



The Big Five of Recovery

Revisted

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1. Commit to *Authentic Accountability*

- **Proverbs 27:17** – As Iron sharpens Iron – So one Man sharpens another.
- A man with TEETH – Grit and Grace
- The opposite of Addiction is CONNECTION
- Need a TEAM and a WINGMAN – 1 guy that is really Deep with you
- Full honesty – done with lying – full and immediate disclosure
- Regular and consistent so you can become KNOWN
- REACH OUT FOR HELP & REACH OUT TO HELP

2. Understand *Addiction's Impact on You*

- **Romans 12:2** – Be Transformed by the Renewing of Your Mind
- Realize the Grip it has on you – called 'addiction' for a reason
- Recognize the distortion it has been to your views of sex and women -Objectification
- Face your Emotional Adolescence - Start building healthy patterns
- Rewiring your brain takes time - stopping PMO is only part – CLEAN MIND

3. Face Your *Dark Side*

- **Jeremiah 17:9**: The heart is deceitful above all things & beyond cure. Who can understand it?
- Do the Step Work thorough both self-examination & God-examination
- Own your junk – Ask God to help you see selfishness, pride, sinful behaviour
- Address your SOUL WOUNDS – what's driving you to your addiction?
- Take responsibility for your life choices and the impact on others
- Make amends to your spouse and all other's impacted - Dark Cloud Removal

4. *Pay the Price for Freedom*

- **Col. 3:17,23**: And whatever you do or say, do it as a representative of the Lord Jesus (so that) whatever you do, work at it with all your heart, as working for the Lord, not man.
- It takes work – It takes time – Commit to PUSH FOR A SEASON
- Stop the excuses, blaming, justification, deflecting, minimizing – STAY In your LANE.
- EMBRACE that you have a minimum of a 12-month commitment. Wise EXIT Strategy
- Be Regular at the ReGroup Meetings – don't be a NO SHOW
- Getting in Shape (freedom) takes more work than Keeping in Shape

5. Live in Complete *Surrender to Jesus*

- **Matthew 6:33, Romans 12:1, Proverbs 3:5,6**
- Commit your life and your recovery to God. Put Jesus first in everything...
- Grow your faith through daily bible reading
- Daily prayer asking God to help you make it through the day and Start praying for others
- It's transformation: A Complete Worldview change: A complete metamorphosis
- New heart, new mind, new desires, new eyes, new habits, new direction, new associates