

Ice Breaker

- Do you have the tendency of seeking emotional relief from doing things that are bad for you?

Christian Addiction Recovery

- I have been participating in a Christian addiction recovery non-profit organization, RESTORE, through Community Presbyterian Church.

12 Steps to Recovery

- RESTORE employs a Christian methodology, 12 Steps to Recovery, with a good success rate.

People in Recovery

- I have been bible studying with some participants of the RESTORE program. My general impression about them is that:
 - They are very intelligent.
 - They are upfront about their addiction.
 - They try very hard to recover from addiction.

Christian Belief as a Weapon against Addiction

- Participants in the program need to be willing to change.
- Not all participants were able to recover from addiction for a long time.
- But, most participants feel that Christian belief was very helpful in their fight against addiction.

Source of this presentation

- Randy had been an alcoholic for most of his life.
- He lived on the street for a long time.
- He entered the RESTORE recovery program 5 years ago.
- He graduated 4 years ago and became a “house” manager.

The 12 steps of Alcoholics Anonymous and the Bible

Randy Rupley

H. O. W.

Honesty

Open minded

Willingness

1. We admitted we were powerless over alcohol-- that our lives had become unmanageable.

“I know that nothing good lives in me. . . . I want to do what is right, but I can't” (Romans 7:18; see also John 8:31-36; Romans 7:14-25).

Romans 7: 14-25

¹⁴ We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. ¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature.^[a] For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

John 8:31-36

³¹ To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free.”

³³ They answered him, “We are Abraham’s descendants and have never been slaves of anyone. How can you say that we shall be set free?”

³⁴ Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. ³⁵ Now a slave has no permanent place in the family, but a son belongs to it forever. ³⁶ So if the Son sets you free, you will be free indeed.

2. We came to believe that a Power greater than ourselves could restore us to sanity

God is working in you, giving you the desire and the power to do what pleases him” (Philippians 2:13; see also Romans 4:6-8; Ephesians 1:6-8; Colossians 1:21-22; Hebrews 11:1-10).

Romans 4:6-8 New Living Translation (NLT)

⁶ David also spoke of this when he described the happiness of those who are declared righteous without working for it:

⁷ “Oh, what joy for those
whose disobedience is forgiven,
whose sins are put out of sight.

⁸ Yes, what joy for those
whose record the LORD has cleared of
sin.”[\[a\]](#)

Ephesians 1:6-8 New Living Translation (NLT)

⁶ So we praise God for the glorious grace he has poured out on us who belong to his dear Son.^[a] ⁷ He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. ⁸ He has showered his kindness on us, along with all wisdom and understanding.

Colossians 1:21-22 New Living Translation (NLT)

²¹ This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. ²² Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault.

Hebrews 11:1-10 New Living Translation (NLT)

Great Examples of Faith

11 Faith shows the reality of what we hope for; it is the evidence of things we cannot see. ² Through their faith, the people in days of old earned a good reputation.

³ By faith we understand that the entire universe was formed at God's command, that what we now see did not come from anything that can be seen.

⁴ It was by faith that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God showed his approval of his gifts.

Although Abel is long dead, he still speaks to us by his example of faith.

⁵ It was by faith that Enoch was taken up to heaven without dying — “he disappeared, because God took him.”^[a] For before he was taken up, he was known as a person who pleased God. ⁶ And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

⁷ It was by faith that Noah built a large boat to save his family from the flood. He obeyed God, who warned him about things that had never happened before. By his faith Noah condemned the rest of the world, and he received the righteousness that comes by faith.

⁸ It was by faith that Abraham obeyed when God called him to leave home and go to another land that God would give him as his inheritance. He went without knowing where he was going. ⁹ And even when he reached the land God promised him, he lived there by faith — for he was like a foreigner, living in tents. And so did Isaac and Jacob, who inherited the same promise. ¹⁰ Abraham was confidently looking forward to a city with eternal foundations: a city designed and built by God.

3. We made a decision to turn our wills and our lives over to the care of God

“Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable” (Romans 12:1; see also Matthew 11:28-30; Mark 10:14-16; James 4:7-10).

Matthew 11:28-30 New Living Translation (NLT)

28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.”

Mark 10:14-16 New Living Translation (NLT)

¹⁴ When Jesus saw what was happening, he was angry with his disciples. He said to them, “Let the children come to me. Don’t stop them! For the Kingdom of God belongs to those who are like these children. ¹⁵ I tell you the truth, anyone who doesn’t receive the Kingdom of God like a child will never enter it.”¹⁶ Then he took the children in his arms and placed his hands on their heads and blessed them.

James 4:7-10 New Living Translation (NLT)

⁷ So humble yourselves before God. Resist the devil, and he will flee from you.⁸ Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. ⁹ Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy.¹⁰ Humble yourselves before the Lord, and he will lift you up in honor.

4. We made a searching and fearless moral inventory of ourselves.

“Let us test and examine our ways. Let us turn back to the LORD” (Lamentations 3:40; see also Matthew 7:1-5; 2 Corinthians 7:8-10).

Matthew 7:1-5 New Living Translation (NLT)

Do Not Judge Others

7 “Do not judge others, and you will not be judged. ² For you will be treated as you treat others.^[a] The standard you use in judging is the standard by which you will be judged.^[b]

³ “And why worry about a speck in your friend’s eye^[c] when you have a log in your own? ⁴ How can you think of saying to your friend,^[d] ‘Let me help you get rid of that speck in your eye,’ when you can’t see past the log in your own eye? ⁵ Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.

2 Corinthians 7:8-10 New Living Translation (NLT)

⁸ I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. ⁹ Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. ¹⁰ For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs

“Confess your sins to each other and pray for each other so that you may be healed” (James 5:16; see also Psalm 32:1-5; 51:1-3; 1 John 1:2-6).

Psalm 32

A psalm^[a] of David.

¹ Oh, what joy for those

whose disobedience is forgiven,
whose sin is put out of sight!

² Yes, what joy for those

whose record the LORD has cleared of guilt,^[b]
whose lives are lived in complete honesty!

³ When I refused to confess my sin,

my body wasted away,
and I groaned all day long.

⁴ Day and night your hand of discipline was heavy on me.

My strength evaporated like water in the summer heat.

⁵ Finally, I confessed all my sins to you

and stopped trying to hide my guilt.

I said to myself, “I will confess my rebellion to the LORD.”

And you forgave me! All my guilt is gone.

Psalm 51

For the choir director: A psalm of David, regarding the time Nathan the prophet came to him after David had committed adultery with Bathsheba.

¹ Have mercy on me, O God,
because of your unfailing love.

Because of your great compassion,
blot out the stain of my sins.

² Wash me clean from my guilt.
Purify me from my sin.

³ For I recognize my rebellion;
it haunts me day and night.

1 John 1:2-6 New Living Translation (NLT)

2 This one who is life itself was revealed to us, and we have seen him. And now we testify and proclaim to you that he is the one who is eternal life. He was with the Father, and then he was revealed to us. 3 We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. 4 We are writing these things so that you may fully share our joy.^[a]

Living in the Light

5 This is the message we heard from Jesus^[b] and now declare to you: God is light, and there is no darkness in him at all. 6 So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth.

6. We were entirely ready to have God remove all these defects of character

“Humble yourselves before the Lord, and he will lift you up in honor” (James 4:10; see also Romans 6:5-11; Philippians

Romans 6:5-11 New Living Translation (NLT)

⁵ Since we have been united with him in his death, we will also be raised to life as he was. ⁶ We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. ⁷ For when we died with Christ we were set free from the power of sin. ⁸ And since we died with Christ, we know we will also live with him. ⁹ We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. ¹⁰ When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God. ¹¹ So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

Philippians 3:12-14 New Living Translation (NLT)

Pressing toward the Goal

¹² I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. ¹³ No, dear brothers and sisters, I have not achieved it,^[a] but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

7. Humbly asked Him to remove our shortcomings

“If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness” (1 John 1:9; see also Luke 18:9-14; 1 John 5:13-15).

Luke 18:9-14 New Living Translation (NLT)

Parable of the Pharisee and Tax Collector

⁹ Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: ¹⁰ “Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. ¹¹ The Pharisee stood by himself and prayed this prayer^[a]: ‘I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I’m certainly not like that tax collector! ¹² I fast twice a week, and I give you a tenth of my income.’

¹³ “But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’ ¹⁴ I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

1 John 5:13-15 New Living Translation (NLT)

Conclusion

¹³ I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life. ¹⁴ And we are confident that he hears us whenever we ask for anything that pleases him. ¹⁵ And since we know he hears us when we make our requests, we also know that he will give us what we ask for.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

“Do to others as you would like them to do to you” (Luke 6:31; see also Colossians 3:12-15; 1 John 3:10-20).

Colossians 3:12-15 New Living Translation (NLT)

¹² Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. ¹³ Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. ¹⁴ Above all, clothe yourselves with love, which binds us all together in perfect harmony. ¹⁵ And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

1 John 3:10-20 New Living Translation (NLT)

¹⁰ So now we can tell who are children of God and who are children of the devil. Anyone who does not live righteously and does not love other believers^[a] does not belong to God.

Love One Another

¹¹ This is the message you have heard from the beginning: We should love one another. ¹² We must not be like Cain, who belonged to the evil one and killed his brother. And why did he kill him? Because Cain had been doing what was evil, and his brother had been doing what was righteous. ¹³ So don't be surprised, dear brothers and sisters,^[b] if the world hates you.

¹⁴ If we love our brothers and sisters who are believers,^[c] it proves that we have passed from death to life. But a person who has no love is still dead. ¹⁵ Anyone who hates another brother or sister^[d] is really a murderer at heart. And you know that murderers don't have eternal life within them.

¹⁶ We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters. ¹⁷ If someone has enough money to live well and sees a brother or sister^[e] in need but shows no compassion—how can God’s love be in that person?

¹⁸ Dear children, let’s not merely say that we love each other; let us show the truth by our actions. ¹⁹ Our actions will show that we belong to the truth, so we will be confident when we stand before God. ²⁰ Even if we feel guilty, God is greater than our feelings, and he knows everything.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

“If you are presenting a sacrifice at the altar and . . . someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God” (Matthew 5:23-24; see also Luke 19:1-10; 1 Peter 2:21-25)

19 Jesus entered Jericho and made his way through the town. ² There was a man there named Zacchaeus. He was the chief tax collector in the region, and he had become very rich. ³ He tried to get a look at Jesus, but he was too short to see over the crowd. ⁴ So he ran ahead and climbed a sycamore-fig tree beside the road, for Jesus was going to pass that way.

⁵ When Jesus came by, he looked up at Zacchaeus and called him by name. “Zacchaeus!” he said. “Quick, come down! I must be a guest in your home today.”

⁶ Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. ⁷ But the people were displeased. “He has gone to be the guest of a notorious sinner,” they grumbled.

⁸ Meanwhile, Zacchaeus stood before the Lord and said, “I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!”

⁹ Jesus responded, “Salvation has come to this home today, for this man has shown himself to be a true son of Abraham. ¹⁰ For the Son of Man^[a] came to seek and save those who are lost.”

1 Peter 2:21-25 New Living Translation (NLT)

21 For God called you to do good, even if it means suffering, just as Christ suffered^[a] for you. He is your example, and you must follow in his steps.

22 He never sinned,
nor ever deceived anyone.^[b]

23 He did not retaliate when he was insulted,
nor threaten revenge when he suffered.

He left his case in the hands of God,
who always judges fairly.

24 He personally carried our sins
in his body on the cross
so that we can be dead to sin
and live for what is right.

By his wounds
you are healed.

25 Once you were like sheep
who wandered away.

But now you have turned to your Shepherd,
the Guardian of your souls.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

“If you think you are standing strong, be careful not to fall” (1 Corinthians 10:12; see also Romans 5:3-6; 2 Timothy 2:1-7; 1 John 1:8-10)

Romans 5:3-6 New Living Translation (NLT)

³ We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. ⁴ And endurance develops strength of character, and character strengthens our confident hope of salvation. ⁵ And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

⁶ When we were utterly helpless, Christ came at just the right time and died for us sinners.

2 Timothy 2:1-7 New Living Translation (NLT)

A Good Soldier of Christ Jesus

2 Timothy, my dear son, be strong through the grace that God gives you in Christ Jesus. **2** You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others.

3 Endure suffering along with me, as a good soldier of Christ Jesus. **4** Soldiers don't get tied up in the affairs of civilian life, for then they cannot please the officer who enlisted them. **5** And athletes cannot win the prize unless they follow the rules. **6** And hardworking farmers should be the first to enjoy the fruit of their labor. **7** Think about what I am saying. The Lord will help you understand all these things.

1 John 1:8-10 New Living Translation (NLT)

⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth. ⁹ But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰ If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

“Devote yourselves to prayer with an alert mind and a thankful heart” (Colossians 4:2; see also Isaiah 40:28-31; 1 Timothy 4:7-8)

Isaiah 40:28-31 New Living Translation (NLT)

²⁸ Have you never heard?

Have you never understood?

The LORD is the everlasting God,
the Creator of all the earth.

He never grows weak or weary.

No one can measure the depths of his understanding.

²⁹ He gives power to the weak
and strength to the powerless.

³⁰ Even youths will become weak and tired,
and young men will fall in exhaustion.

³¹ But those who trust in the LORD will find new strength.

They will soar high on wings like eagles.

They will run and not grow weary.

They will walk and not faint

1 Timothy 4:7-8 New Living Translation (NLT)

7 Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. 8 "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself” (Galatians 6:1; see also Isaiah 61:1-3; Titus 3:3-7; 1 Peter 4:1-5).

Good News for the Oppressed

61 The Spirit of the Sovereign LORD is upon me,
for the LORD has anointed me
to bring good news to the poor.

He has sent me to comfort the brokenhearted
and to proclaim that captives will be released
and prisoners will be freed.[\[a\]](#)

2 He has sent me to tell those who mourn
that the time of the LORD's favor has come,[\[b\]](#)
and with it, the day of God's anger against their enemies.

3 To all who mourn in Israel,[\[c\]](#)
he will give a crown of beauty for ashes,
a joyous blessing instead of mourning,
festive praise instead of despair.

In their righteousness, they will be like great oaks

Titus 3:3-7 New Living Translation (NLT)

³ Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. ⁴ But—

When God our Savior revealed his kindness and love, ⁵ he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.^[a] ⁶ He generously poured out the Spirit upon us through Jesus Christ our Savior. ⁷ Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.

1 Peter 4:1-5 New Living Translation (NLT)

Living for God

4 So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and be ready to suffer, too. For if you have suffered physically for Christ, you have finished with sin.^[a] **2** You won't spend the rest of your lives chasing your own desires, but you will be anxious to do the will of God. **3** You have had enough in the past of the evil things that godless people enjoy—their immorality and lust, their feasting and drunkenness and wild parties, and their terrible worship of idols.

4 Of course, your former friends are surprised when you no longer plunge into the flood of wild and destructive things they do. So they slander you. **5** But remember that they will have to face God, who stands ready to judge everyone, both the living and the dead.

What I have learned

- My hypothesis for addiction is that:
 - Some people have a keen disposition of seeking emotional relief from consumption of alcohol, drugs, games, buying or sex etc.

What I learned

- Based on the observation that Christian oriented recovery methodology is relative successful, I feel that accepting God's grace to have the Spirit living in us would help us reduce our psychological bias.