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6. Make sure everyone has a copy of the workbook. Ask them to study Step 1 for discussion at the next meeting. 7. End when you say you will end by reciting the Lord's Prayer. 8. Be sure that everyone

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knows where to get a workbook and a Life Recovery Bible, if they don't already have one. 9. E-mail me—Stephen Arterburn at sarterburn ...

The Life Recovery Workbook - Tyndale House

In the Life Recovery Workbook for Grief,

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discover real-life stories of fellow travelers, great questions for individual or group discussion, and a Bible-centered approach to freedom. Twelve beautiful blessings await after our hard work on the journey of recovery from grief.

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YOU CAN SUSTAINABLY SUPPORT
THE HEALTH AND WELL-BEING OF
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The Life Recovery Journal has been
designed for all of us whose lives have

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Captives Free - Christian Recovery Program

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schizoaffective disorder to support mental health recovery discussions. These resources may help with conversations on setting goals, identifying appropriate treatment options, life skills, support, and more. Use this toolkit however you see beneficial.

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Resources for Recovery Toolkit | Choices in Recovery

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By placing the 12 steps of recovery into a firm biblical context, this workbook brings

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scriptural principles into personal focus. Far more than just teaching about the 12 steps, the workbook is a guide to an in-depth working of the steps, making the principles of recovery come alive for one day at a time living.

Begin the journey of recovery from grief!

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Let's start now on a twelve-step path that will lead us out of the death grip of grief into the restoration of life. In the Life Recovery Workbook for Grief, discover real-life stories of fellow travelers, great questions for individual or group discussion, and a Bible-centered approach to freedom. Twelve beautiful blessings

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await after our hard work on the journey of recovery from grief. Step 1: Open our hearts to God's power to free us from the grip of grief. "Have compassion on me, LORD, for I am weak." (Psalm 6:2) Step 2: Allow God to join us in the powerful emotions of grief. "My heart is heavy with grief. Weep for me, for I wither away."

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(Isaiah 24:16) Step 3: Rest in God's care and help to take our loss and grief. "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

(Matthew 11:28) Step 4: Gain a true picture of how God sees us as we grieve. "Don't be dejected and sad, for the joy of the LORD is your strength!" (Nehemiah

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8:10) Step 5: Experience the healing that begins with confession. "But if we confess our sins to him, he is faithful and just to forgive us our sins." (1 John 1:9) Step 6: Get ready for repentance and movement through our grief. "Would you like to get well?" (John 5:6) Step 7: Allow God's Spirit to heal our hearts from grief. "I will

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comfort those who mourn." (Isaiah 57:18)

Step 8: Create a list of people our grief may have adversely affected. "Do to others as you would like them to do to you." (Luke 6:31) Step 9: Restore relationships damaged by our sins and experience a clean slate. "Go and be reconciled to that person." (Matthew 5:24)

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Step 10: Review daily the defects in us that hinder healthy life with God and others. "Be careful not to fall." (1 Corinthians 10:12) Step 11: Grow closer to God through prayer and meditation. "The LORD is good to those who depend on him, to those who search for him." (Lamentations 3:25) Step 12: Bless others

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with the blessing of healing from grief.

"Gently and humbly help that person back onto the right path." (Galatians 6:1)

STEPHEN ARTERBURN is the founder of New Life Ministries--the nation's largest faith-based broadcast, counseling, and treatment ministry--and host of the nationally syndicated New Life Live!

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Begin the journey of recovery from eating disorders! Let's start now on a twelve-step path that will lead out of the bondage of eating disorders and into the freedom that

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comes from a closer relationship with God. In the Life Recovery Workbook for Eating Disorders, discover real-life stories of fellow travelers, great questions for individual or group discussion, and a Bible-centered approach to freedom. Twelve beautiful blessings await after our hard work on the journey of recovery from

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eating disorders. Step 1: Open our hearts to God's power to free us from the grip of food addiction. "We now have this light shining in our hearts." (2 Corinthians 4:7)
Step 2: Allow God to join us in the powerful emotions behind our eating disorder. "Daughter," he said to her, "your faith has made you well. Go in peace."

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(Matthew 11:28) Step 4: Gain a true picture of how God sees us. "At that moment their eyes were opened." (Genesis 3:7) Step 5: Experience the healing that

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begins with confession. "Confess your sins to each other and pray for each other so that you may be healed." (James 5:16)

Step 6: Get ready for repentance from sins expressed in unhealthy eating. "You will not reject a broken and repentant heart, O God." (Psalm 51:17) Step 7: Allow God's Spirit to fix our food addictions. "For

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those who exalt themselves will be humbled, and those who humble themselves will be exalted." (Luke 18:14)

Step 8: Create a list of people our eating disorders have affected. "Do to others as you would like them to do to you." (Luke 6:31) Step 9: Restore relationships damaged by our sins (when possible) and

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with addiction, and how you can help yourself. Raising Substance-Free Kids: How to “addiction-proof” your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional

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please strengthen me just one more time."
(Judges 16:28) Step 2: Allow God to
restore our sexual sanity. "Who can bring
purity out of an impure person?" (Job
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freed from the bondage of life-stealing
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you will find it." (Matthew 10:39) Step 4:

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