



REWIRED PART 2: AS GOD MADE POSSIBLE

Grasping the Implications of Neuro-science in Addiction Recovery

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The greater your understanding of the blessing of God's design of the human brain – neurological pathways, the hijacking of the Reward Center and neuro-plasticity, the greater your chance of gaining freedom as God intended.

Anchoring Scripture:

Psalm 139:1-18

You have searched me, LORD,
and you know me.

²You know when I sit and when I rise;
you perceive my thoughts from afar.

³You discern my going out and my lying down;
you are familiar with all my ways.

⁴Before a word is on my tongue
you, LORD, know it completely.

⁵You hem me in behind and before,
and you lay your hand upon me.

⁶Such knowledge is too wonderful for me,
too lofty for me to attain.

⁷Where can I go from your Spirit?
Where can I flee from your presence?

⁸If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

⁹If I rise on the wings of the dawn,
if I settle on the far side of the sea,

¹⁰even there your hand will guide me,
your right hand will hold me fast.

¹¹If I say, "Surely the darkness will hide me
and the light become night around me,"

¹²even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

¹³For you created my inmost being;
you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

¹⁷ How precious to me are your thoughts,^[a] God!
How vast is the sum of them!

¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

Romans 12:1,2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

GRASPING THE IMPLICATIONS OF NEURO-SCIENCE – GOD'S DESIGN – ON MY RECOVERY

1. **Full Surrender:** Invite the Lord into every part of the Battle. You will make it if you keep a soft heart toward Him.
2. **Create Roadblocks:** Criticalness of stopping. Relapses keep the addiction alive.
3. **Cold Turkey Plan:** How are you going to face the pain of withdrawal. Steps, activities, phone calls and solid wingmen.
4. **Prepare for Battle:** The greater the repetition the stronger the path. The longer and deeper the addictive pattern, the greater and
5. **Renew Your Mind:** Commit to the new way of thinking about your addiction. Own the fact that the addict's mind is based on NON-TRUTH – twisted and destructive. You cannot OK this faulty addict brain thinking.
6. **Go Public:** The opposite of addiction is CONNECTION. Don't fool yourself. You need others.
7. **Repeat New Pathways:** Stopping the old patterns and habits is only part of the battle. Steady and consistent behavioural and cognitive

8. **Target Why:** Create your list of reasons why you want to quit. Review it OFTEN.
9. **Immaturity Reigns:** Angry little child reactions may occur. Pouting, blaming, anger, frustrations and more aren't uncommon. Emotional Adolescence
10. **Positive Addictions:** Start adding creative and productive habits into your routine – good activities that with repetition build your life, not further destroy it. Don't swap one addiction for another.
11. **Comprehensive Renewal:** It is far more than "Just stop doing that!" Behavioural, emotional, cognitive and spiritual changes are in order and will be part of the complete process.
12. **Soul Wounds:** What are the roots of your need for relief? What are your inner battles, lies about who you are? What made you vulnerable in the first place. Deal with this baggage.
13. **Emotional Triggers:** What are your liability emotions? Know that and face them. Live with the awareness that these emotions are entry gates to relapses.
14. **Apologize:** Own how your addiction has hurt those in your world. Many have been spun into your vortex of incorrect selfish thinking and acting.
15. **Create a New Norm:** Your worldview has been twisted by the addiction. How you lived has been normalized. Internally justified. Made right in your own mind.
16. **God's Truth:** Wear your Bible out! A life commitment – not like the 12-step timeline for completion.
17. **Recovery Truth:** Do the 12-Step program and read and listen broadly on all kinds of recovery teaching and encouragement.
18. **Stay the Course:** Minimum for 18 months for Behavioural change, 2-3 years for inner renewal. Freedom has a price – yes – but freedom is priceless!!