



ADDICTION

and the Church

DISCIPLING

through Addiction





What we want recovery to look like



WHAT IT ACTUALLY LOOKS LIKE.



The discipleship process is just as much about you and how you handle situations, as it is about your disciple.



REALISTIC EXPECTATIONS



Addiction is Complex

It often takes 5-7 attempts before sobriety is long term.



Celebrate!

Look for reasons to celebrate! Any sobriety milestones – one day, one week, one month, taking responsibility, attending meetings and other helpful events.



Be Prepared for Setbacks

There are a lot of setbacks and triumphs, one of the most frustrating can be letting the disciple make decisions for themselves and letting them see the consequences/rewards themselves.



Encourage Independence

The goal is for the disciple to start making good decisions for themselves.

“The disciple is the expert in their own life.”

Set boundaries to encourage independence.



BOUNDARIES



Timeframe

How available are you? Contact info?

Be clear and upfront.



Location

Where will you meet?

- Personal places (yours or their home)?
- Public locations?
- Office?



Know Your Limits

Recognize when someone may need more help than what you are able/willing to give. It is easy to have the Savior complex. Jesus is the Savior, not you.



Accountability

You need accountability also. Emotional challenges and frustrations do happen regularly. Having someone who can help you see clearly is important.



Finances

***IT IS UNADVISABLE TO GIVE CASH TO
SOMEONE WHO IS STRUGGLING WITH
ADDICTION***



Finances

Better alternatives include:

- Direct payment to utilities, car repairs, rent etc.
- Offer vouchers for fuel or food
- Arrange a grocery shopping for your disciple
- Offer childcare while working or job hunting
- Be accountable to your church/spouse with finances when helping others



SPIRITUAL DISCIPLINES



Spiritual Disciplines

Teaching others how to practice spiritual disciplines gives your disciple the tools to develop their relationship with God. Practicing these together is a rich way to see what God is doing.



Common Disciplines

- Prayer
- Solitude
- Worship
- Bible Study/Reading
- Journaling
- Silence
- Simplicity
- Stewardship
- Celebration
- Confession
- Fasting
- Fellowship
- Service
- Meditation



Prayer

When praying with your disciple use easy to understand words (avoid “Christianese”). Confessing your own sins during a spoken prayer sets a great example for others to follow. Ask your disciple to pray for you, it shows your vulnerability



Bible Reading

- Read the Bible every day.
- Share a Bible reading plan via YouVersion or Bible Gateway
- Do a Bible study independently then speak about it together.
- Encourage Bible memorization.
- Journaling what is learned through reading the Bible



ACTIVE LISTENING SKILLS



Shame Comes with Addiction

Try to keep your encounters free from shaming or shock. Eye contact can make it difficult to say hard things.

Be open to other forms of communication.



“If it’s mentionable, it’s manageable.”

- Fred Rogers



Pay Attention

Undivided attention – computer locked, phone
face down, quiet place.



Non-Verbal Cues

Nod occasionally, use facial responses, posture is open and interested, encourage continuance with small verbal comments *(in a thoughtful way)* .



Defer Judgement

Allow your disciple to finish before asking questions; don't interrupt with counter arguments.



Provide Feedback

Reflect on what's being said, ask clarifying questions, summarize, and allow for corrections.



Respond Appropriately

Be candid, open and honest,
speak opinions respectfully,
speak to your disciple how you want to be
spoken to.



Use Empathy

Try to understand the feelings behind what's
being said, not just the words.



Ask Open Ended Questions

Instead of “How long have you been sober?” try
“Tell me about your journey to sobriety.”



RESOURCE CENTER



Resource Center

- Books, articles, pamphlets, or other printed materials
- A list of meetings with contact information both in person and online
- Support meeting information for family members (Al-Anon)
- Recovery and detox program info
- Counseling services
- Peers that would be willing to meet with others who are struggling with addiction
- Where to get application for medical insurance
- Food banks or other helps



For the Future

Hold workshops and seminars.

Have at least one person you know have in depth information on SUD/AUD (we can help with MCB certification, or trainings).

