



PARTICIPANT'S GUIDE

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PARTICIPANT'S GUIDE

Thank you for taking this important step on the road to freedom! It takes courage to reach out for help!

This course is for anyone...

- who is struggling with an addiction, a life-controlling habit, or anyone who wants to learn more about these habits and how to overcome them, either for themselves or others.

These habits can include:

- gambling
- alcohol
- drugs
- porn
- eating issues
- self-harm
- and everything in between, even those enslaved in angry, fearful and anxious thought patterns.

Your local church may decide what habits they have the resources for. For example certain mental health issues may not be appropriate for these groups.

The course uses the Bible as its central source of information. Addictive issues will be looked at through the lens of biblical insight.

You are very welcome, whether you are a Christian, or someone exploring the faith. We hope and pray you will find what you need for relief and freedom, as you embark on this 10 week course (whether for the first or many times).

Your participation is invaluable to the group. Your life and experience will enrich the group. Everyone has something to give to the conversation because the issues discussed impact all of us.

The 10-Sessions are an opportunity to join with others and take a look at major biblical themes involved in the recovery/freedom process. You will have an opportunity to share your own journey and listen to other people's journeys. Each week you will be encouraged to grow in your walk with God and to apply each biblical principle to your own life.

Each of the 10 sessions include a video teaching presentation, large group and support group interaction. You will be encouraged to take one of the Ponder Action Prayer Challenge guides to help you throughout the 10 weeks.

This guide follows each of the 10 sessions, including the key verse, the main interaction questions and a prayer/challenge for the week.

You will gain more if you spend the time in between the sessions, pondering and applying the biblical principles.

Let this be a blessed time as you discover the freedom, mercy and grace Christ has for you.

FREE! RECOVERY SESSIONS

Session One	So, Life is Out of Control
Session Two	So Easy to be Pulled Back-Relapse
Session Three	Triggers and Temptations
Session Four	Let's Call Addictive Behaviour what it is: Idol Worship
Session Five	Being Thankful
Session Six	Circumstances, Choices and Consequences
Session Seven	The Lies we Listen to
Session Eight	Children, not Slaves
Session Nine	Freedom
Session Ten	Looking Outward

SESSIONS

SESSION ONE

SO, LIFE IS OUT OF CONTROL

Key Verse for this session is:

“I do not understand what I do. For what I want to do I do not do,
but what I hate I do.”

ROMANS CHAPTER 7 VERSE 15



VIDEO

- What were your first thoughts this morning?
- Do you have negative, unhelpful thoughts that drag you down?
- How do you think Paul's thought patterns dragged him down into his obsession?
- Write down one unhelpful thought pattern that you now recognise.
- Who came to set the prisoner free and release the oppressed?
- Could you imagine trusting Jesus to set you free?



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

As you think about this session, are you here today because your life is out of control? Think of an example of where your life might be out of control.

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.



SUPPORT GROUP QUESTIONS

- Share one thing about yourself and why you came to the session today. (I love the colour blue and I struggle with...)
- How do you know your life is out of control? (When I just cannot stop eating chocolate...)

- What impacted you today in this session?
 - Is there anything about the session or the story that impacted you today?
-
-



ON YOUR OWN

CHALLENGE

- Take the key verse, or one of the session verses, and try to memorize it. Read each verse aloud every day.
- Make a list of things you do not want to do anymore. (where you might be out of control)
- Talk to God about these things.

QUESTION?

What, or who, do I want to shape the rest of my life?

BIBLE VERSES FROM SESSION ONE

“I do not understand what I do. For what I want to do I do not do,
but what I hate I do.”

ROMANS CHAPTER 7 VERSE 15

“For you have heard of my previous way of life in Judaism, how
intensely I persecuted the church of God and tried to destroy it...”

GALATIANS CHAPTER 1 VERSE 13

“Formerly, when you did not know God, you were slaves to those who by nature are not gods. But now that you know God – or rather are known by God – how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again?”

GALATIANS CHAPTER 4 VERSE 8-9

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

GALATIANS CHAPTER 5 VERSE 1

Are you feeling burdened by slavery to a life-controlling behaviour? Jesus himself said in the gospel of Luke:

“That he had come to set the prisoner free and to release the oppressed.”

LUKE CHAPTER 4 VERSE 18

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSE 24-26

Are you willing to trust him as he works in your life?

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A large grid of small dots for writing, consisting of 25 columns and 30 rows.

SESSION TWO

SO EASY TO BE PULLED BACK: RELAPSE

Key Verse for this session is:

“You were running a good race. Who cut in on you to keep you from obeying the truth? That kind of persuasion does not come from the one who calls you. “A little yeast works through the whole batch of dough.”

GALATIANS CHAPTER 5 VERSE 7-9



VIDEO

- Sometimes, as we try to stop practicing a destructive habit, we find ourselves failing time and time again. Do not despair. There is a Saviour who desires to set you free from slavery. How does it make you feel to know that it is not all up to you?
- How do other people influence your life, especially in relation to your addictive habits? Can they drag you down? Do you drag other people down?
- How could you begin to carry someone's burden? Remember burdens are light when you trust God.



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

After listening to this session, what triggers you to relapse?



SUPPORT GROUP QUESTIONS

- Think about the last time you relapsed and what triggered it. If you are able, share this with the group.
- Did anything impact you in the session or story today?
- How was your week in regards to your addictive behaviour?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

Whose voice are you listening to?

BIBLE VERSES FROM SESSION TWO

“You were running a good race. Who cut in on you to keep you from obeying the truth? That kind of persuasion does not come from the one who calls you. “A little yeast works through the whole batch of dough.”

GALATIANS CHAPTER 5 VERSE 7-9

“When (Peter) came to Antioch, I opposed him to his face, because he stood condemned. For before certain men came from James, he used to eat with the Gentiles (the non-Jews). But when they arrived, he began to draw back and separate himself from the Gentiles because he was afraid of those who belonged to the circumcision group. The other Jews joined him in his hypocrisy, so that by their hypocrisy even Barnabas was led astray.”

GALATIANS CHAPTER 2 VERSE 11-13

“Fear of man will prove to be a snare, but whoever trusts in the Lord
is kept safe.”

PROVERBS CHAPTER 9 VERSE 25

“So we say with confidence, The Lord is my helper; I will not be
afraid. What can mere mortals do to me?”

HEBREWS CHAPTER 13 VERSE 6

“In God I trust and am not afraid.
What can man do to me?”

PSALM 56 VERSE 11

“Enter through the narrow gate. For wide is the gate and broad is
the road that leads to destruction, and many enter through it. But
small is the gate and narrow the road that leads to life, and only a
few find it.”

MATTHEW CHAPTER 7, VERSE 13-14

“Do not be misled: “Bad company corrupts good character.” Come
back to your senses as you ought, and stop sinning; for there are
some who are ignorant of God – I say this to your shame.”

1 CORINTHIANS CHAPTER 15, VERSES 33-34

“Brothers and sisters, if someone is caught in a sin, you who live by
the Spirit should restore that person gently. But watch yourselves,
or you also may be tempted.”

GALATIANS CHAPTER 6 VERSE 1

“Carry each other’s burdens, and in this way you will fulfil the law of
Christ.”

GALATIANS CHAPTER 6 VERSE 2

“The Lord bless you and keep you; the Lord make his face shine
upon you and be gracious to you; the Lord turn his face toward you
and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

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SESSION THREE

TRIGGERS AND TEMPTATIONS

Key Verse for this session is:

“It is for freedom that Christ has set you free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

GALATIANS CHAPTER 5 VERSE 1



VIDEO

- What are the temptations/triggers in your life that “lure and entice” you into acting out your addictive behaviour?
- These temptations could be considered trials and the Bible talks about persevering under trial (James chapter 1 verses 12-14). There is great reward for those who stand this test. How could you begin to “persevere under trial?” (This may seem overwhelming and you might need to talk this through practically with someone).
- How does people pleasing and fear “rear their ugly heads” in your addiction battle? Think about Peter in Galatians chapter 2 verses 11-13. Are you consistent with others, or are you one way with one group and another way with a different group so you can get what you want, or just to be accepted and liked?
- An important part of our recovery journey is the transformation of our thought lives. This is a very biblical concept as seen in Romans chapter 12 verse 2. True freedom begins as we recognise the thoughts that drag us down and allow them to be transformed into biblical thought patterns. We need Christ’s help to do this. We have an active part to play. We need to listen to, read and memorise Bible verses. The challenge section down below will help you do this.



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

We have just heard about external and internal triggers. Name one internal and one external trigger that you recognize in your life.



SUPPORT GROUP QUESTIONS

- Triggers can be a negative or positive experience. I.e. there is always a reason to use, “it’s a sunny day, let’s get high etc.” “It’s a rainy day, let’s get high etc.”
- Did anything impact you in the session or story today?
- How was your week in regards to your addictive behaviour?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

What relationship is the most significant to you?

BIBLE VERSES FROM SESSION THREE

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

GALATIANS CHAPTER 5 VERSE 1

“I do not understand what I do. For what I want to do I do not do, but what I hate I do.”

ROMANS CHAPTER 7 VERSE 15

“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed.”

JAMES CHAPTER 1 VERSES 12-14

“When Cephas (known as Peter) came to Antioch, I opposed him to his face, because he stood condemned. For before certain men came from James, he used to eat with the Gentiles. But when they arrived, he began to draw back and separate himself from the Gentiles because he was afraid of those who belonged to the circumcision group. The other Jews joined him in his hypocrisy, so that by their hypocrisy even Barnabas was led astray.”

GALATIANS CHAPTER 2 VERSES 11-13

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.”

ROMANS CHAPTER 12 VERSE 2

‘We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.’

2 CORINTHIANS CHAPTER 10 VERSE 5

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SESSION FOUR

LET'S CALL ADDICTIVE BEHAVIOUR WHAT IT IS: "IDOL WORSHIP"

Key Verse for this session is:

"You shall have no other gods before me. You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below."

DEUTERONOMY CHAPTER 5 VERSES 7-8



VIDEO

- We all worship something or someone. What do your thoughts tell you about what or who you worship?
- These thoughts either lead you towards God or away from God. A deep question to ask yourself is; "do I want to be drawn towards God or away from Him?"
- How do you see, in your life, that, "Our hearts are not just idol factories, they are fickle idol factories. We can move from one idol to another with relative ease?"
- Ezekiel chapter 36 verses 25 to 26 talks about being completely cleansed, with a brand new heart. Could you imagine being completely set free from all of your addictive habits?
- You are in a battle; a battle with your own sinful flesh, a battle from the world around you and a battle for your freedom. The journey is to stand firm in the truth of what Christ has done for you. If you have not yet surrendered your life to Christ, would you consider doing that today?
- Are you believing that you need something in addition to Jesus to get you through life?



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

Idol worship is very linked to thought life. What was the first thought you had this morning? Was it linked to your addictive issues?



SUPPORT GROUP QUESTIONS

- Have you ever thought about your addictive behaviour as idol worship? Describe an area where this plays out in your life? I.e. eating chocolate ice cream every time you don't get your own way.
- Did anything impact you in the session or story today?
- How was your week in regards to your addictive behaviour?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- Begin to make a list of recurring negative thought patterns that might be leading you away from God and towards your addictive behaviour.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

Is your thought life shaping your daily choices?

An example: “I will just have this..., nobody is watching, it makes me feel better, I can work better...it won’t hurt anyone, I deserve this.” This soon turns into an everyday occurrence. This habit grows to two, three, and four... with the same thought patterns. The body is getting used to this, the stashes of...are being hidden throughout the house. Soon the thought of getting ... is with you throughout the day, you can hardly think of anything else. A thought transformation is needed; the outward idol is the... but there are other idols hidden in the thoughts. What could help this transformation? Talk to a mentor or a friend if you recognise this journey maybe with alcohol, drugs, or something else?

BIBLE VERSES FROM SESSION FOUR

“You shall have no other gods before me. You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.”

DEUTERONOMY CHAPTER 5 VERSES 7-8

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and Money.”

MATTHEW CHAPTER 6 VERSE 24

“For as I walked around and looked carefully at your objects of worship, I even found an altar with this inscription: TO AN UNKNOWN GOD. So you are ignorant of the very thing you worship—and this is what I am going to proclaim to you.”

ACTS CHAPTER 17 VERSE 23

I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

EZEKIAL CHAPTER 36 VERSE 25-26

“Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

GALATIANS CHAPTER 6 VERSES 7-8

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

JOHN CHAPTER 10 VERSE 10

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

GALATIANS CHAPTER 5 VERSE 1

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God's people, and read His Word. Practice being thankful!

NOTES

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SESSION FIVE

BEING THANKFUL!

Key Verse for this session is:

“Rejoice always, pray continually, and give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 THESSALONIANS CHAPTER 5 VERSES 16-18



VIDEO

- Paul tells us to be thankful in ... circumstances.
- Name some of the benefits of being thankful.
- In the last couple of sessions, we have been referring to the transformation of the mind. Being grateful, appreciative and thankful can actually rewire the brain, according to psychologists and the Bible. Which verse in the Bible sounds like this?
- When was the last time you were grateful for something?
- Learning to be grateful may even help us in the difficult times of life.
- Weakness is difficult to handle, whether in ourselves or in others. The Bible talks about when we are weak, we are strong. This is truly counter-cultural. What do you think the writer, Paul, in the Bible was meaning?



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

Name some times when it is really hard to be thankful.



SUPPORT GROUP QUESTIONS

- When you are in the middle of the consequences of addictive behaviours it is so very hard to find anything to be thankful for. Listening to the findings of the benefits of thankfulness, what could you learn

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to be thankful for, and how would you start? There are suggestions in this session's talk.

- Did anything impact you in the session or story today?
 - How was your week in regards to your addictive behaviour?
-
-



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- Take the 'Practice Thanksgiving List' at the end of the talk and choose two or three ideas and begin to practice them.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

THANKSGIVING PRACTICE LIST

1. Appreciate who God made you to be
2. Show gratitude to a mentor, friend, minister, or work associate.
3. Don't talk yourself out of being happy.
4. Team up with others to focus on thankfulness/gratitude
5. Write thank you notes
6. Be thankful mentally for someone
7. Make gratitude lists
8. Write a gratitude journal (You could include some of the following examples: challenges and what I am learning, people I am grateful for, assets in my life, what God is doing in my life, what I am learning with God's help. Be thankful for what you discover.

9. Count your blessings weekly or daily.
10. Practice politeness, say please and thank you

QUESTION?

How can you choose to be thankful this week?

BIBLE VERSES FROM SESSION FIVE

“Rejoice always, pray continually, and give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 THESSALONIANS CHAPTER 5 VERSES 16-18

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

ROMANS CHAPTER 12 VERSE 2

“Sacrifice thank offerings to God, fulfil your vows to the Most High, and call on me in the day of trouble; I will deliver you, and you will honour me.”

PSALM 50 VERSE 14-15

“I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

JOHN CHAPTER 6 VERSE 35

“But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.”

ROMANS CHAPTER 8 VERSE 10

“Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger

from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have laboured and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.”

2 CORINTHIANS CHAPTER 11 VERSES 24-27

“That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

2 CORINTHIANS CHAPTER 2 VERSE 10

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 CORINTHIANS 10 VERSE 5

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God’s people, and read His Word. Practice being thankful!

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SESSION SIX

CIRCUMSTANCES, CHOICES AND CONSEQUENCES

Key Verse for this session is:

“Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

GALATIANS CHAPTER 6 VERSES 7-8



VIDEO

- David, our bible character, made some radically poor choices. Name three choices David made and the consequences that followed.
- David stayed home in Jerusalem when he would have normally been occupied with his army. He might have felt slightly guilty, maybe even bored, and definitely alone. What happened as he walked about the palace? Have you “acted out” your addictive issue due to boredom, isolation or guilt?
- David tried to cover up his actions and later was confronted. Has this happened to you? What was your first reaction?
- The worst thing David did was to displease the Lord.
- David did confess, repent and worship God.
- David did lose a child as a direct consequence, which was incredibly sad, however, he also experienced God’s immense grace and mercy when he turned back to God.



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

Name some choices King David made that led to some pretty radical consequences.



SUPPORT GROUP QUESTIONS

- It is often easy to see the chain of circumstances, choices and consequences in someone else's life but not our own. Share a circumstance, choice and consequence in your own life?
- Did anything impact you in the session or story today?
- How was your week in regards to your addictive behaviour?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

How will you begin to make a different choice this week? Who will you ask for help?

BIBLE VERSES FROM SESSION SIX

““Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

GALATIANS CHAPTER 6 VERSES 7-8

THE FOLLOWING IS FROM 2 SAMUEL CHAPTER 11

“In the spring, at the time when kings go off to war, David sent Joab out with the king’s men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem.

One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her. The man said,

“She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.”

Then David sent messengers to get her. She came to him, and he slept with her... Then she went back home. The woman conceived and sent word to David, saying,

“I am pregnant.”

So David sent this word to Joab:

“Send me Uriah the Hittite.”

And Joab sent him to David. When Uriah came to him, David asked him how Joab was, how the soldiers were and how the war was going. Then David said to Uriah,

“Go down to your house and wash your feet.”

So Uriah left the palace, and a gift from the king was sent after him. But Uriah slept at the entrance to the palace with all his master’s servants and did not go down to his house. David was told,

“Uriah did not go home.”

So he asked Uriah,

“Haven't you just come from a military campaign? Why didn't you go home?”

Uriah said to David,

“The ark and Israel and Judah are staying in tents, and my commander Joab and my lord's men are camped in the open country. How could I go to my house to eat and drink and make love to my wife? As surely as you live, I will not do such a thing!”

Then David said to him,

“Stay here one more day, and tomorrow I will send you back.”

So Uriah remained in Jerusalem that day and the next. At David's invitation, he ate and drank with him, and David made him drunk.

But in the evening Uriah went out to sleep on his mat among his master's servants; he did not go home. In the morning David wrote a letter to Joab and sent it with Uriah. In it he wrote,

“Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die.”

So while Joab had the city under siege, he put Uriah at a place where he knew the strongest defenders were. When the men of the city came out and fought against Joab, some of the men in David's army fell; moreover, Uriah the Hittite died. Joab sent David a full account of the battle.”

Later on in the passage, in **verse 23**, Joab's messenger said to David,

“The men overpowered us and came out against us in the open, but we drove them back to the entrance of the city gate. Then the archers shot arrows at your servants from the wall, and some of the king's men died. Moreover, your servant Uriah the Hittite is dead.”

David told the messenger,

“Say this to Joab: ‘Don't let this upset you; the sword devours one as well as another. Press the attack against the city and destroy it.’ Say this to encourage Joab.”

When Uriah's wife heard that her husband was dead, she mourned for him. After the time of mourning was over, David had her brought to his house, and she became his wife and bore him a son. But the thing David had done displeased the Lord.”

By far the most severe consequence is that this displeased the Lord.

Let's fast forward the story and we find that a prophet called Nathan came to David and told him a tale that was close to home. David was caught out and convicted by the Lord through the prophet. This is what the Lord is going to do as a consequence to David's sinful choices as told in **2 Samuel 12**:

"This is what the Lord says: 'Out of your own household I am going to bring calamity on you. Before your very eyes I will take your wives and give them to one who is close to you, and he will sleep with your wives in broad daylight. You did it in secret, but I will do this thing in broad daylight before all Israel.'

"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace."

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God's people, and read His Word. Practice being thankful!

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SESSION SEVEN

THE LIES WE LISTEN TO

Key Verse for this session is:

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight"

Proverbs chapter 3 verses 5-6



VIDEO

- What lies are you believing; about yourself, about your ability to stop your addictive habits, about God, about His ability to help you?
- Who is the father of lies?
- What role do you have in overcoming the enemy?
- Trusting in God's grace and mercy, and relying on Him, not yourself, is the path to freedom. He is enough!



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

As you listened to today's session on the **Lies We Listen To**, what lies may you be listening to?



SUPPORT GROUP QUESTIONS

- It takes time, and experience, to recognise deceptive thoughts and lies. We have become comfortable with these lies. They have become a part of our thinking over many years. It is anything – images, feelings, thoughts – that encourages you to use, encourages you to rebel against God, or encourages you to sin. What lies have you become comfortable with?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.

- Did anything impact you in the session or story today?
 - How was your week in regards to your addictive behaviour?
-
-



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- When deceptive thoughts come say, “Get behind me Satan, the Lord, rebuke you.” Say this aloud when you are able. Every morning, protect yourself with the armour of God found in Ephesians chapter 6 verse 11 and ask Jesus to change your thinking when faced with other people’s opinions.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

How have lies about yourself, about God, or even your circumstances shaped your life?

BIBLE VERSES FROM SESSION SEVEN

“He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”

JOHN CHAPTER 8 VERSE 44B

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

2 CORINTHIANS CHAPTER 10 VERSES 3-5

“Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

1 PETER CHAPTER 5 VERSE 8

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

JOHN CHAPTER 10 VERSE 10

“Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God.”

2 CORINTHIANS CHAPTER 3 VERSE 5

“And He said to me: My grace is sufficient for you, for my strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.”

2 CORINTHIANS CHAPTER 12 VERSE 9

“Trust in the Lord with all your heart and lean not on your own understanding, in all your ways submit to him, and he will make your paths straight.”

PROVERBS CHAPTER 3 VERSES 5 AND 6

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God’s people, and read His Word. Practice being thankful!

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SESSION EIGHT

CHILDREN, NOT SLAVES

Key Verse for this session is:

“So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.”

GALATIANS CHAPTER 5 VERSES 16



VIDEO

- Who helps us live as children of God?
- How do we let go of our guilt and shame?
- We are called to be and called to serve others in love. Serving others helps us change focus.
- Our new focus must be on Christ Himself in his Word. As we do this, He slowly begins to transform us and conform us to Himself.
- Our new focus is also an awareness of the choices we now have.



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

In this session we talk about changing our focus. One of the ways to do this is to begin to focus on others instead of ourselves. How could you or we begin to do this?



SUPPORT GROUP QUESTIONS

- The following points are from today’s session. Assuming we honestly desire to change, how do we live these things on a daily basis?
 - We need to listen carefully and obey
 - We listen by reading the Bible so that we know God better and know his will for our lives

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.

- We need to continually pray that God would help us to live his way and surrender our own will
 - We need to honestly desire change – God won't force us against our will
 - We need to be obedient to God even when we don't want to
 - Is there anything in the session or the story today that impacted you?
 - How was your week in regards to your addictive behaviour?
-
-



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- When deceptive thoughts continue to practice saying,
- “Get behind me Satan, the Lord, rebuke you.”
- Say this aloud when you are able. Every morning, continue to protect yourself with the armour of God found in Ephesians chapter 6 verse 11 and ask Jesus to change your thinking when faced with other people's opinions.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

Do you talk to God? Are you able to ask others for help?

BIBLE VERSES FROM SESSION EIGHT

“So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.”

GALATIANS CHAPTER 5 VERSE 16

“I do not understand what I do. For what I want to do I do not do, but what I hate I do.”

ROMANS CHAPTER 7 VERSE 15

“The Spirit himself testifies with our spirit that we are God’s children. So, we are now children of God and no longer slaves to sin.”

ROMANS 8 VERSE 16

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

GALATIANS CHAPTER 5 VERSE 1

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

GALATIANS CHAPTER 5 VERSE 13

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing, and perfect will.”

ROMANS CHAPTER 12 VERSE 2

“Count (ourselves) dead to sin but alive to God in Christ Jesus.”

ROMANS CHAPTER 6 VERSE 11

“Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

GALATIANS CHAPTER 6 VERSE 7-8

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

GALATIANS CHAPTER 6 VERSES 9-10

“But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

HEBREWS CHAPTER 5 VERSE 14

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God’s people, and read His Word. Practice being thankful!

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SESSION NINE

SO, FREEDOM!

Key Verse for this session is:

“...count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires.”

ROMANS CHAPTER 6 VERSE 11

VIDEO

- What does it mean to say “count myself dead to sin?”
- If we are dead to sin, who are we alive to?
- God promises to provide a way out when we are tempted. Have you ever asked Him to show you a way out, when you are tempted to act out your addictive habits?
- How might God show you a way out in your life?
- We grow through these tough times, becoming more like Christ, if we choose to turn to God and away from our life-controlling habits.
- It takes time to build a habit. Remember you have Christ in you, if you know Him, to help you make good choices. Just talk to Him.



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

Thinking about this session, how do you/we count ourselves dead to sin? How do we say no to temptation?



SUPPORT GROUP QUESTIONS

- As we discovered in Session 8, through reading the Bible, prayer, worship and fellowship, we slowly but surely develop a new sense of the important

things in life and a deepening of our relationship with Christ. How is this beginning to happen in your life? What are the challenges you are experiencing this week in relation to this?

- Did anything impact you in the session or story today?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- When you are being tempted this week, stand on God's Word and count yourself dead to sin. Say, "I am dead to that." Even if you find yourself saying that and battling all day long.
- Say this aloud when you are able. Every morning, protect yourself with the armour of God found in Ephesians chapter 6 verse 11 and ask Jesus to change your thinking when faced with other people's opinions.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

How far are you willing to go, or how much are you willing to do, for your freedom? Remember how much time and energy you have already spent on your addictive, life-controlling habits.

BIBLE VERSES FROM SESSION NINE

“...count yourselves dead to sin but alive to God in Christ Jesus.”

ROMANS 6 VERSE 11

“...I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God...”

GALATIANS CHAPTER 2 VERSE 20

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

1 CORINTHIANS 10 VERSE 13

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

JAMES CHAPTER 1 VERSES 2-4

“Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.”

PSALM 32 VERSE 1-2

“the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”

GALATIANS CHAPTER 5 VERSE 17

“So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ.”

GALATIANS CHAPTER 3 VERSE 26-27

“Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.”

ROMANS CHAPTER 13 VERSE 13 - 14

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God’s people, and read His Word. Practice being thankful!

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SESSION TEN

LOOKING OUTWARD

Key Verse for this session is:

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: ‘Love your neighbour as yourself.’”

GALATIANS CHAPTER 5 VERSES 13-14



VIDEO

- The theme of session 10 is looking outward. Serving other people can bring about change. Why is this so important for those of us struggling with addictive habits?
- According to Andre Radmall, what does taking delight in the Lord mean?
- Why is good healthy community so important in our lives?
- To know true freedom what do we all need?
- As a Christian, you have all the resources of God available to you, as you turn to Him, talk to Him, ask Him for help, confess your sins and believe that Christ lives in you.
- If you are not a Christian, you can consider becoming a believer. If not, the principles in this video series are still valid and helpful. Community, thankfulness, understanding the choices you can make, giving and receiving forgiveness, understanding what is enslaving you, and serving others, can all make a difference in your journey towards freedom.



INTERACTION FOR LARGE GROUP AFTER MAIN VIDEO

Thinking about this session, where could you begin to serve someone, “humbly in love?” This could be a personal or a more global response.



SUPPORT GROUP QUESTIONS

- The work of God is not just a personal thing – God places each one of us into community. We are not meant to be alone, running our own lives and hiding away from the world. In what ways do you hide? How have you begun (if you have) to reach out to others around you?
- Did anything impact you in the session or story today?
- How was your week in regards to your addictive behaviour?

Only share if you are comfortable sharing. It is often very helpful to share, you might have an insight that helps someone else.



ON YOUR OWN

CHALLENGE

- Memorize either the key verse for this session or one of the verses below. Read each one aloud every day.
- Think about, and put into action, a way of serving others. Ask God to open a way to do this. Begin small with something that you can do consistently. You might have to be creative.
- Ponder the verse you memorized. Are there any insights you could gain? Write them down.
- Talk to God about these things.

QUESTION?

What is stopping you from reaching out and serving someone else?

BIBLE VERSES FROM SESSION TEN

“You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: ‘Love your neighbour as yourself.’”

GALATIANS CHAPTER 5 VERSES 13-14

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

GALATIANS CHAPTER 5 VERSE 22-23

“Take delight in the Lord, and he will give you the desires of your heart.”

PSALM 37 VERSE 4

“The entire law is fulfilled in keeping this one command: Love your neighbour as yourself.”

GALATIANS CHAPTER 5 VERSE 14

“All they asked was that we should continue to remember the poor, the very thing I had been eager to do all along.”

GALATIANS CHAPTER 2 VERSE 10

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”

COLOSSIANS CHAPTER 3 VERSE 23-24

“... in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

ROMANS CHAPTER 8 VERSE 37-39

“The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.”

NUMBERS CHAPTER 6 VERSES 24-26

This week, remember to talk to God, connect with God’s people, and read His Word. Practice being thankful!

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CLOSING THOUGHTS

You may be now wondering, what next?

We want to warmly and deeply encourage you to use this material again and again. It can be adapted for your purposes, extended, shortened, and used as a one-to-one resource.

We have provided stories for your use, however, it is always impactful to find and use your own stories.

It may be too much, in your circumstance, to keep rolling with the course. Maybe linking up with other churches would be the solution? This increases the potential of facilitating and volunteer help. We would be very willing to discuss potential and opportunity with you.

We hope and pray this resource provides a biblical and practical way your church can come alongside those enslaved by life-controlling, addictive issues.

May you, and your congregation be blessed as you walk alongside these precious, yet struggling, children of God, and those who are seeking someone they do not yet know, with the Father's love, Christ's message and the Spirit's power of freedom.

"It is for freedom that Christ has set you free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

GALATIANS CHAPTER 5, VERSE 1

BOOKS AND OTHER RESOURCES

Addiction

John Wesley Childress. 2013. *The Addict's Choices: from Depths of Isolation to Heights of True Deliverance*. San Diego. Creative Team Publishing.

Free! Recovery. www.free-recovery.org

Erik Guzman. 2016. *The Gift of Addiction: How God Redeems our Pain*. Greensboro. New Growth Press.

John Owen. 2015. *Overcoming Temptation*. Illinois. Crossway.

David Powlison. 2010. *Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures*. Greensboro. New Growth Press.

Philip G. Monroe. 2014. *When you Love an Addict*. Greensboro. New Growth Press.

Andre Radmall. 2009. *Insight into Addiction*. Waverley Abbey House. CWR.

Mark Shaw. 2008. *The Heart of Addiction: A Biblical Perspective*. MN. Focus Publishing.

Edward Welch. 2001. *Addictions: A Banquet in the Grave*. New Jersey. P&R Publishing Company.

2008. *Crossroads*. Greensboro. New Growth Press.

Eating Struggles

Emma Scrivener. 2012. *A New Name*. London. IVP.
2017. *A New Day: Moving on from Hunger, Anxiety, Control, Shame, Anger and Despair*. London. IVP.

Self - Harm

Helen Thorne. 2011. *Understanding Self-harm: A Biblical Model for Encouraging Recovery*. Cambridge. Grove Books.

Making Wise Choices

Jerry Bridges. 2016. *The Pursuit of Holiness*. Colorado. Navpress.

Tim Chester. 2008. *You can Change: God's Transforming Power for our Sinful Behaviour and Negative Emotions*. London. IVP.

Andy Farmer. 2016. *Trapped*. Greensboro. New Growth Press.

Julian Hardyman. 2010. *Idols: God's Battle for our Hearts*. London. IVP.

Tim Lane. 2019. *Unstuck*. UK. The Good Book Company.

Mary K. Mohler. 2018. *Growing in Gratitude*. UK. The Good Book Company.

Sex/Relationships

Jonathan Berry. 2016. *Satisfaction Guaranteed: A Future and a Hope for Same-Sex Attracted Christians*. London. IVP

Tim Challies. 2010. *Sexual Detox: A Guide for Guys who are Sick of Porn*. Maryland. Cruciform Press

Ellen Dykas. Editor. 2012. *Sexual Sanity for Women: Healing from Sexual & Relational Brokenness*. Greensboro. Harvest USA.

Glynn Harrison. 2016. *A Better Story: God, Sex and Human Flourishing*. London. Intervarsity Press

Ray Ortlund. 2021. *The Death of Porn: Men of Integrity Building a World of Nobility*. Illinois. Crossway.

David Powlison. 2010. *Sexual Addiction*. Greensboro. New Growth Press.

Deepak Reju. 2018. *Pornography: Fighting for Purity*. New Jersey. P&R Publishing Company.

Vaughn Roberts. *The Porn Problem: Christian Compassion, Convictions and Wisdom for Today's Big Issues*. UK. The Good Book Company.

John Stott. 2017. *Same Sex Relationships*. Good Book Company.

Vicki Tiede. 2013. *Your Husband is Addicted to Porn: Healing after Betrayal*. Greensboro. New Growth Press.

Helen Thorne. 2014. *Purity is Possible: How to Live Free of the Fantasy Trap*. The Good Book Company.

Andrew Walker. 2017. *God and the Transgender Debate*. The Good Book Company.

David White. 2012. *Sexual Sanity for Men*. Greensboro. Harvest USA.

General Christian Resources

Betel Rehab Centres: www.betel.uk

Biblical Counselling UK. www.biblicalcounselling.org.uk

Christianity Explored. www.ceministries.org

Christian Counselling and Educational Foundation. www.ccef.org

Tim Chester. 2018. *Enjoying God*. UK. The Good Book Company.

John Emra. 2012. *Cornerstones and Core Needs of Growing Kids*. San Diego. Creative Team Publishing.

Marcus Honeysett. 2005. *Finding Joy: A Radical Rediscovery of God's Grace*. IVP.

Hope for Glasgow: www.hopeforglasgow.org

Journal of Biblical Counselling. CCEF.

Keys Community Detox: www.keysuk.org

David Powlison. 2017. *How Does Sanctification Work?* Illinois. Crossway.
2017. *Making all Things New*. Illinois. Crossway.

Ed Welch. 2010. *When I am Afraid*. Greensboro. New Growth Press.
2012. *Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection*. Greensboro. New Growth Press.

free! recovery 
FREEDOM FROM ADDICTION