as impossible but as possible.*

PRAYER . . . *to submit to God as the Power who can help me, to admit to him my problem, and to thank him for continuing to love me in spite of my problem.*

MOTIVES . . . *to really want to change now.*

CONVICTIONS . . . *to determine the way I really want to live and what I must do to achieve that.*

SURRENDER . . . *to be completely willing to give up my own way of doing things and truly desire to follow God's way of doing things.*

HOPE . . . *to really believe that I can do this, that recovery is possible, and that a new way of living for God will bring long-term joy.*

FAITH . . . *to know that God wants to heal me and to trust that God is going to be with me every step of the way in my recovery journey.*

COURAGE . . . *to get started in fighting my problem and/or addiction.*

VISION . . . *to make a plan to recover, imagining myself recovered down the road and beginning to see how to get there.*

MOTIVATION . . . *to develop specific ideas that can encourage me to keep going in the right direction.*

SELF-CONTROL . . . *to develop the discipline to keep following the plan once it goes into action and to find someone who will keep me accountable to stay on course.*

CONFIDENCE . . . *to trust that the plan will work.*

TRUST . . . *to believe that God will help the plan to work.*

PATIENCE . . . *to accept that it will take time for full recovery to happen.*

ENDURANCE . . . *to keep at it and never give up so that the goal will be reached.*

THANKFULNESS . . . *to God and others for a new lease on life and the victories along the way.*

STABILITY . . . *to not give in to impulsive urges and to keep moving forward one step at a time.*

RESPONSIBILITY . . . *to follow my plan and to make decisions (after getting input from others) that show I am serious about my recovery.*

POTENTIAL . . . *to have faith that I can become all God created me to be.*

HUMILITY

. . . to first of all recognize that I have a problem and admit to myself what it is.

Why is humility so important to recovery?

DANIEL 10:12 | *[The man in the vision] said, “Don’t be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer.”*

1 PETER 5:6-7 | *Humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.*

Humility is the wisdom and courage to admit your needs. You won’t get help—from God or others—until you can admit that you have a problem. Pride keeps you from admitting your problem; humility is the first step toward resolving it.

ISAIAH 29:19 | *The humble will be filled with fresh joy from the LORD. The poor will rejoice in the Holy One of Israel.*

ISAIAH 57:15 | *The high and lofty one who lives in eternity, the Holy One, says this: . . . “I restore the crushed spirit of the humble.”*

When you turn to God in humility, you admit that you need help to change and that you believe you’ve found the greatest source of help. God promises refreshment and fulfillment if you humble yourself. Once you give your problems over to him, he will help you begin your road to recovery.