

Instructor’s Guide

Overall Description: The purpose of this club is to help men and women to develop into the sort of person that does not partake in their addictions. They might say if offered the opportunity to indulge that after saying, “No” that they will say, “Yeah, that’s just like me.”

Standards

* Log all club related tasks
  + Marketing
  + Meeting with venue leadership
  + Club meeting prep
  + Travel
* Always leave the venue looking better than you found it
* Always have a sign up sheet
* Always look for ways to make this program better
* 1X per week turn in log and sign in sheets at GRM Muskogee 323 Callahan
* Collect cell phone numbers for those that want a weekly recovery focused text
* Have available “Going Deeper” sheets for all attendees

Start every meeting with reading Psalm 23 as the opening prayer

Principles Talk through all of the principles every week and then focus on the one that you will teach on that week.

* You have a choice: Human beings started in a perfect environment yet they still failed. We had a choice between the wisdom of God (Tree of Life) and the wisdom of man (Tree of the knowledge of Good and evil.) We chose man’s wisdom.
* Addiction standard behaviors afterwards
  + Cover up
  + Hide
  + Blame

NOTE if you are doing any of those three things you are likely going down the wrong road

* Clean up your world: Passover reminds us that we need to take care of the little things.

***Once you have the guiding behavior principles review these every week.***

* Know your Identity: David’s Mighty Men remind us that regardless of where we started we can finish in our true identity as Mighty men
* Your life will be shaped by who you spend time with: Psalms 1 : The biggest difference between the two (Godly, ungodly) is who they hung out with. You become like those that you spend time with.
* Your Foundation is Key to survive and thrive: Sermon on the Mount: Build life on a solid foundation
* Talk is Cheap: John 5: Must take action if you are to succeed
* It won’t be easy: Mark 8: A new life will cost you and not many have the courage to follow it.
* God can help you overcome fear: With God’s Help we can overcome the Fear that created our addiction
* Nothing is Impossible
* You can be a new creation
* What seeds are you planting?
* Now is the day of salvation

End every meeting by praying the Serenity Prayer

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

Week 1 You have a choice

* Talk through the days of creation
* Focus on the fact that all was, “VERY good” Perfect Environment
* Read Genesis 3
* All sorts of trees that were fair game to eat from
  + Two trees in the middle of the garden (Tree of life, Tree of the knowledge of good and evil)
  + Today we have the same choices (Human knowledge or God’s knowledge (life)
  + We tend to make the same choice they made.
* What did Adam and Eve do after they sinned?
  + Cover up
  + Hide
  + Blame
* What do we do when we have relapsed or are in active addiction?
  + Cover up
  + Hide
  + Blame
* We are all together in this (Allow a few testimonies. Watch for those that tell the story as “Glory Days”
* Clothing stores used to have these round clothing racks. As a child I liked to hide in the middle of the rack and giggle as my mom was panicked about me. I thought I was being clever and funny. But really someone who loved me was hurting.
* In the same way God is looking for us, desiring relationship with us but we are hiding thinking that we are funny.
* Its time to stop hiding and get real.
* Memory Verse In the beginning God created the heavens and the earth. Genesis 1:1
* The Creator is the one who knows how things operate best. This is true with all things that we see in this world.

Week 2 Need to Clean up your world

Exodus 12: Cleanse sin away Deliberately Walk through the Passover symbolism

1 Corinthians 5:7 Encourage to memorize and point out similarities

To maintain a clean and sober life you will need to clean up all around you.

Question: What are the behaviors that go around our addiction? Write these on butcher block paper

Examples:

Stealing Lying Shame Manipulation Blaming Plotting

Self Harm Divide family Unhealthy Relationships Isolation Instability

Selling stuff/self Crime Fear

Let’s talk through how this club can create a culture that overcomes these:

We do not \_\_\_\_\_\_\_\_\_ Instead we are a people who \_\_\_\_\_\_\_\_\_\_\_\_.

We do not steal we choose to respect the property of others.

We do not lie we choose to speak the truth with love

We do not feel shame we remember our true identity in Christ

We do not manipulate we live lives of transparency

We do not blame we choose to take extreme responsibility for our choices.

We do not self harm. We choose to love ourselves.

We do not choose isolation. We choose to socialize.

Question: What are the reasons we give for feeding our additions?

Pain Worry Stress Genetics Family Tradition Guilt Self medication

Peer pressure Exposure Self image Rejection Rebellion

We are mismanaging these things

How can we manage them better? Massive Action Plan

Better ways to handle pain Aim for minimum of 5

Better ways to handle worry Aim for minimum of 5

Memory Verse: Luke 16:10 “One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.

Week 3

David: Known for the killing of Goliath

He was the chosen of God to be the next King but the current King (King Saul) not ready to surrender

David was on the run.

1 Samuel 22:2 All of those that were in distress, or in debt or discontented

Could say those with addictions, those with bad credit and rental history, those with criminal records

These were not your everyday church folks

David gives these guys opportunity for a new life

That is what this club can offer you

Some of these guys later consider killing David

But check this out

2 Samuel 23:8-39

These same guys ultimately become Mighty Men

They are heroes of old

Why can’t you be that?

What is your true identity?

* Made in the image of God (all people)= Genesis
* Sons and daughters of God -John
* Personal- Revelation

You are not an addict: You might be someone that struggles with addiction

You are not a liar: You might be someone that struggles with truth

You are not an alcoholic You might be someone that struggles with alcohol

Memory Verse: John 1:12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—

Week 4

Read Psalms 1 written by David

What is the difference between the two types of people shown here?

It is in where they get their counsel, who they hang out with.

David’s grandson Rehoboam failed in choosing wise counsel and it cost him most of the Kingdom

Do your friends make a you a better person or a better criminal?

Do they make you more honest, do they help uphold the statements that we are creating every week?

Are they good for your pocketbook? Are they good for your soul?

Do they call you out when you are foolish?

Do they fill you with joy?

Memory Verse: Psalms 1

Talk about Crabs and how when you catch one you have to put a lid on the bucket but if you have two in the bucket no lid is needed because they will pull each other back into the bucketBlessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.The ungodly are not so: but are like the chaff which the wind driveth away.Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.For the Lord knoweth the way of the righteous: but the way of the ungodly shall perish.

Week 5

28 Generations later David’s 28 great grandson Jesus showed up

In his most famous sermon He laid out some incredible principles

Principles are our foundation

That is what we are laying out for ourselves in these lessons

Matthew 7:24-27

This is the conclusion of the sermon This is His main point

Both had storms come

We all will have storms

We all seem to be surprised by them

Some stand and some fall

What is the difference

It is the foundation

Two points

* We must consistently and deliberately build up our foundation so that we can weather the storm
  + Like the oxygen mask on a plane
* Once we have stood we can reach back and help those that were not prepared.

Memory Verse: Matthew 7:24-27

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Week 6

Read John 5

Take Action! Your action is your yes.

Matthew 21:28-32

Many in addiction will say that they want a different life

Talk is cheap

What actions can we take starting TODAY that will show the world that we are different people than the ”Addict” that they think they know

Discussions on healthy actions

Memory Verse

John 5:8 Then Jesus said to him, “Get up! Pick up your mat and walk.”

Week 7

Mark 8:1 Large Crowd

* Feeds 4000
* Debates with Pharisees
* Discussion about who Jesus is
* Mark 8:31-38
  + Becoming a person of character will mean sacrifice
  + Becoming a person of character will require killing off of your old self
  + Becoming a person of character will separate the men from the boys.
* From here on out the Gospel takes on a different tone.
  + Things just got real.
  + Living a life of character is tough, but it will be worth it.
  + Many quit following Jesus because it simply did not seem fun anymore
* This new life without addiction will not be easy.
* There will be good days and bad days
* It may not always be fun, but it will be worth it.

Memory Verse

John 15:13 Greater love has no one than this: to lay down one’s life for one’s friends.

Week 8

In the Garden:

* Mark 14:50 Apostles all flee
* Luke 22:54-62 Peter Denies Him
* John 21:3 Go back to what they know
* Acts 4:23-31 Fear is gone!
* Acts 12 Peter sleeping while awaiting execution

Main Points

* Fear is often the driving force in our lives.
* Too often we return to what we know
* Quitting our idols, our crutch to life is difficult in our own power.
* We need God to overcome those ingrained items (One flesh)
* The Holy Spirit in us changes us and overcomes the darkness and fear that is within us

Memory Verse:

Isaiah 43:1 But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

Week 9

Nothing is Impossible

Genesis 11

Luke 1:37 For nothing will be impossible with God.”

Matthew 19:26 But Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

Main Points

* Man tries to make things happen on his own and in his own power and for his own glory. This is often impossible
* Luke 8:26 Example of man doing all they can
  + Punishment does not fix us
  + Ignoring our bad behavior does not fix us
* We must choose the Tree of Life (God’s Wisdom) That can fix us and make all things possible.
* Our addictions have stolen everything from us or more accurately we have given our addictions everything
  + Jobs
  + Family
  + Homes
  + Possibilities
* With God we can get all of that back and typically better

Memory Verse:

Matthew 19:26 But Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

Week 10

You can be a new creation

* Acts 9 and beyond
  + Saul was an up and coming Jewish leader His teach was Gamaliel who is still revered in many Jewish circles today
  + Saul was an accessory to murder
  + He thought he was doing right
  + 2 Corinthians 5:17 Therefore, if anyone is in Christ he is a new creation. The old is gone, the new is here
  + This is much more than just going to church and praying before meals
  + Saul changes his name to Paul
    - 2 Corinthians 11:16-33 He is like Timex takes a licking and keeps on ticking
    - He never walks away from his faith

**Memory Verse**

**o 2 Corinthians 5:17 Therefore, if anyone is in Christ he is a new creation. The old is gone, the new is here**

Week 11

What seeds are you planting

Galatians 5: 19-23

Main Points

* If I plant tomato seeds what do I get.
* Our actions are seeds that we are planting for the future
* If I plant lieing seeds what do I get
* If I plant love seeds what do I get

Galatians 6:7

Memory Verse

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Week 12

* 2 Corinthians 6:2 Now is the time of God’s Favor
* Now is the day of salvation
* It is common in addiction to say something like I will quit after “Friday”, the next party my birthday
* Tomorrow never comes
* Today is the day that you must make the decision
* How long does it take to quit smoking, quit addiction of any type? A moment is the correct answer
* Once you decide that you are not the person stuck in addiction and determine that Today is your day of Freedom and you will protect it at all costs
* I have been to countless funerals the resulted from overdoses, or complications from addictions
* I have sat with friends and family who are heartbroken because their loved ones have destroyed their lives (broken family, health issues, divorce, death)
* None of us are promised tomorrow so you must choose NOW
* Joshua 24:14-15

Memory Verse

2 Corinthians 6:2

For he says, “In the time of my favor I heard you, and in the day of salvation I helped you.”

I tell you, now is the time of God’s favor, now is the day of salvation.