

Lesson 9:

Freedom - Spiritual Partnership

“The thing that most people think is that it’s a faith issue, which is an abstraction. They wouldn’t be saying it’s a faith issue if someone limped down the aisle with the femur sticking out through the skin.”

Adrian Hickmon

God’s Part In Recovery

We’ve heard this type of story before. God used Gideon and 300 men to route the Midianite army. God dropped the walls of Jericho after the Israelites walked around it. God gave Israel the victory over the Amalekites as long as Moses held up his arms. So when people struggling with addiction say that God led them through the pain - to healing and intimacy - we shouldn’t be shocked to hear the “mysterious” way God did it.

For most people, the idea of a Savior who swoops in and rescues them in their darkest hour sounds marvelous.

It also sounds a lot like the same pattern of seeking a “high” that quickly takes away the feeling of misery without any effort by the individual.

In a culture that promotes being self-sufficient and scoffs at turning one’s will over to a “Higher Power,” what a paradoxical blessing an addiction can become. Why would God rob an addict of the opportunity to rely on Him by removing the addiction? The addiction is the one thing that helped the addict fully understand he was powerless. It caused him to begin the process of relying daily on the grace of God?

It is true, however, that even if God “removes the desire” to act out and the unhealthy sexual behavior subsequently stops, there still remains the hard work of developing intimacy.

This is the journey that all Christians travel but unfortunately, there are no short cuts to be found.

What does sharing my feelings with others have to do with finding sobriety from sexual addiction? What does discussing wounds that originated years ago have to do with today? What does being open and honest about who I am, with a group of people I see only once a week, have to do with anything?

Even if God “removes the desire” to act out and the unhealthy sexual behavior subsequently stops, there still remains the hard work of developing intimacy.

Notes

What does disclosing things about which I'm embarrassed, ashamed or afraid; have to do with improving my life on a day-to-day basis?

Why not ask Gideon about his soldier's ability to fight being affected by the way they drank water? How about asking Moses the connection between holding his hands in the air and winning the battle.

When have we ever been saved by our own efforts? Never!

God is always the one who provides salvation, power, and healing.

But when has God saved us without any effort of our own? Never!

God has always provided us a role in the battle. The same is true when it comes to the journey of recovery. The battle is raging. God is already doing His part. The only question to be answered is are you doing yours?

If God brings you to it, He will bring you through it.

**Without God I can't.
Without me He won't.**

God forgives in an instant but character building is a lifetime proposition.

With every step I take God holds the solution, however, I must be willing to work for my surrender.

I'm not where I need to be but, thank God, I'm not where I used to be.

Common Twelve Step Sayings, Authors unknown.

1. How would you describe your current relationship with God?

2. What have you learned about God through the hard times in your life?

3. Why doesn't God "fix" or "cure" everyone who believes in Him and follows His will?

4. What do you believe God's role is in an addict's journey in recovery?

5. What do you believe is the role of the addict in his/her journey in recovery?

6. What would you say to someone who suggests that an addict should just pray more?

7. What would you say to someone who suggests they don't need God in the recovery process?

8. If God were to describe you, what would He say?

9. How would you like for God to describe you?

10. Homework: Ask someone close to you how he or she believes God would describe you.