



## **Christian Addiction Recovery: Step 1- Admitting that Our Lives Had Become Unmanageable**

Recovering from addiction can be a real challenge, especially for us who want to align our recovery process with our Christian faith. We all know by now that addiction is not just a physical or mental struggle, but a battle that takes place in the spiritual realm and affects our connection with God. It is like being caught in a spiritual tug-of-war, with temptations, guilt, and shame weighing us down. But here is the good news: we do not have to face this fight alone.

**Step 1:** In this first step, we are going to explore the crucial process of recognising our powerlessness over addiction and admitting that our lives have become unmanageable. It is an act of humility before God, perfectly in line with the biblical principle of surrendering our will to His divine guidance. We come to the realisation that we cannot overcome addiction in our own strength. The Bible reminds us time and time again that it is through our weaknesses that God's strength is made perfect (2 Corinthians 12:9). Within its sacred pages of the Bible, we find countless promises of redemption, forgiveness, and renewal. Take Romans 8:1, for example, which assures us that there is no condemnation for those who are in Christ Jesus. This is a glimmer of hope for anyone struggling with addiction. When we firmly ground ourselves in profound biblical truths like this, we can gather the strength we need in order to take that first step in our recovery.

So, how can we admit that we're powerless against addiction? Let us break it down, step by step. It might be helpful to grab a separate sheet of paper, a journal, or a workbook to help you with this.

In the Bible, Romans 7:18-20 (NIV) talks about how we all have a sinful nature. We want to do good, but sometimes we end up doing things we know are wrong. It's like there's this sin living inside of us that makes us do things we don't want to do.

## **Practical Steps:**

### **1. Admit that we cannot beat addiction on our own and that life had become unmanageable:**

We have to be able to admit that addiction has taken control of our lives and that we need help. Think about what you have tried before to regain sobriety and where you struggled. Make a list of those things. This step requires us to let go of control and surrendering to God. Here is the secret: we don't have to control everything. We have to release our grip on the steering wheel and let God take the wheel. Surrendering to His power and will is like taking a burden off our shoulders, trusting that He knows what is best for us, even when it is hard to see. Although recovery may feel like a maze, one thing is certain; God has a plan to guide us through it. We have to trust in His timing and lean on His promises. Even when the road seems uncertain, we have to have faith that He is leading us toward a better life. The obstacle we may face in this step is pride. Pride is sometimes a tough nut to crack, but it is crucial for our recovery. We have to let go of the need to have it all together and embrace humility. We will find that it is okay to admit that we are not perfect and that we need help

**2. Take a Good Look at Ourselves:** Reflect on how addiction has affected different parts of our lives. Think about how it has hurt our relationships, health, school, and even our faith. We have to be honest about how addiction has taken over our lives. When we dig deep and truly examine its impact on our lives, we begin to realise the extent of its destructive power. Addiction seeps into every aspect of our existence, leaving no stone unturned. It shakes the very foundation upon which we build our lives, takes a heavy toll on our relationships. It creates a rift between us and those who care about us most - family members, friends, and romantic partners. Trust is shattered as addiction drives us to prioritise substances or harmful behaviours over meaningful connections. Our loved ones bear witness to the gradual erosion of our character as we become consumed by addiction. How much have we truly lost to our addiction? We can compile endless lists detailing what addiction has taken from us.

**3. Get Support:** We have to reach out to someone we trust, like a Christian counsellor, pastor, or a support group. It will be helpful to talk to people who understand addiction from a Christian perspective. They can give us advice, support, and pray for and with us. Building relationships with fellow believers can also provide invaluable support. You have to Google for a church or NA groups near you which you can join. Even if you find a NA group, it will be vital for you to connect with a church. Many churches offer support groups designed for us dealing with addiction. Take advantage of these resources and surround yourself with individuals who can help you stay focused on your recovery goals. You cannot walk this recovery journey alone. Seek out fellow believers who understand the struggles of addiction and can provide a supportive and accountable community. While faith and community play crucial roles in addiction recovery, it is important to recognise the value of professional help as well.

**4. Give it to God:** Give your addiction to God. Understand that only God's power can help you overcome this struggle. Surrendering to God means admitting your weaknesses and asking Him

to give you strength. We all mess up, and that is okay. The key to moving forward is to recognise our mistakes and have a change of heart. Repentance is like hitting the reset button. It's not about beating yourself up but acknowledging your wrongs and making a genuine effort to do better. It is about feeling sorry for what you did and wanting to change your behaviour so you do not do it again. In God's eyes, we are not defined by our mistakes. His mercy and grace are like a safety net that catches us when we fall. We have to embrace His forgiveness, let go of guilt, and allow His love to lift us up. After all, recovery is about progress, not perfection

**5. Pray and Meditate:** Spend time every day praying and meditating. Ask God for guidance, strength, and healing. Reflect on yourself and ask God to help you understand your powerlessness. Trust in Him as you start your journey to recovery. Prayer and meditation are like power tools for your soul. They help you connect with God and find peace amidst the chaos. Read the Bible, which is not just a dusty old book, but a treasure trove of wisdom and guidance. Dive into its pages and discover the timeless truths that can help you on your journey to recovery. Apply these teachings to your life, and you'll see how they can transform you from the inside out.

**6. Be Honest:** Practice being completely honest with yourself, God, and others. Honesty is super important in recovery because it helps you be accountable for your actions. It's okay to admit when you've made a mistake or need help. Confessing your sins to others can be a powerful step in the recovery process. Opening up about your struggles and seeking accountability within a safe and supportive community allows for healing and growth. However, the decision to confess sins should be made with careful consideration and in consultation with trusted individuals who can provide wise counsel. Remember; you're not alone in this. With God's help and the support of others, you can overcome addiction and live a healthier, happier life. Keep going, and don't give up!

**To remember:**

- While scripture provides strength, guidance, and comfort, overcoming addiction often requires a multifaceted approach. Scripture serves as a source of inspiration and encouragement, but seeking professional help, building a support network, and implementing treatment strategies are also important for recovery.
- Involving your church community in your addiction recovery can be very beneficial. Seek out a support group within your church or discuss your journey with a trusted pastor or spiritual leader. Engaging in Bible studies or prayer groups focused on addiction recovery that can provide additional guidance and encouragement.
- Confessing our sins to others can be a powerful step in the recovery process. Opening up about our struggles and seeking accountability within a safe and supportive community allows for healing and growth. However, the decision to confess sins should be made with careful consideration and in consultation with trusted individuals who can provide us wise counsel.

- Moving between addiction recovery and faith is a common challenge. It is important to remember that God's grace is enough, and that He understands our struggles.

Continue to the worksheet of Step one for further assistance.