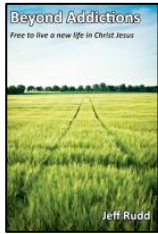


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Beyond Addictions Facilitator's Guide

Free to live a new life in Christ Jesus

Welcome! We hope that you will find the *Beyond Addictions* Facilitator's Guide helpful as you use the book to disciple men and women out of addiction. This course is used by recovery groups and other ministries in a variety of situations. The Facilitator's Guide provides some helpful suggestions for group leaders who are working with or without small groups, inside or outside of prison.

Here are some keys to keep in mind:

- 1) **Pray.** Rely on the leading of the Holy Spirit to direct your use of each chapter and assignment.
- 2) **Study each lesson.** Ask the Lord to open your understanding of the chapter, and of the scripture passages used. If it is helpful to you, listen to the audio that is available on the Beyond Addictions page of the Free In Christ Prison Ministries website <http://www.ficpm.com/gba.php>. These are mp3 recordings of actual classes that we have taught in prison.
- 3) **Use the assignments.** They are conveniently placed in the back of the book. You can also download 8 ½ X 11 inch copies on the Free In Christ Prison Ministries website. Have the participants complete each assignment before attending each meeting. So, they will read the material and complete the assignment before coming to hear you teach the same lesson. That way, they are getting at least three exposures to the material, and you are assured that they have read the chapter.
I recommend that you have participants to turn in their assignments for your review. You are not grading them; you want to see what each participant is learning. Tell the participants to answer each question with regards to what they are learning, not to write what they think you want them to say. You want to find out where they're at, what they believe, what they are struggling with. Encourage them to be honest, and not to hide anything. You should be the only person who looks at these assignments other than the person who wrote the answers.
- 4) **Use the audio lessons** on the Free In Christ Prison Ministries website too. These may provide helpful insight for you as the facilitator, and they will fill in the gaps as the participants try to grasp the Biblical message in each chapter.
- 5) **Teach the scripture passages in each chapter.** Since the participants will have read the chapter and completed the lesson, you are free to focus on the scriptural messages without feeling like you have to cover all of the material. Focus on the part of the chapter that you believe needs to be emphasized in your particular group.
- 6) **Teach the message.** You want some involvement from the participants but you do not want them to spend the entire time sharing opinions rather than hearing the Biblical message. Be sure that all questions or comments are germane to the topic, and that they are not simply sharing whatever comes to mind. The guidelines for small group discussions will help with this too.

- 7) **Provide the participants with a course schedule and contact numbers. (Do not give out phone numbers if you are working in jail or prison ministries.)** Meet weekly, and plan for a forty-five minute large group meeting along with an additional 45-60 minute small group meeting. If you are not using small groups, plan for one 60-90 minute meeting with the entire group.
- 8) **Complete the course with a celebration.** Present certificates to those who attend all fifteen sessions and complete all of the assignments (or possibly 14 out of 15). Let them know up front that you are going to do this, and encourage them to attend each week.
- 9) **Guidelines for small groups:**
 - a. Schedule 45 minutes to an hour for small group sessions.
 - b. Do not mix men and women in the small groups; segment them according to sex.
 - c. Allow 10-20 minutes at the beginning of the small group session for participants to share. “Tell us about your week.” “What has the Lord been doing in your life?” Before opening the floor, tell them to limit their comments to a couple of minutes.
 - d. Ask for participants to pray for each other as needs are shared. Take these concerns to the Lord before closing the session. Sometimes problems are solved when we bring them to light and take them before the throne of grace.
 - e. Do not allow the sharing time to consume the meeting. Once it begins to wane or begins to reach the time limit, bring it to a close with prayer.
 - f. After sharing and prayer, interject one of the scriptures from the chapter you are studying or one of the Foundational Scriptures into the group discussion. Ask them how this particular passage affects the problems that were shared in the first part of the session. Bring two or three passages that you can use this way. For example: read John 10:10 and ask the members how they have seen Satan, their enemy, attempt to steal from them or destroy them this week. Ask them how his offer really compares to Jesus who came to give them abundant life. I will often tell men that Satan did not come to give them a good time; that’s just the candy-coating on the bitter pill that he wants them to take. Knowing this, how does this affect you when you are tempted to find the drug man, or pick up a six pack, or hit that Internet site? What will the outcome be? Then look at Jesus’ promise of abundant life that He has in mind for you. Which would you prefer?
 - g. You may also want to cover a couple of the questions that are included in the assignment; however, you don’t need to use the small group session to cover the entire assignment.

10) Guidelines for prison and jail ministries:

- a. Follow the same guidelines that are mentioned above.
- b. Pray for participants before, during and after every meeting. Pray for each life-changing message to be applied.
- c. The rules of the facility will protect you, so abide by all of them.
- d. Remember that you are a guest in the house. Do not become frustrated with staff or officers who may not know who you are or what you are doing. Be courteous and polite.
- e. Do not share personal information with inmates. That includes phone numbers, personal addresses (use the church or a PO Box number instead of your own street address), or other information that you would not want broadcast across the prison.
- f. Expect some problems. It is not always easy or automatic for you to move smoothly through security or into the meeting room that you normally use. Do not allow these distractions to take your focus off of the Lord. He is still in control.

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First Meeting - Introducing Beyond Addictions

NOTE: Pray and prepare for each class. Ask the Lord to draw men and women to your meetings who are receptive to His Word. Ask the Lord to show you what questions to ask, which scripture passages to emphasize, and what direction each particular lesson should take.

There is a lot of detail in this first section. Don't expect this much direction for each chapter.

- 1) Start on time. Don't make a big deal about this; just begin each meeting on time.
- 1) Open in prayer.
- 2) Take a few minutes to introduce yourself. You will need a class roll if you are going to recognize graduates at the end of the course.
- 3) Tell them a little about the course.
 - a. "*Beyond Addictions* is a Biblical, Christ-centered course that enables you to move beyond the issues of addiction so that you can live free in Christ Jesus. Jesus came so that you could have life, and that more abundantly (John 10:10). He has a good plan for your life, according to Jeremiah 29:11, and that life is free from addiction."
 - b. "*Beyond Addictions* has been taught in prison since the Fall of 2002. More than four hundred men have graduated from the course, and the vast majority of them who have been released are still free from prison, and free from addiction."
 - c. "*Beyond Addictions* works. We apply the Word of God and the power of the Holy Spirit to this problem, and God changes lives." Use your own words; keep it natural.
- 4) Pass out the books.
- 5) Introduce the *Beyond Addictions* course:

Course Introduction

Beyond Addictions is organized into five parts. You can use the Table of Contents to show them how it fits together. Here is a general outline that you can use as you develop your own description:

1) Part I - Where to Start?

- a) We are here to find real life and grab ahold of the hope that every man and woman has in Jesus Christ. Check out the Preface. Ask them about the account of Ron's life in the Preface. Does this sound familiar?
- b) Beginning at the Beginning challenges your ideas about addiction and whether or not the Bible addresses it.
- c) Transforming the Way We Think – this is an agreement that we have to come to in order to be open to the messages of the Bible. WE NEED TO CHANGE OUR THINKING. AGREED?

2) Part II - Biblical Views of Addiction

We will take three weeks to look at Biblical examples and messages of addiction. This is important, but thank God that the course doesn't end with this. We will look at addiction as:

- a) Idolatry
- b) Voluntary slavery

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- c) Adultery
- d) Life-dominating sin

What an ugly list! Stick with us. The news gets better in the next section.

3) **Part III** – Biblical Solutions to the Problem of Addiction

Hallelujah! Now we get to see what the Bible says about the solution to this problem. We will look at:

- a) Jesus Christ, the author and finisher of our faith, who has power over death, life, and addiction.
- b) We will explore the possibility that all we have really needed for peace, joy, and purpose in life has been waiting for us in Jesus Christ.
- c) What the Bible says about your identity as a believer in Jesus Christ. It is important to understand who you are in order to know how you should behave.

4) **Part IV** – Applying Godly Wisdom to Key Areas of Your Life

What does the Bible say about some key issues in our lives? This is a practical, hands-on section that provides us with the wisdom of God to know how to deal with four issues that directly affect our freedom from addiction:

- a) Pride (good or bad)
- b) Anger (how to avoid it and to control it, how to be free from bitterness)
- c) Self-discipline (how to incorporate it into your life, and to enjoy its benefits)
- d) Developing friendships (who to seek, who to avoid, and why)

5) **Part V** – Building Walls of Protection (and building a strong foundation for the rest of your life)

We round out the course by looking at how we can continue building on the good foundation that God has begun in your life.

- a) Your life – an eternal construction project
- b) Continuing the work of Jesus Christ in your life
- c) Completing the good work that He has begun in you.
- d) Putting it all to work - let's continue applying what we have learned.

Be sure to take them to the Foundational Verses in Appendix A, and introduce them to a couple of your favorites.

Finish out by showing them the assignments in Appendix C. You will want them to either fill out these assignments or use the full-size ones that you print from the website.

Small Groups:

1. Allow 10-20 minutes for participants to introduce themselves. Please remind them to take only a couple of minutes each. Ask for prayer requests, and pray.
2. Ask them how they heard about the course.
3. Review a few of the foundational scriptures (possibly II Corinthians 5:17, Romans 12:1-2, Jeremiah 29:11).
4. Let them know what to expect next week (large group followed by small group session with time to share, pray and to look in some detail at a portion of the chapter).
5. Close in prayer.

Assignment for next week: There are no assignments due with the first chapter. Just have them read the first chapter and get ready to grow.

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Beginning at the Beginning

Chapter 1

NOTE: It is certainly alright to have new participants enter the group as you move ahead. Invite them in, and encourage them to complete the assignments that will bring them up to speed. This is easy during the first few weeks but will become more of a challenge as you get to the middle of the book.

Refer to the general guidelines on the first two pages for information on the organization and the flow of each meeting.

Key points:

- 1) Touch upon the introductory lesson and the organization of the book into five parts. Remind them of the Foundational Verses.
- 2) As you can see in this chapter, the Bible does, in fact, address issues of addiction.
- 3) Addictions are nothing new; Lot dealt with them more than 3,400 years ago.
- 4) Let's agree to go back to the foundation and rebuild. Don't cling to any notions or ideas that do not agree with the Word of God. Let's put everything on the table, ask the Lord to sort it out, and to show us what is really true. Can we agree to do that?
- 5) Select from the scripture passages in the chapter and teach 3-4:
 - a. II Corinthians 5:17 – how does this affect your issues with addiction?
 - b. I Corinthians 10:13 – tells us how to win the battle against temptation.
 - c. Ephesians 2:10 – reminds Christians that they have a purpose in life.
 - d. Jeremiah 29:11 – powerful reminder of how God is thinking about us, and of the peace (of mind, with Him, and in Him) that He wants to give us.

Small Groups

- 1) Begin with prayer and introductions.
- 2) Provide 10-20 minutes for participants to share their concerns (a couple of minutes for each person). Pray for their needs.
- 3) Ask them what they got out of the message.
- 4) Interject a couple of the scripture passages into the discussion. “What does it mean to have ‘a hope and a future?’” “Did you know that God is thinking about you this way?”
- 5) Conclude the discussion with Galatians 6:9.

Assignment:

Read chapter #2. Complete assignment #1 & 2.

Close in prayer.



Transforming the Way We Think

Chapter 2

NOTE: In this chapter, we use the analogy of the caterpillar changing to a butterfly to illustrate the kind of change that God wants to make, and can make, in our lives. Use the illustrations in each chapter to bring the message to life, and ask the Lord for more of your own to make the message as visual as possible.

Remember to follow the general guidelines on the first two pages for the proper organization and flow of each meeting.

Key Points:

- 1) We need to renovate our thinking. Break down Romans 12:1-2 to teach the blessedness of being renovated from the inside-out.
 - a. Ask participants what they are taking in that continues to mold them into the shape that the world wants them in.
 - b. Ask them how they could invest the same time into being radically changed (transformed).
- 2) Touch upon the fact that the ones who hunger and thirst after righteousness are the ones who are truly happy (Matthew 5:6).
- 3) How are our minds renewed?
 - a. Reading God's Word (Ephesians 5:25-26)
 - b. The Word of God is powerful and effective (Hebrews 4:12 & II Timothy 3:16-17)
 - c. Invite the Holy Spirit to help (John 14:16-17, 26)
 - d. God enables us to counsel one another with the Word of God (Romans 15:14 & II Corinthians 1:3-4)

Small Groups:

- 1) Begin with prayer and introductions.
- 2) Provide 10-20 minutes for participants to share their concerns (a couple of minutes for each person). Pray for their needs.
- 3) Lay Romans 12:1-2 before the group. Ask them where they can apply this passage today.
- 4) Take them to the Foundation Verses and ask them how II Corinthians 10:3-5 applies (taking thoughts captive).

Assignments:

- 1) Take up Assignment #1 & 2*
 - 2) Read chapter #3 and complete the assignment
- * You will need to review these and make some notes before giving them back at the end of the next meeting.



How Did We Descend Into Addiction?

Chapter 3

NOTE: Mine the chapters for important points that reach the men and women in your group. Check out the introductory sections between each chapter. Look for quotes from former students and others that are included, and ask participants what they think about these. Remember to refer to the general guidelines on the first two pages for information on the organization and the flow of each meeting. (If you are tired of reading this sentence, then rejoice. It's the last time I will remind you.)

Key Points:

- 1) Spend a little time on Dr. Welch's definition of "addiction". This is important. The text on pages 21-22 breaks it down for you.
- 2) Ask (possibly rhetorically in the large group) what motivated participants to descend to such a lousy lifestyle.
- 3) Read Proverbs 9:13-18. It provides a visual reminder of how we can be enticed into addiction.
- 4) James 1:14 also describes how Satan can draw upon the lust that may be in our heart, and lead us into addiction. The fisherman analogy provides a good illustration of how we are enticed to take the bait.
- 5) Teach the message in Judges 14:1-9, & Judges 16:1-21. Samson's failures are the centerpiece in this chapter. His life provides a number of points of comparison that most people relate to. Study this section and ask the Holy Spirit to enable you to teach it effectively as a warning not to allow our physical desires to rule our lives.
- 6) Remember how Samson started by going down to Timnah. He never imagined that it would end with him grinding in the prison house. This is a powerful reminder of how playing around with a little sin now can lead to bondage to addiction in the future.
- 7) Close by focusing on how we escape from addiction. God redeemed Samson, and He can redeem us too! Now that we are free from addiction, let's apply Hebrews 12:1-2 and "lay aside every weight and the sin that so easily ensnares us."

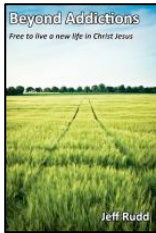
Small Groups:

- 1) Begin with prayer and introductions.
- 2) Provide 10-20 minutes for participants to share their concerns (a couple of minutes for each person). Pray for their needs.
- 3) Ask the participants if they can relate to Samson's story. Was there a time early in their experiences with addiction when they took a stroll down to Timnah?
- 4) Are there any old carcasses (relationships, habits, etc) that are calling to them to see if there is any sweetness left in them? Warn them not to go looking for any.

Assignments:

- 1) Return assignment # 1 & 2. Take up assignment #3.
- 2) Read chapter #4 and pass out this assignment.

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Addiction As Idolatry

Chapter 4

NOTE: Remember to listen to the audio that is available on the *Beyond Addictions* page of the Free In Christ Prison Ministries website (<http://www.ficpm.com/gba.php>). It will provide you with insight regarding how each session is taught in prison, and give you some direction regarding key points to emphasize as you lead the course.

Key Points:

- 1) Addiction is idolatry. Once you have taught this lesson, participants will forever see issues of addiction in this sense. They will understand that it is much easier to crush a little one inch tall idol in their heart than it is to wrestle a six feet tall monster idol to the ground.
- 2) Define idolatry using the references from Dr. Welch, and the scripture passages.
- 3) The key passages are I John 5:20-12, Ezekiel 14:3 and I Corinthians 10:6-12.
- 4) I Corinthians 10:6-12 provides you with four excellent examples of the temptations and the problems that can be caused by idolatry. Study these.
- 5) Covetousness is also idolatry. Ephesians 5:5 and Colossians 3:5 identify it this way and tell us how to deal with it. Apply these passages.
- 6) Review the passages on pages 48-49 and tell participants how to avoid this problem.
- 7) Finish with Psalm 139:23-24. This is the great heart-cleansing that helps us to avoid having these pesky little idols creeping back into our hearts again.

Small Groups:

- 1) Following the period of sharing and prayer, ask the participants if they believe that they are harboring any idols in their hearts.
- 2) Bring up the passage in II Corinthians 10 (it is also included in their assignment). Ask them if they are struggling with any of these four issues of idolatry right now.
- 3) Conclude the meeting with a time of prayer, focusing on the passage in Psalm 139:23-24.

Assignment:

- 1) Return assignment #3. Take up assignment #4.
- 2) Read chapter #5 and complete the assignment.



Other Biblical Views of Addiction

Chapter 5

NOTE: Addiction is ugly. The Bible clearly teaches that it is sin. I know that this isn't politically correct but I do not believe that it is accurate or gracious to refer to it any other way. Secular psychologists and psychiatrists view it as a sickness, and teach their clients how to cope with it as if they had diabetes. The Bible calls it sin and shows us how to be free from it. Which would you prefer? A disease that you will always cope with, or a sin that you can be free from? Even so, we do not hammer people with condemnation; we teach the truth in love, and ask the Holy Spirit to bring them to a place of conviction and restoration. So, be diligent in your message but gracious in your approach as you lead people out of bondage to addiction.

Key Points:

- 1) Ask participants if they can relate to Jim's struggle. Is anyone struggling with a problem that they need to admit to God as one that they still secretly love?
- 2) Addiction as voluntary slavery.
 - a. Use an illustration or two to show folks how we could have volunteered for something that would eventually enslave us.
 - b. John 8:34 is key. Sin may have seemed to serve us but in reality, we were serving it!
 - c. James 1:12-15 describes how harboring lust in our hearts enables Satan to entice us into sin, and eventually to enslave us.
 - d. There is a wonderful option to slavery, and it is found in Galatians 5:1.
- 3) Addiction as adultery
 - a. Use the two Old Testament passages to show the group how God views idolatry as a form of adultery against Him. In the New Testament, the church is referred to as the bride of Christ (Revelation 19:5-9). Our idolatry is also adultery against the Lord.
 - b. I often use the following analogy. "Imagine having your wife tell you 'Honey, I love you, and nothing will ever change about our relationship. But there is this guy that I met at work who provides me with a something that I'm not getting from you anymore. So, I may have a little affair ... but you won't even know about it, we'll meet at lunch ... and this won't even affect our relationship here at the house.' Do you think that this wouldn't affect your marriage? Then do you really believe that our indiscretions with a little booze, or drugs, or sexual sin doesn't affect our relationship with Jesus?" It's spiritual adultery.
 - c. Teach Proverbs 7:1-23; it's a powerful warning.
- 4) Addiction as life-dominating sin
 - a. Admit it. This is what addiction really is – it is sin, and it dominated our lives. The description and list from the *Self-Confrontation Manual* are very revealing. You may want to read through them together.
 - b. Any sin issues that fit this description can also be considered an idol. Identify it. Burn it. Grind it to powder, and throw it away.

[Type text]

- 5) Conclude with the solution to the problem – His name is Jesus. He loves you, and He came to set you free from bondage (John 8:36).

Small Groups:

- 1) Begin with prayer and introductions.
- 2) Provide 10-20 minutes for participants to share their concerns (a couple of minutes for each person). Pray for their needs.
- 3) There is a lot in this chapter. You may want to select from some discussion questions and focus on some of them as the Lord leads you:
 - a. Jim began to free himself from a sinful habit when he admitted to God that he secretly loved it and needed help. Does anyone here need to do the same thing tonight?
 - b. Did you volunteer for slavery? Do you want to resign from it? Read Hebrews 12:1-2 “Let us lay aside the weight and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith ...”
 - c. Have you ever looked at “little indiscretions with addiction” as something as serious as adultery? Good news – I John 1:7-9 tells us that, “ If we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” Jesus can forgive this sin.
 - d. Did you recognize any of your own thoughts or actions within the list on pages 64-65?
- 4) Conclude focusing on Jesus Christ, who can set us free from voluntary slavery, restore our relationship with Him, and forgive and remove the sins that so easily ensnare us.
- 5) End with prayer. You may want to allow each participant to pray out loud as the Lord leads. This is an important time for the Holy Spirit to convict, and to begin healing as men confess their sins and ask forgiveness.

Assignments:

- 1) Return assignment #4. Take up assignment #5.
- 2) Read chapter #6 and complete the assignment.



That I May Know Him

Chapter 6

NOTE: Hallelujah! We begin looking squarely at the solution to the problem of addiction. This is a good time to point out the purpose of the course – to go *beyond* addictions and live free in Christ Jesus. God did not design life for you to wallow in addiction or to struggle with it for the rest of your life. He came to set you free.

We are not going to forget what we learned about addiction in the first five chapters; however, we want to set this information to the side so we can focus on the solution.

Key Points:

- 1) Experiencing God, worshipping Him and fellowshiping with Him, is the purpose for living. You cannot live a fulfilling life apart from knowing God. That explains the emptiness that we felt in addiction, and it explains why people who are seeking to be free from addiction thru other means also live with this feeling of emptiness, this feeling that there must be more to life.
- 2) This may sound blatantly obvious but the way to get to know God is to read the Bible. Many folks have some weird ideas regarding who God is and what He is like, and their ideas did not come from scripture. Set the record straight – read the Bible.
- 3) After thirty years of following Jesus, the Apostle Paul still had one ambition – “that I may know Him” (Philippians 3:10). So, you will never exhaust all that there is to know about God. This is a lifelong pursuit.
- 4) Select from the Old and New Testament scriptures to give participants a good feel of who God is according to the Bible. Start with Exodus 3:13-14 – the Great I Am. Help them see how God revealed Himself to the Old Testament believers in various ways according to their needs (page 73)
- 5) Show them El Shaddai, God Almighty. He is the One who delivers.
- 6) Explain the dichotomy in Exodus 34:6-7. How can God be so merciful and gracious, forgiving iniquity, transgression and sin but in no way clearing the guilty? How can a person be found innocent of sin? (Email me if you have a problem answering this ... or read the chapter again.)
- 7) Reveal the nature of Jesus in the New Testament. Help them to see how His nature is exactly like God the Father in the Old Testament.

Small Groups:

- 1) Begin with prayer and introductions.
- 2) Provide 10-20 minutes for participants to share their concerns (a couple of minutes for each person). Pray for their needs.
- 3) Now, ask the participants how the God who is revealed in the Bible can meet the needs that they expressed in the first 10-20 minutes of the small group session.
- 4) Select one of the last two assignment questions and discuss it as a group.
- 5) Encourage participants to read one of the gospels and write down the characteristics of Jesus that they see as they move through the book.

Assignments

- 1) Return assignment #5. Take up assignment #6.
- 2) Read chapter #7 and complete the assignment.



Jesus Christ is Sufficient for All Things

Chapter 7

NOTE: Be sure to listen to the audio on the website for insight on how these chapters fit together. Chapters 3-5 form the Biblical picture of addiction; chapters 6-8 form the Biblical picture of the solution to the problem – new life in Christ

Jesus.

Key Points:

- 1) The key question answered in this chapter is “Is Jesus Christ enough?” The obvious answer is “yes.” BUT how do you know? The answer to this all important question must be rooted in scripture.
- 2) Focus on the passages in Colossians 1 – 2.
- 3) What does the Bible mean when it says “you are complete in Him (Jesus)?” Pray about this. Your answer will become the answer for most of the people in your group.
Note: “Complete” – Grk. *pleroo* means “(literally) to cram (a net), level up (a hollow), or to furnish, satisfy, execute an office, finish a period or task, accomplish, be complete, fill up, fulfill, be made full, fully preach, perfect, supplied.” That’s a lot.
- 4) Touch upon the scripture passages in each of the sub-headings.
- 5) Complete the message with the fact that our sufficiency is not in us, it is in Jesus Christ (II Corinthians 1:8-10 & II Corinthians 3:4-5).
- 6) Throughout the lesson, you can emphasize the fact that addictive thoughts and substances may claim to fill the emptiness in life but only Christ can. The others satisfy temporarily, and leave some seriously bad after effects. Jesus fills completely, eternally without any side effects.

Small Groups:

- 1) Begin with prayer and introductions.
- 2) Take 10-20 minutes for participants to share a praise report about their week, and to share a prayer request if they need to.
- 3) The message of sufficiency in Jesus Christ can be somewhat offensive to people who thought that they had some power in themselves to live a holy life, or to be free from addiction. Ask participants if they struggle with this message. Help them to see how important it is to rely totally on the redemption of Jesus Christ, and the constant leading of the Holy Spirit to be set free.
- 4) Refer to the definition of “complete” and ask if any addictive thing or combination of things can accomplish this.
- 5) Encourage participants to memorize key scripture passages from this chapter so they can use them when the enemy tempts them to take some other path to fulfillment.

Assignment:

- 1) Return assignment #6. Take up assignment #7.
- 2) Read chapter #8, and complete the assignment for #8 & 9 (same assignment).



Your new Identity in Christ

Chapter 8

NOTE: Whoa, this is big! Read the introduction as you get started. The quote from the former student on page 100 is particularly powerful.

Key Points:

1. II Corinthians 5:17 comes alive in this session. Pray as you prepare; ask the Holy Spirit to give you a message which will enable men & women to see how *new* their life can be in Jesus Christ.
2. “Being” precedes “Doing”. Certainly we want to see behavior change but as you can tell from this chapter, the change in identity or in nature is much more important. It is quite possible for someone to patch some new behavior on the outside and still be the same miserable, lost soul on the inside. We are here to lead men and women to freedom in Christ, to be born again of the Spirit, and to live and walk according to the Spirit. A.W. Tozer’s quote on page 102 brings this message home.
3. Take time to simply read some of the passages listed on pages 111-112 under “Who does God say that I am?” Listening to this description can soften hearts to believe that God really does think this way about His children.
4. Select from the sub-headings. Ask the Lord to show you which ones to focus on.
5. Having said that, I encourage you to teach adoption (pages 105-106). Think about the story of the Russian orphans. What must it have been like to suddenly be pulled out of a Russian orphanage and to be standing in a peaceful yard with loving parents ... in America? By the way, I can tell you that their willingness to embrace their new identity as beloved children of Christian parents has been directly related to their ability to enjoy this new life. It’s is the same way with us. If we fight against God in this adopted family, then we miss the real blessings of fellowship with Him, and we live in frustration as we fight His plan for our lives.
6. The story of Augustine is a great way to close the large group session. In this account, you can see how “old things are passed away, all things become new.”

Small Groups:

1. There should be some lively discussion in this session. “Who does the Lord say that you are?” is the operative question.
2. How does your understanding of your new identity in Christ, your new nature as a Christian, affect the way you think?
3. Which scripture passages are most important to you right now?
4. Close with prayer. Consider going around the group with each person thanking God for some part of this new identity. *Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God.* (I John 3:1a)

Assignment:

1. Return assignment #7. Take up assignment #8 & 9.
2. Read chapter 9. There is no new assignment for this chapter (mid-course break).



Making the Change

Chapter 9

NOTE: It wasn't until recently that we actually took a full session to teach this chapter but it is a good idea to do so. This is a mid-course review. Take time to review the sequence of what has been studied so far. This is your opportunity to take bit of a spiritual inventory before moving into the next phase of the journey.

Key Points:

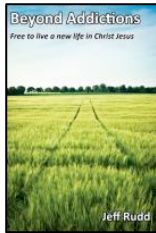
1. Review the sequence from the preface through chapter 8. Take a look at the "Course Introduction" on pages 3-4 of the Facilitator's Guide. This outlines the full course into each of the five parts.
2. Study the four questions raised in chapter nine. Form your message around the answers to each one.
3. You may allow some additional time for the small group session this week in order to provide opportunity for participants to discuss what has been most helpful to them so far.

Small Groups:

1. Begin with prayer and introductions.
2. Take 10-20 minutes for participants to share a praise report about their week, and to share a prayer request if they need to.
3. Open the floor for discussion. Here are some suggested questions.
 - a. Have you seen the effects of Romans 12:1-2 played out in your life during the past eight weeks? How have you been transformed?
 - b. Ask participants if they have sensed the Holy Spirit warning them at any time when they might have been "going down the road to Timnah?"
 - c. Have they recognized any potential idols that they were able to dismiss before they took control of their lives?
 - d. Do you feel more enslaved or freer since you started *Beyond Addictions*?
 - e. How has your relationship with Jesus changed over the past eight weeks?
 - f. What does it mean to be complete in Christ?
 - g. Is the message in II Corinthians 5:17 more alive to you now? How has this helped you?
 - h. Close in prayer, again focusing on thanksgiving, and lifting up requests for the people in the group.

Assignments:

1. We change gears a little next week as we look into the Bible to find counsel for issues that can directly affect our freedom in Jesus Christ. The first two issues are: pride & anger. Prepare to be surprised a little as you see what the Bible says about these two, and how we should deal with them.
2. Return assignment #8 & 9. Read chapter #10 and pass out the assignment.



Godly Wisdom for Pride & Anger

Chapter 10

NOTE: This is new information for most people. Pride is normally seen as a positive trait BUT the Bible says something quite different. As you address this issue, remember that God is not trying to beat them over the head; He is trying to set them free. Teach graciously but do not back away from the Biblical message.

Key Points:

Pride

1. True honor is not rooted in pride. True honor is rooted in humility (Proverbs 29:23).
2. “God loves you. He isn’t opposed to pride in order to beat you down. He is opposed to it because it is a superficial and false means of finding your true value. He has a place of honor for you in His kingdom, and it isn’t based upon your self-image. It is based upon His love for you.” (page 121)
3. Focus on the issues that can come from pride (teach the scripture passages in each of these subheadings):
 - a. It interferes with your ability to learn and grow.
 - b. Pride causes bitterness and contention.
 - c. God is anti-pride (pride actually separates you from God).

Anger

1. Why do we become angry?
 - a. It is rooted in pride (Proverbs 13:10 & 28:25)
Think of examples in your own life when pride caused you to react in anger i.e. as a parent, in traffic, with a relative, related to a work situation.
 - b. Teach James 3:14-16 & James 4:1. These two passages describe how our own lust can tempt us to become angry.
 - c. When you seek revenge.
Give it room. Revenge is not your job (Romans 12:17-19)
 - d. When you believe others are treated better than you (older brother of the prodigal son).
 - e. When you become bitter. Think of personal examples of how bitterness can cause anger. This is important; bitterness is the seed bed that Satan can use to sprout anger in our hearts. It is very important that we recognize it and remove it.
2. How can you control your anger? EMPHASIZE THIS IN SMALL GROUPS.
 - a. Submit to the leading of the Holy Spirit.
 - b. Be open to receiving God’s love in your own heart, and share it with others. Don’t try to manufacture your own love; share the love of God.
 - c. Forgive. This is probably the most important issue in the lives of many people. They are harboring unforgiveness in their heart and Satan knows just when to remind them of it. Focus on Ephesians 4:32. Grace people with the grace that you have received from Jesus Christ.

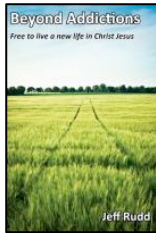
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Small Groups:

1. Open with prayer. Then ask participants if they struggle with anger. Give them a few minutes to share. Point out how anger can be used as a chain to pull them back into addiction as they seek some form of relief from it.
2. Share your most vulnerable threat of becoming angry. Mine is when others seem to receive better treatment than I do (“It’s not fair”).
3. Focusing on the scripture passages in the lesson, talk about how you can control your anger.
4. Focus on forgiveness. Talk about how you can apply the truth in Ephesians 4:32. This should require some discussion time.
5. Close in prayers of forgiveness – accepting forgiveness from God (the blood of Jesus cleanses us from ALL sin), and extending that forgiveness to those who have hurt us. Just grace ‘em. Give them the same grace that God has given you – underserved forgiveness.

Assignments:

1. Take up assignment #10.
2. Read chapter #11 and pass out the assignment.



Godly Wisdom for Self-discipline & Developing Friendships

Chapter 11

NOTE: Jonathan Edwards once said, “To reach a person’s head you must first reach his heart.” So, tell stories. Use illustrations to make this lesson and others come to life.

Key Points:

1. **Self-discipline** - the world we live in demands immediate relief from pain, immediate weight-loss, instant meals and immediate gratification. The truth is that the things of real value come from habits of self-discipline. This is important. Satan wants us to desire immediate results, and he will tempt you to take his options when you don’t see the results that you want. The Bible teaches us that real growth and real value comes as a result of a consistent, disciplined walk with Jesus Christ. Here are a few examples you may want to share.
 - a. “There is no growth in the Christian life apart from discipline and self-control.” Kenneth Boa (page 137)
 - b. Tony Dungy’s philosophy, “No excuses. No explanations.” (page 138)
 - c. Abraham obtained the promise after he had patiently endured (Hebrews 6:11-15). Also teach Hebrews 10:35-37.
 - d. There are eight subheadings under “Self-discipline” in this chapter. Ask the Lord to show you which ones should be emphasized in your message, and which should be discussed in the small groups.
2. **Choosing friends**- this is a monumentally large issue for folks who have struggled with addiction. The people we associate with have a significant influence on the direction we walk, the habits that we develop and eventually, whether we follow the Lord or return to addiction. Pay particular attention to the following sections:
 - a. Too many friends can actually be a problem.
 - b. Choose your friends wisely.
 - c. The three passages on pages 147-148 that describe people you do not want to hang around with.
 - d. Touch upon II Corinthians 6:14, particularly as it relates to potential marriage partners.

Small Groups:

1. Open with prayer and 10-20 minutes of sharing.
2. Address some of the subheadings that you did not address in your message.
3. Drop a few of the scripture passages on both topics into the center of the group for them to discuss i.e. ask them how having too many friends can actually be a bad thing.
4. Ask the participants to share the most important passage or issue from this chapter with the group.

Assignments:

1. Return assignment #10. Take up assignment #11.
2. Read chapter 12 and pass out the assignment.



The Eternal Construction Project

Chapter 12

NOTE: You are rounding the final turn as you move into chapters 12-15. You probably want to introduce the group to this closing section as you get started. The introduction on page 150 provides some information for you to

share.

Key Points:

1. You have been building a foundation in Christ for the past 11 weeks. In this chapter, you will look at how you can protect this work, and continue to build upward.
2. While the book of Nehemiah does not deal with addiction, it does deal with the devices of an enemy who wanted to destroy the positive work that the Israelites were doing. In this light, it relates very well to the construction job that God is doing in your life.
3. Tell the story of Nehemiah in order to put folks into the right setting, “The year is 444 BC. ...” The account is described pretty well on pages 151-152.
4. In Nehemiah 2:10, the enemies of Israel are first mentioned. This shouldn’t surprise you. Just as Nehemiah had enemies, there are spiritual enemies who do not want you to succeed either. Don’t be dismayed. Teach the good news in John 16:33 (page 156).
5. Give them a reality check (Nehemiah 2:17-18) but be sure to give them the whole truth. They need to examine their hearts and lives to see if there is any wicked way in them (Psalm 139:23-24) but they also need to see the good news of new life in Christ. Nehemiah told them, “You see the distress that we are in” but he also told them “of the hand of my God which had been upon me.” We need to do the same.
6. Focus on what it means to kick the enemy out of your life (Nehemiah 2:20).
 - a. Satan has no inheritance in Christians; he lost that when Jesus Christ took our sin at the cross.
 - b. Satan has no right in Christians anymore. You belong to Jesus. You have been bought with the blood of the Lamb (Hebrews 9:12, Revelation 1:5).
 - c. Satan has no memorial in you anymore. This one is up to you. Jesus Christ has done all that is necessary to remove the influence of the enemy from your life. You need to search your heart and life daily to be sure that you aren’t harboring any old thoughts or any old items that remind you of your sinful past.

Small Groups

1. Provide 10-20 minutes for prayer and sharing.
2. Focus a few minutes on Nehemiah’s statement in 2:20 “therefore we His servants will arise and build.” Ask participants what they are building on. Can some of them identify scripture passages that have become part of the building process? Remind them that, as they seek Jesus Christ and build a new life in Him, the hand of God is good upon them.

Assignments:

1. Return assignment #11. Take up assignment #12.
2. Read chapter 13 and complete the assignment.

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Continuing the Work of Jesus Christ

Chapter 13

NOTE: This week you will learn how to defeat three of the biggest weapons employed against believers in Jesus Christ – discouragement, confusion and fear. Most people who have struggled with addiction have also struggled with these three issues.

Key Points:

1. Teach the enemy's actions in Nehemiah 4:1-3, and Nehemiah's reaction in Nehemiah 4:4-6. Remind the group that the enemy will continue to use discouragement as long as it works. The solution to this problem is found in prayer, and in continuing the good work that God has called them to do. Don't quit. Don't run. Don't curl up in a ball. Continue to be faithful in your relationship with Jesus, in your family, in fellowship with Christians, and in your job.
2. God is not the author of confusion. Remember this. If you are becoming confused, then stop, and pray. Employ some of the tools on page 167 to set a watch against the enemy so that confusion will not paralyze you.
3. Fear was the tactic used in Nehemiah 4:11-12. Prayer is the answer here too. Read Romans 8:15 and II Timothy 1:7. Remember, God has not given you a spirit of fear.
4. Nehemiah took some proactive steps in order to prevent the enemy's tactics of discouragement, confusion & fear from causing any further damage. Talk about putting on the full armor of God; discuss what each piece of the armor means. Review the tools on page 175 and use these spiritual tools to win the battle.
5. Establish a physical plan to win the battle when discouragement, confusion or fear comes into play. Have someone you can call or visit. Pray with each other. Do not allow the enemy to isolate you from other Christians.

Small Groups:

1. Allow 10-20 minutes for prayer and sharing.
2. Pick up some of the tools in this chapter and ask participants to tell you how they can be used to win the battles against discouragement, confusion and fear.
 - a. Taking thoughts captive (II Corinthians 10:3-5)
 - b. Continue to be transformed as you renew your mind (Romans 12:1-2)
 - c. Do not quit (Galatians 6:9)
 - d. Others

Assignments:

1. Return assignment 12. Take up assignment 13.
2. Read chapter 14 and complete the assignment.

NOTE: You can always use assignment questions in small groups to spark discussion.



Completing the Good Work That He Has Begun in You

Chapter 14

NOTE: Focus on selfishness and compromise. Once a person has committed their life to Christ, and is free from addiction, these are the two tools that the enemy often uses to pull them back into sin. Thank God that we can avoid both problems through a disciplined relationship with Jesus, and by allowing the Holy Spirit to direct our daily lives.

Key Points:

1. W.B. has an interesting quote to start the lesson.
2. When I am most concerned with how I am being served rather than being concerned with how I am serving, then I'm in trouble. I am already planning my own pity party.
3. There are three subheadings that you want to touch upon:
 - a. Recognizing false friendships (Nehemiah 6:1-3). These guys obviously did not have Nehemiah's best interest at heart; neither does anyone who is trying to entice you back into sin.
 - b. Do not respond to false accusations (Nehemiah 6:5-7). God is your rear guard. You don't have to react to every comment or rumor that circulates through your neighborhood; let the Lord protect you.
 - c. Beware of false counsel. (Nehemiah 6:10-14). If it does not agree with the Word of God, then don't accept it no matter who it comes from.
4. Compromise is a killer (Nehemiah 6:17-19 and 13:6-9). Satan cannot defeat you with a frontal attack but he will try to entice you further and further into compromise until you are so far from God that you wonder how you got there.
 - a. Use some illustrations to bring home this point.
 - b. Apply Psalm 139:23-24 as a heart cleanser to be sure that you are not considering compromise.
 - c. Walk in the Spirit and you will not fulfill the lust of the flesh (Galatians 5:16).
 - d. Review the bullet-points on page 187 so that you remember how far you have come in your relationship with Jesus since you started this course.
 - e. Be separated unto Jesus! He will separate you from sin.

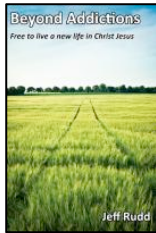
Small Groups:

1. Allow 10-20 minutes for sharing and prayer.
2. Bring up the key topics as simple statements, "false friendships", "false accusations", "false counsel", how can these devices be used to drag you back into sin? How can you recognize them and remain free from them?
3. Identify what "compromise" looks like. How could you tell if I was living in compromise?
4. What does it mean practically to be separated unto Jesus?

Assignments:

1. Return assignment 13. Take up assignment 14, and pass out assignment 15
2. Read the final chapter.

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Putting It All to Work

Chapter 15

NOTE: This is a very short chapter that provides you with the opportunity to review some of the most important points in the course, and to discuss them either in the large group or in the small groups.

Key Points:

1. Emphasize James 1:21-25. Be doers of the Word ... you will be blessed in what you do. That's a promise.
2. Jesus Christ has made you free (John 8:36). Walk in freedom; do not return to the pit of bondage.
3. Conclude with Hebrews 12:1-2.
4. Encourage all of the participants to continue their involvement with your group, and/or in a good, Bible-teaching church.
5. Recognize achievement. In prison, you should prepare and pass out certificates. This means a lot to the men and women who have invested fifteen weeks of their lives in this course. It is also a symbol of something they have started and finished well. Encourage them to continue finishing well.
6. If possible, inside or outside of prison, close with a celebration dinner.

Small Groups:

1. Review key questions from the assignment.
2. Ask participants how they have grown over the past fifteen weeks.
3. Ask them how we can adjust or improve the course. (Send me their input.)
4. Tell them when you will start the next *Beyond Addictions* course.

Assignments:

1. Return assignment 14. They can keep assignment 15 or you can take it up and return it to them later.

Well done good and faithful servant!

You will become more and more comfortable with this course each time you teach it.

Study for each lesson each time you teach the course.

Don't assume that you understand how to teach it just because you have taught it before.

You have a new group coming. Allow God to show you how each lesson should be applied to them.

Take a week off.