

NextStepChristianRecovery

Welcome Packet

Next Step Christian Recovery

Mission Statement

Next Step Christian Recovery is a Christ-centered Twelve Step program devoted to helping its members break the cycle of addiction in their lives. We work with anyone with any type of addiction.

We believe the Twelve Steps to be the practical application of the life-changing principles which are so clearly defined in the Scriptures. The primary tools of Next Step Christian Recovery include a Twelve Step Bible-based workbook as well as group meetings where sharing with others takes place.

The members of Next Step Christian Recovery help each other work through the problems of their past and support each other's efforts to change their thoughts, behaviors (and, ultimately, their hearts). Our goal is to grow closer to God each day and learn to trust Him, His Word and His Will for our lives. Redeeming, Reconciling and Restoring lives is God's purpose and ours.

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Questionnaire for Identifying Addictions

- You practice this sin even though you have tried repeatedly to stop.
- You practice this sin and blame others or circumstances for your failure to stop.
- You deny that what you are doing is sin.
- You convince yourself that you are not enslaved to this and “can stop at any time” even though you continue in the sin.
- You convince yourself that this sin has no power over you since you do not commit this sin as much as you once did.
- You repeat the sin even though any pleasure or satisfaction to yourself is short-lived while the harm to yourself and others is considerable and long term.
- You seek to hide your sin.
- You revile or slander the very people who are seeking to restore you to the Lord and others.
- You still commit this sin although you know that it obscures the testimony of Jesus Christ in your life and is a stumbling block to others.
- You continue in this sin despite the knowledge that God’s Word tells you to stop sinning and that God’s provisions are sufficient to release you from this bondage.
- You repeatedly commit this sin while knowing that this does not please the Lord nor bring glory to God.
- You continue in this sin even though you realize that your deeds (thoughts, words and actions) do not conform to the character of Christ.

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Catalog of Addictive Agents

- Alcohol or drugs
- Work, achievement, and success
- Money addictions, such as overspending, gambling, hoarding
- Control addictions, especially if they surface in personal, sexual, family, and business relationships
- Food addictions
- Sexual addictions
- Approval dependency (the need to please people)
- Rescuing patterns toward other persons
- Dependency on toxic relationships (relationships that are damaging and hurtful)
- Physical illness (hypochondria)
- Exercise and physical conditioning
- Cosmetics, clothes, cosmetic surgery, trying to look good on the outside
- Academic pursuits and excessive intellectualizing
- Religiosity or religious legalism (preoccupation with the form and the rules and regulations of religion, rather than benefiting from the real spiritual message)
- General perfectionism
- Cleaning and avoiding contamination and other obsessive-compulsive symptoms
- Organizing, structuring (the need always to have everything in its place)
- Materialism

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Pursuit of Happiness

“Pursuit of Happiness” is a fairly common term within this country. The United States’ Declaration of Independence proclaims “that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

This pursuit of happiness can be defined as...filling our lives with activities that provide for our overall well-being. This certainly may include material things but it goes beyond that to include our spiritual and moral condition as well. Too often, though, our pursuit of happiness is focused on things other than those that are for our overall well-being (see “Catalog of Addictive Agents” handout). In our attempt to find happiness or fill the void in our hearts and lives we often find ourselves far from happy. Instead we end up angry, confused, lost, depressed, addicted, or hopeless.

In Romans 12:1-2, Paul implores his brothers and sisters from the church in Rome to offer their bodies/their lives to God. He writes to them (and us), “Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. 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.”

In reading these verses we catch a glimpse of God's perfect plan and the way in which we will find happiness. His perfect plan is for us to live holy lives. “Holy” simply means set apart for God. When we turn to Him and seek His will we are living a holy life and carrying out His perfect plan!

In Matthew 5:6 the author states, “Blessed are those who hunger and thirst for righteousness, for they will be filled.” Another way of saying blessed is truly happy. As many of us have discovered, the worldly things we turn to rarely lead to us feeling blessed or truly happy, but when we hunger and thirst for righteousness we are filled. Again, we see that in our pursuit of happiness we need to turn to God and seek His will.

God sent His Son Jesus Christ to this world for us and He tells us in His word that Jesus “...fills everything in every way” (Ephesians 1:23 NLT). Our true happiness, fulfillment, and overall well-being are found by drawing closer to God through Jesus Christ, His Son, and seeking His will for our lives. As stated in Philippians 4:7 (NLT), “Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” These are just a few verses that help us discover how to find true happiness in this life. The Bible is

full of verses that teach us the same thing – we need to seek God and His will for our lives in order to find fulfillment.

This is what Next Step Christian Recovery is all about: helping each other work through the problems of our pasts (and present) in order to find true happiness and fulfillment – to fill the void in our hearts and lives. We are all at different places in our pursuit of happiness. Some of us may currently be in a state of addiction and hopelessness while others may have already found freedom from addiction. Some of us may not yet believe in Jesus Christ while others not only believe in Him but have committed their lives to Him and accepted Him as their Lord and Savior. Whatever the case, we are all sinners and can benefit from learning to apply the Twelve Steps to our lives in order to overcome sin. Steps 1 – 7 are designed to lead the lost to God or to help an erring Christian find their way back to faithful services. Steps 8 – 12 constitute an excellent follow-up plan to keep the faith, fight the battles, and finish the course.

- Do you want to find true happiness and be filled?
- Are you ready to accept God’s perfect plan for your life and be set apart for Him?
- Are you ready to experience God’s peace which transcends all understanding?
- Are you ready to take the next step in your recovery?

If you answered “Yes” to any or all of these questions then we would like to welcome you to Next Step Christian Recovery!!

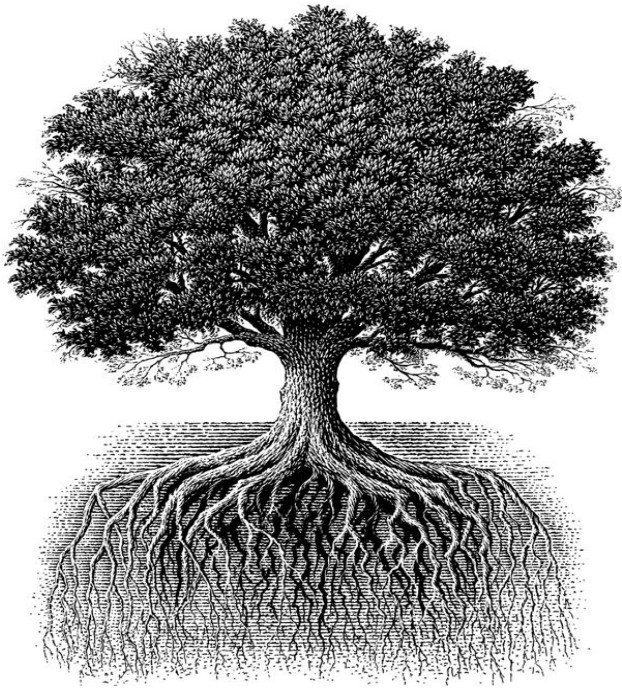
Getting to the Root of Addiction

LEAVES = Coping Mechanisms / Symptoms

- Alcohol or drugs
- Work, achievement, and success
- Money addictions, such as overspending, gambling, hoarding
- Control addictions
- Food addictions
- Sexual addictions
- Approval dependency (the need to please people)
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BRANCHES = Negative Thoughts & Behaviors

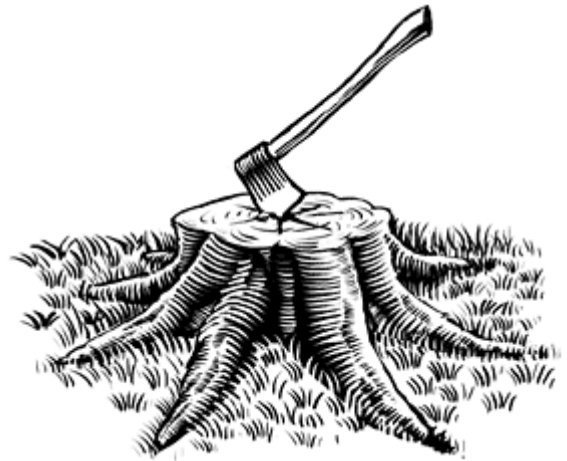
- Guilt
- Fear
- Shame
- Anger
- Loneliness
- Anxiety
- Insecurity
- Jealousy
- Hopelessness
- Abandonment
- Defeat
- Depression
- Self-punishment
- Low self-worth
- Enabling behavior
- Bad choices
- Lack of self-control
- Spiritual ineptitude
- Inability to release control of our lives
- Self-defeating behaviors



ROOTS = Cause(s)

- Abuse (physical, sexual, emotional, spiritual)
- Trauma
- Broken Relationships
- Grief and loss
- Neglect

Cutting down the tree with all the branches and leaves sounds like a reasonable cure. It eliminates the negative thoughts and behaviors along with the addictions but, unless we get to the root and deal with what is beneath the surface, we run the risk of being enslaved again by the same or an even worse addiction.



THE CURE = Relationship with Jesus Christ

- 2 Corinthians 5:17 “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”
- Colossians 2:6-7 “So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”
- Romans 11:16 “...if the root is holy, so are the branches.
- Philippians 4:7 “And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.”