

# THE NATIONAL ONLINE RECOVERY COURSE

## SESSION ONE

■ THE  
■ RECOVERY  
■ COURSE

FREEDOM FROM ADDICTION

### **Welcome**

We would like to welcome you to the Recovery Course and we are glad that you have chosen to take a step forward on your journey in Recovery by joining this course with us.

We have created this workbook so that it will make the coursework easier to follow.

### **What is The Recovery Course?**

The Recovery Course is a Twelve Step programme albeit one that focuses on all kinds of addiction from alcohol and drug dependency through to gambling, sex addiction, pornography, self - harming and eating disorders. It is designed to bring freedom to people who struggle with addiction or any compulsive behaviour.

The Recovery Course also differs from a typical Anonymous Fellowship is that it is designed to enhance our recovery work by integrating texts from the Bible with the Twelve Steps.

The course works alongside conventional AA and NA programmes and guests are positively encouraged to join these other Anonymous Fellowships in conjunction with The Recovery Course should they so wish.

### **Who is it for?**

The Recovery Course is open to anyone struggling with any sort of addiction or any compulsive behaviour that is spoiling one's life, such as using drugs, alcohol, pornography, sex, gambling and self-harming to name just a few. The course is a good starter for those completely new to recovery as well as those whom have been in recovery for years, but would like to take a fresh look at the steps from a Christian perspective

### **Format of the course**

The virtual course runs once a week for 12 weeks, typically starting at 7pm for a 7:15pm start with a 15-20-minute talk and testimony and then discussion in single-sex small groups for around 45 mins. The evening ends around 9pm. Each week there is some simple 'Coursework' that helps each participant to explore each of the 12 steps in a deeper way. Nobody has to do the 'Coursework', but it's fair to say that the guests who throw themselves into this are the ones who profit the most. The Coursework is entirely for the guest's benefit and no one else gets to see it; it is completely private.

*We look forward to welcoming you and walking with you on this journey  
to freedom from addiction.*

## Pause for Thought

### Session 1 – Out of control, powerless - to change or not to change?

Step 1: We admitted we were powerless over our addiction - that our lives had become unmanageable

There are no right or wrong answers to the following questions, just honest answers.

Honesty is the key because as Jesus says in John 8:32:

*“Then you will know the truth, and the truth will set you free.”*

***“If you wait for perfect conditions, you will never get anything done.”***

*Ecclesiastes 11:4 - The Living Bible*

#### Topic for thought

This week's session looked at being out of control and powerless. We have begun to see that we have been powerless to change our addictive behaviour no matter how hard we may have tried. We might have occasionally found short-term success, but it has never lasted. As a result our lives have become increasingly out of control.

#### The Issue

The purpose of Step 1 is to enable us to step out of the shadowy world of denial and to start living in the light of truth. It is the most important step of all and is absolutely foundational to the success of this course. It is upon this step that all the other steps are built. If at a later stage we relapse, it is normally this step we have to come back to and do again. In completing this step successfully a whole new way of life will begin for each one of us.

#### The Goals:

On completion of Step 1 we should be able to

- Acknowledge the areas of my life that are out of control and that I am powerless over
- Acknowledge the damage my compulsive behaviour is doing to me
- Acknowledge the damage my compulsive behaviour is doing to those around me
- Acknowledge how my addiction has made me do things that are contrary to my own principles and moral standards
- Acknowledge the lies that keep me in denial

#### The Lies:

The first step in the recovery journey is to admit we have a problem, which is what we call stepping out of denial. Up until now we have been denying the problem and we do this by listening to a quiet persuasive voice in our heads that is lying to us with words such as:

- *“It's my life, I'm not hurting anyone”*
- *“It's no big deal, after all most people are doing it”*
- *“Just once more and then I'll stop”*
- *“It's something I have to do – it's the way I'm made”*
- *“It's something I inherited from my parents and I'm just going to have to learn to live with it”*
- *“If I don't always do what people ask they won't love me”*
- *“I can't help it I have to be in control”*

In this series of Coursework we need to be brutally honest. We are going to be asking ourselves some searching questions and we need to answer them without excuses and without justification.

These questions are designed to help us acknowledge the chaos and havoc in our lives and to clearly see just how powerless we have been to control our addictive behaviour and, consequently, just how unmanageable in turn our lives have become. It is essential we are honest here and that we begin to get a more truthful perspective at just what has been going on in and around our lives.

We need to be as specific as possible. The questions that follow relate to incidents in our past and our answers need to deal with the following:

- When did it happen?
- Where did it happen?
- What exactly, did happen?

- Who was involved?
- What were the consequences for me?
- What were the consequences for others?

We are only interested in **our own behaviour**. Others may have behaved badly but we are not interested in what they did; we are only concerned with what we did. We are also not interested in what we were thinking or feeling at the time, we only want to consider what we actually did. If possible write down your answers and keep in a safe place.

We will probably find this difficult and for some it will be a painful set of exercises to do as we begin to realise and remember just how disastrous the consequences of our behaviour have been; and not just for us, but also for those around us who we love and who, in turn, love us. But we have to defeat our denial of truth and reality if we are going to go on and discover life in all its fullness. ! Answer the questions one day at a time; don't be tempted to do them all in one go

## **Day 1**

### **1. Make a note of your main triggers.**

We know there are some obvious situations that trigger off our addictive urges. For instance, you are an alcoholic and you just can't walk home past The Pig and Whistle without dropping in for a drink. Solution; take another route home. You compulsively overeat; solution, clear out the fridge and get rid of those secret hordes of chocolate biscuits; you are bored and feeling lonely and so log on to a porn website for solace; solution, put on some music instead or read a book. One word of warning, the list will never be comprehensive enough. Someone with an addiction is susceptible to every situation becoming a possible trigger, because the real triggers are not the external situations, but the internal feelings provoked by that situation. So you may take the long way home past the pub only to find that in keeping yourself busy you go off to a football match and at half time end up having a pie and a pint or ten and that situation wasn't on your list. Addiction feeds off any kind of feeling; it will soothe bad feelings and it will prolong good ones and therefore all situations can potentially set you off.

Even so it can still be useful to make a list of the main situations that have caused you problems in the past. Divide a sheet of paper into two columns. In the left hand column put the situations that might cause you to use and in the right hand column put down how you intend to deal with that situation.

The aim of the exercise below is not just to find a mechanical solution to the problem, but also to change the way we **feel** about the situation.

<b>Situation</b>	<b>Strategy</b>
<i>Passing the pub</i>	<i>Take another route home</i>
<i>Raiding the fridge at night</i>	<i>Keep the fridge empty</i>
<i>Looking at porn late at night</i>	<i>Avoid looking at magazines, films or websites with sexual images in them (including advertisements)</i>
<i>Reward for successful business deal completed</i>	<i>Go to the cinema instead of the wine bar</i>
<i>Going clubbing on a Friday night</i>	<i>Find an alternative drug-free venue</i>
<i>Dealer keeps ringing you</i>	<i>Change your Sim card</i>
<i>Sitting at home alone, feeling</i>	<i>Keep yourself busy; get out with reliable friend</i>
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	(Continue on an extra sheet if necessary.....)



## **2. Write your life story**

It can be a really good idea to write down your life story. This might sound terrifying as it reminds you of being back at school and you failed then. Don't panic; you are not writing your autobiography for publication or to pass an exam. It is not a blow-by-blow account of your life, it is not an act of confession, it does not have to be painstakingly accurate in every chronological detail and it does not have to be a literary masterpiece. It does not matter one iota about your ability to spell or master basic rules of English grammar. It is also not being done to supply the leaders on this course with a source of information about you.

In an article for the BBC by Brendan O'Neill he reports that back in 2007 the bestseller lists were full of memoirs about miserable childhoods. At one point there were six such books in the top 10. Waterstone's bookshop even has a 'Painful Lives' section.

What lies behind the rise of what has become known in the trade as the 'misery memoir' or 'mis lit' Some of the authors say they write in order to come to terms with their traumatic experiences and to help readers to do likewise.

Toni Maguire, author of the top-selling paperback *Don't Tell Mummy*, in which she writes of her abuse at the hands of her father, said in a recent interview it was *"difficult going back over the past, but writing helped me deal with the past."*

James W Pennebaker, a professor of psychology at the University of Texas says that writing about traumatic experiences can indeed help the writer to deal with his or her emotions. *"There's compelling evidence that writing about serious emotional upheavals can improve mental and physical health"*.

Professor Pennebaker admits scientific research into the value of expressive writing is still in the "early phases", but his research seems to show that trauma-writing is beneficial.

*"In our studies we bring a group of people into the lab and randomly select some to write about a personal traumatic experience and others to write about something superficial. They write for 15 or 30-minute bursts over a period of three or four days. We found that those who write about trauma tend to see some improvement in wellbeing."*

O'Neill also reports that the trauma-writers experienced health benefits - including improvement in immune function – and also reported feeling *"less haunted"* by their traumatic experiences.

What you need to understand is this testimony is for the benefit of you, no one else and it has three main functions:

- 1) To help you get an understanding of what has been happening in your life and possibly how and why you have become the person you are.
- 2) To help you to begin to tell others, in a small way, little bits about yourself. As these small disclosures are shared you will begin to learn to trust other people.
- 3) To give your group a rough idea of where you are coming from and where you are now. Consequently, they will be in a better position to draw alongside you.

### **How do I write it?**

You can write it out word for word or you can just make some rough headings that will remind you of specific things that have shaped your life. Keep it simple

As addicts we are by nature secretive people and there is real benefit to be had in being able to share openly and honestly about ourselves. We have become very skilled at keeping our defects well hidden. The trouble is healing only begins as we allow light to shine into the darkness and the quickest way to do this is to choose to bring those things that are in the darkness out into the light. The sooner we begin to openly share with our fellow human beings, the sooner the healing process will begin.

At the next meeting you may have the opportunity to share with your fellow strugglers your life story if that is something you would like to do (you don't have to). Just the thought of that at this moment in time might get you into a complete panic. The thought of sharing your testimony with someone else is the last thing on your mind, but we would like to encourage you to think about it. Your fellow strugglers will not only admire your courage, but will also probably be inspired by you to share their own story.

Another interesting thing will probably also happen. The fact that others have listened to you and can empathise with your story may help you feel as though a one-ton weight has been lifted from your shoulders, leaving you with such a lightness of being you will probably feel quite euphoric. And we can all do with some euphoria now & again.

Finally, you are not writing an epic autobiography of every facet of your life for publication, so try restricting yourself to no more than a few pages at most, - just covering the main influential events.

## My Story .....

[illegible]

(Continue on another page if necessary)

3. The good, the bad and the ugly

In the meeting we reflected on how our addiction has become a ‘friend’ in helping us to cope with the bad feelings, the anger, inadequacy, shame, guilt and fear within each one of us. It has helped us cope with the uncertainties and pain of this life. But this ‘friend’, this ‘help’, this ‘support’ has now become our master and is controlling us and will ultimately kill us.

- a) Divide a sheet of paper into two columns. In the left hand column list all the bad things in your life at present. In the right hand side list all the good things:

For example:

**Bad**

I have been in prison  
I have lost all my money  
I don't like myself  
The uncertainty  
The terrible fear of being found out

**Good**

My partner is standing by me  
My children  
I'm alive!  
My job that I enjoy  
My caring friends

Bad	Good

- b) How many of the good things in your life do you owe to your addiction? Count them up and write down the number.

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Total =

- c) How many of the bad things in your life do you owe, either directly or indirectly to your addiction? Count them up and write down the number.

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Total =

- d) Reflect on the result. Is your addiction still a ‘friend’ to you?

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## **Day 2**

The two questions for today are reviewing our powerlessness over our habit.

1. Have there been times when I have resolved not to engage in my addictive behaviour (Overeating, Pornography, Gambling, Spending, Drinking, Injecting/Snorting, Smoking, Anger, etc), but found I was unable to maintain this resolution?

Don't just put yes! We need to be specific and answer the When? Where? Who? What? so that we get an accurate picture of the reality of our life. Your mind may try and cloud the issues because, by nature, we will try and deny the problem, but make yourself be ruthlessly honest. Pray to God that He will bring specifics to mind.

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2. Have there been occasions when I have indulged my addictive behaviour more than I intended to? Have I ever gone beyond the limits that I have set myself?

Once again, be specific: What happened? What was the result? If there seem to be too many occasions then just write down three or four of the more memorable ones!

- a) .....
- .....
- .....
- b) .....
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- c) .....
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- .....
- d) .....
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### **Day 3**

Today's question is designed to get us honestly looking at our obsession with our addictive process of choice. Our habit tends to become progressively more important than anything else in our life and being specific here will clearly show us this is the case even though, on first reflection, we may not want to admit it. Once again, be very specific and don't be tempted to make fun of the events you describe. By looking at the humorous side we are subconsciously trying to make it seem more acceptable to ourselves and others by presenting things in a better light.

3. Describe any occasions you have ever missed or been late for work.

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4. Describe any appointments you have missed or been late for as a result of your addictive behaviour.

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5. Describe any times you have got into financial difficulties because of your addiction.

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6. Have you seriously damaged your relationships with friends and family because of your addictive behaviour? If so, list the relationships and how you damaged them.

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Remember, be specific. Who? What? When? Where? How? Again, limit yourself to four or five of the more memorable ones if there seem too many to mention.

### **Day 4**

Our addictive behaviour tends to make us selfish and irresponsible so today's questions are designed to help us see if this is actually the case.

7. Describe any memory lapses where you cannot account for where you were.

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8. Describe any times that you cannot recall how you got home.

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9. Describe any illnesses that have resulted from your addictive behaviour.

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10. Describe any incidents where you expressed inappropriate anger towards other people.

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11. Describe any embarrassing or humiliating incidents in your life that were related to your addictive behaviour (don't try and see the humorous side).

### **Day 5**

Because we are all made in the image of God each of us tends to have high moral values by which we govern our life. Today's questions will help us see if our addiction has begun to erode our values in a way in which, in the cold light of day, we are unhappy with. Once again, be specific. Who? What? When? Where? How?

12. Describe times and ways that you have neglected or damaged relationships with your closest friends and family in order to indulge in your addictive behaviour or because you were recovering from your addictive behaviour.

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13. Have I ever done anything in my addiction that I am ashamed of? Was it contrary to my own beliefs, standards and principles? What happened?

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14. Have you avoided people because they did not share in or approve of your addictive behaviour? If so, list these people and situations.

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15. Is there one incident or insight that made you realise that your life was unmanageable? If so, describe it in detail.



## **Day 6**

Read through what you have written from the previous four days and now consider the broad picture that is emerging and ask yourself this: If this were how someone else was behaving would I consider these the actions of a reasonable, sound and sensible individual?

If we are honest the answer is probably 'No'. If that is your conclusion then keep your answers to the above in a safe place, because once we are feeling healthier, both mentally and physically, we will be tempted to forget the misery that active addiction actually is.

Somewhere down the line, especially when we are tempted to use again, we will try and convince ourselves, "It wasn't actually that bad". Read these questions and answers again, because it was!

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### ***Congratulations, you have just completed Step 1***

***The leaders and helpers in your group are here to help you, so make sure you have their mobile number or e-mail just in case you need to ask them anything over the next week. If you need to actually ring rather than texting or emailing them then make sure you contact them at a civilised hour (not 3am!) and try and keep the conversation relatively short, preferably no more than ten minutes as they, like you, have a lot of pressure on their time. Even if there are no problems to discuss, put in a 'check-call' or text just to touch base. They will enjoy hearing from you!***

## The Top 8 Relapse Busters

In recovery there are times when we all get frustrated that we are not making the progress we feel we should be and there may also be times when we seem to grind to a complete halt and maybe even relapse. We all lose our way at times, but hopefully the following eight guidelines will get us back on track.

### ***1. We are still in denial***

We may have been successfully in recovery for decades, but 'denial' is always lurking around the corner seeking to trip us up. As soon as we even start vaguely thinking about the possibility of 'using' again and how we might 'get away with it', alarm bells should be ringing very loudly. Remember, relapse is a process so we need to nip it in the bud straight away before it gets the chance of taking on a life of it's own. Go back to your Session 2 and 3 (Step 1) 'Pause For Thought' and review just how insane your life had become. Do you really want to go back to that? And always remember, giving up the second time is so much harder than giving up the first time although of course, Denial will tell you something different because it only knows how to lie! The antidote to denial is truth, which brings us to relapse buster number 2....

### ***2. We have not fully turned our will and life over to the care of God***

Go back to your Session 4 and 5 (Step 3) Coursework. It's natural for all of us to want to be in control of our own destiny, but the sad truth is, that doesn't work. No matter how much we may long for this programme to work without the involvement of God, the sad truth is it doesn't. We need God in everything. It is not enough to just turn the big things in our life over to Him; He needs all the little things as well. Recovery doesn't work successfully until God gets the lot.

### ***3. We are still hanging on to some of our resentments!***

Go back to your Session 6, 7 and 8 (Steps 4 and 5) Coursework. Forgiveness is essential to our spiritual wellbeing. Don't beat yourself up that you are finding forgiving so difficult; it's enormously difficult, but it also needs to be resolved if we are going to be free of our daily struggles. Resentment is one of the food supplies our addiction feeds off and our addictive impulses will only die once we begin to starve them of food. Forgiveness is not something we can do merely by human effort; it is a spiritual act and therefore we need to ask the Holy Spirit to empower us to let go of the pain and harm of the past. Until we are able to forgive we will continue to be held hostage. We will not fully know what it is to be free.

### ***4. We haven't forgiven ourselves***

We are comfortable with the idea that God forgives others, but we think our faults are just too big. "I know God loves and forgives them, but me? I'm not so sure. He knows what I'm really like". While we are in a place where we can't forgive ourselves we will get stuck. It is a form of spiritual pride and self-pity that says, "God's love and mercy is not big enough to deal with my sin". Review Steps 4 and 5 and, if you haven't begun doing it already, start listening to God (as suggested in Step 11). How do I know what God thinks of me? Pick up a bible and read it. One of the best places to start is the Psalms, which were written by King David, and he really wears his heart on his sleeve. On the one hand he felt just like you and me, condemned and often a worthless failure, but he also began over time to see how much God loved him despite of himself. Don't get side-tracked by self-pity and all those "Woe is me" thoughts and start looking God in the face and accepting the truth – you are loved despite who you are and what you have done.

### ***5. We are trying to be better people by our own efforts and in our own strength***

Review Sessions 9 and 10 (Steps 6 and 7). One of the biggest frustrations on this journey is when we feel we are not really becoming a better person. We try so hard to be 'good', but it just doesn't seem to work. There are fleeting moments when we subconsciously think, "well done" and then we revert to the old ways of doing things and the smell of defeat rises in our nostrils again. Becoming a better person is not primarily our responsibility, but God's and he is remarkably good at it. Give him permission to change you into the person that He, and deep down you,

long to be. Hold nothing back. Identify your specific shortcomings and character faults and give Him permission to start changing you from the inside out.

### ***6. We are too proud to take responsibility for our past actions***

Review Sessions 11 and 12 (Steps 8 and 9). We need to take responsibility for past damaged relationships. We must not rationalise or justify our actions. Yes, there may have been good reasons why you behaved as you did and the other person may have also been at fault, but that does not matter. We need to own and take responsibility for our part. We need to clean our side of the street and not get side-tracked by what they did. Until we make amends we will always feel a little guilty and what feeds off guilt? Yes, you got it in one.

### ***7. We don't go to our Anonymous Fellowship or Church support group as often as we used to***

When someone relapses I always ask them, "Have you been going to your local Anonymous Fellowship? Are you still going to church?" More often than not, the answer is 'No' or 'Sometimes'. Recovery does not work in isolation. We are all tempted to use, but before 'picking up' our addiction of choice again we need to pick up a telephone and call our Sponsor or friends who are also in recovery. Keeping clean and sober also entails keeping busy. When I am working hard with others I don't have time to get tempted. When I'm on my own at home not doing anything in particular then that's a different story. Do you keep in contact with the others in your small group? Do you have their phone numbers or e-mail addresses? Have you volunteered to help out in some way on the next Recovery Course or with your local Anonymous Fellowship group? Are you getting involved with your local Church and serving there? If the answer to any of these questions is 'No', that may be where your problem lies. If you think that's the case then do all you can to rectify the situation as soon as you possibly can. As they sometimes say at an AA meeting, *"The only thing you do on your own in recovery is slip."*

The writer of Proverbs in the Old Testament hits the nail on the head when he says, "Become wise by walking with the wise; hang out with fools and watch your life fall to pieces."

### ***8. We have skipped the previous step***

Do you notice how these eight 'Relapse Busters' look at each Step in turn? The 12-Step programme works by having a gentle accumulative affect on us. We have to start with Step 1 (and when we have a problem that's the first place we return to as the problem usually lies there) and then go on to each Step in turn. We cannot skip one. As addicts we love a quick fix for our problems and deep down we long for a quick fix in our recovery. Unfortunately it doesn't work like that. There is the temptation to move through the Steps too quickly, but God is not in a rush. So maybe slow down and allow Him to work at His speed, because He knows us better than we know ourselves, and He will go at just the right speed for our needs. This programme is a process not a race!

## Verses for Session 1

### Step 1: We admitted we were powerless over our addiction - that our lives had become unmanageable

- *"Anyone who meets a testing challenge head-on and manages to stick it out is mighty fortunate. For such persons loyally in love with God, the reward is life and more life"* James 1:12 - The Message
- *"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life!"* Proverbs 3:5-8 - The Message
- *"For you created my inmost being; you knit me together in my mother's womb"* Psalm 139:13 - NIV
- *"We don't have a priest (Jesus) who is out of touch with our reality. He's been through weakness and testing, experienced it all—all but the sin. So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help."* Hebrews 4:14-16 – The Message
- *"I have come that they may have life, and have it to the full."* John 10:10 - NIV !
- *"Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and I am helped."* Psalm 28:6-7 - NIV !
- *"But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realise that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time."* Romans 7:17-20 – The Message
- *"My people are broken – shattered! – and they put on plasters, saying, 'It's not so bad. You'll be just fine.' But things are not 'just fine!'"* Jeremiah 6:14 - The Message
- *"There's a way of life that looks harmless enough; look again – it leads straight to hell. Sure, those people appear to be having a good time, but all that laughter will end in heartbreak."* Proverbs 14:12-13 - The Message
- *"The serpent was clever, more clever than any wild animal God had made. He spoke to the Woman: 'Do I understand that God told you not to eat from any tree in the garden?' The Woman said to the serpent, 'Not at all. We can eat from the trees in the garden. It's only about the tree in the middle of the garden that God said, 'Don't eat from it; don't even touch it or you'll die.'"*
- *"The serpent told the Woman, 'You won't die. God knows that the moment you eat from that tree, you'll see what's really going on. You'll be just like God, knowing everything, ranging all the way from good to evil.'"*
- *"When the Woman saw that the tree looked like good eating and realised what she would get out of it—she'd know everything!—she took and ate the fruit and then gave some to her husband, and he ate. Immediately the two of them did 'see what's really going on — saw themselves naked! They sewed fig leaves together as makeshift clothes for themselves."*
- *"When they heard the sound of God strolling in the garden in the evening breeze, the Man and his Wife hid in the trees of the garden, hid from God. God called to the Man: 'Where are you?'"*
- *"He said, 'I heard you in the garden and I was afraid because I was naked. And I hid.'"*
- *"God said, 'Who told you you were naked? Did you eat from that tree I told you not to eat from?'"* Genesis 3:1-12 – The Message !
- *"No more lies no more pretence. Tell your neighbour the truth. In Christ's body we're all connected to each other, after all. When you lie to others, you end up lying to yourself."* Ephesians 4:25 - The Message
- *"They promise them freedom, while they themselves are slaves of depravity – for a person is a slave to whatever has mastered them."* 2 Peter 2:19 - The Message
- *"Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you."* Galatians 5:1 - The Message
- *"If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."* John 8:31-32 - NIV !
- *"I do not understand what I do. For what I want to do I do not do, but what I hate I do...for I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing...what a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord!"* Romans 7:17-20 – NIV
- *"Be merciful to me, Lord, for I am faint; O lord, heal me, for my bones are in agony. My soul is in anguish. How long, O Lord, how long? Turn, O Lord, and deliver me; save me because of your unfailing love."* Psalm 6:2-4 - NIV

- *"You can't worship two gods at once. Loving one god, you'll end up hating the other. Adoration of one feeds contempt for the other". Matthew 6:24 - The Message*
- *"With man this is impossible, but with God all things are possible". Matthew 19:26 - NIV*
- *"When troubles ganged up on me, a mob of sins past counting, I was so swamped with guilt I couldn't see my way clear. More guilt in my heart than hair on my head, so heavy the guilt that my heart gave out". Psalm 40:12 - The Message*
- *"A person's pride brings them low, but a person of lowly spirit gains honour". Proverbs 29:23 - NIV*
- *"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes". Matthew 6:34 - The Message*
- *"You do well to be angry – but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life". Ephesians 4:26-27 - The Message*
- *"I came so they can have real and eternal life, more and better life than they ever dreamed of." John 10:10 - The Message*
- *"If you grasp and cling to life on your terms, you'll lose it, but if you let that life go, you'll get life on God's terms." Luke 17:33 - The Message*
- *"Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, 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 8:35-39 - NIV*

## Verses to beat the devil

### **When the devil makes you feel as though God has abandoned you and you feel lonely**

Say, "God has said, 'Never will I leave you; never will I forsake you'" – Hebrews 13:5, clear off!

### **When the devil makes you feel afraid**

Say, Jesus says, "Peace I leave with you; my peace I give you...Do not let your hearts be troubled and do not be afraid." – John 14:27, clear off!

### **When the devil makes you feel anxious**

Say, Jesus says, 'do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes...For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.' – Luke 12:22-34, clear off!

### **When the devil makes you feel that God doesn't know what you are going through**

Say, 'For we do not have a high priest (Jesus) who is unable to sympathise with our weaknesses, but we have one who has been tempted in every way, just as we are— yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.' – Hebrews 4:15-16, clear off!

### **When the devil makes you feel broken hearted and God doesn't care**

Say, 'The LORD is close to the broken-hearted and saves those who are crushed in spirit.' – Psalm 34:18, clear off!

### **When the devil makes you feel discouraged**

Say, 'God is (You) are my refuge and my shield; I have put my hope in your word.' – Psalm 119:114, clear off!

### **When the devil makes you feel guilty**

Say, 'Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.' – Romans 8:1-2, clear off!

### **When the devil makes you feel overwhelmed**

Say, 'I lift up my eyes to the hills— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your (my) foot slip— he who watches over you (me) will not slumber...' – Psalm 121, clear off!

### **When the devil makes you feel judged and condemned by God**

Say, 'If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all— how will he not also, along with him, graciously give us all things?...Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?...No, 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 8:31-39, clear off!

**When the devil makes you feel unfairly judged by others**

Jesus says, 'Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.' – Matthew 5:10-12, clear off!

**When the devil makes you feel powerless**

Say, 'Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.' – Ephesians 3:20-21, clear off!

### **Serenity Prayer**

*God, grant me the serenity To accept the things I cannot change,  
The courage to change the things I can, and the wisdom to know the difference.*

*Living one day at a time, Enjoying one moment at a time;*

*Accepting hardship as a pathway to peace;*

*Taking, as Jesus did, This sinful world as it is, Not as I would have it;*

*Trusting that You will make all things right If I surrender to your will;*

*So that I may be reasonably happy in this life*

*And supremely happy with You forever in the next.*

*Amen.*

*Reinhold Niebuhr*

### **The Lord's Prayer**

*Our Father in heaven,*

*hallowed be your name.*

*Your Kingdom come,*

*your will be done,*

*on earth as in heaven.*

*Give us today our daily bread.*

*Forgive us our sins*

*as we forgive those who sin against us.*

*Lead us not into temptation,*

*but deliver us from evil.*

*For the kingdom,*

*the power and the glory are yours.*

*Now and for ever.*

*Amen.*