
Rescued and Delivered from pits of “hell on earth”

Recovery: A process of learning to live a life of fellowship with God and others

- Surrender of self
- The receiving of Hope
- Salvation – The beginning of transformation (His will be done)
- Willingness (to follow suggestion)
- Confession
- Repentance
- Forgiveness
- Daily Prayer and Meditation.
- Daily Application of Scripture & Obedience to God.
- The Great Commission (carrying the message of freedom).



Those achieving success in recovery have come to a realization that recovery is a choice. It requires a true surrender in a battle we already lost. The battle is already over, yet we still have a seriously hard time putting the gun down and the flag up. Many have destroyed everything they had before becoming “willing” to admit that their best efforts failed them. No one wants to give up. It is not the nature of the addict or the alcoholic to quit. Generally speaking, it is not the kind of thing we were raised to do. This world tells us that we can do it on our own if we just try harder. So we keep trying, and keep trying, and we keep failing. If our own self will, or what is known as “will-power” can’t stop us from ruining our life, who or what can and will save us from our destructive behavior? We, as Christians, (those that “came to believe”), know Him as Jesus, our Lord and Savior.

In the midst of our insanity, sadly enough, we are the last to know just how bad we are. Everyone around us can clearly see the insanity (as plain as day) as they watch us blindly roll down a path of self destruction. The only one who can put the brakes on the situation is the one with the free will, the one doing the driving. Sadly said, he most likely won’t until the problem becomes real enough to him. The typical addict, left to his own devices, will ride this to his grave unless someone or something intervenes.

Some of us believe that the point of surrender, (just prior to step one), is a divine appointment set by God because we believe that only God has the power to open the eyes and ears of those that have been blinded by the prince of this world.

Once we realize a problem exists, choices begin to come into the picture. God has given us a free will, and until we ask for help, He will respectfully stay out of the way and allow us to self-destruct in our sinful ways. As Satan continues to fuel the fire, God stands close by watching and waiting for us to reach out to Him for help.



NEW LIFE SPIRIT RECOVERY, INC.

Christ Centered Substance Abuse Treatment

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

In the midst of absolute defeat, man's surrender is still a requirement in order to receive the help he needs. He needs to get his self out of the way, before he (can and will) allow others into his life to help. He must come out of denial, realizing that he can't possibly win this battle alone. He must learn to "let go and let God." What was initially thought of as quitting soon turns into the winning choice. In reality, we must all surrender in order to win. Our prideful self must be snuffed out, nailed to the cross, buried w/ Christ, in order for humility to find its proper place in our life. We can not even come close to recovering with pride still mastering over us. God knows that absolute defeat is a sure killer of pride, and He will let us fall, and fall, and fall, until we finally wake-up and get it. Once we are able to grow beyond this point, the rest of the steps become a journey towards paradise. And yes, some do recover. Everyone that makes it through the doors of recovery has an equal opportunity to recover if they are sincerely able and willing to follow suggestion. On page 58 in the Big Book, it is written, "Rarely have we seen someone fail who has thoroughly followed these steps. Those who do not recover are people who cannot or will not give themselves to this simple program, usually men and women that are constitutionally incapable of being honest with them selves. It is clearly written that; if we follow the suggestions of those that have successfully pioneered before us, we will recover.

Body, Soul & Spirit

Man is a three part being consisting of a body, a soul, and a spirit. The body is physical (flesh & bones, a mere vehicle to transport the soul and spirit). The soul is life (the life of man including his mind, will and emotions). The spirit man is invisible (has eternal life) and is part of the spiritual realm. Being a part of the spiritual realm, we can be easily influenced by spirits if we allow it. No doctor in this world has the ability, in his own knowledge and power, to resolve spiritual problems. Spiritual problems can not be resolved with physical means.

The bondage we are dealing with (alcoholism and drug addiction, or sin as a whole) is spiritual (eternal), and spiritual problems require spiritual solutions. Just as a medical doctor would write a medicinal prescription for someone with a physical ailment, the 12 steps are a "spiritual prescription of scripture," simplified, and written specifically for the habitual sinner. They are steps towards deliverance from serious spiritual defects. The program addresses the culprit in steps 6 and 7 as defects in our character. The steps have the ability to walk a man out of bondage, clean him up, teach him how to live, and, last but not least, teach him how to help others find freedom. The journey, which takes time and effort, leads to the ultimate goal. What is the ultimate objective? The ultimate goal is eternal salvation, and following closely behind is freedom while living in this world. This includes freedom from sins condemnation, freedom from the sting of death, freedom from bondage to sin, and freedom from Satan's grip. Those that have found freedom, now have a choice, no longer having to sin. Sinning for them is a conscious choice. Along with this new found freedom are many other promises. These promises are explained in great detail in the Bible, and (some of them) are also revealed in the Big Book of Alcoholic's Anonymous. Two of them specifically have to do with true inner peace and joy. The Big Book promises that we will "know peace," while the Bible teaches us that Jesus is the "Prince of Peace." Reading between the lines reveals that either path has the ability to lead a person to Christ.



NEW LIFE SPIRIT RECOVERY, INC.

Christ Centered Substance Abuse Treatment

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

Page 2

In Him, We Have Living Hope

1 Peter 1:3

Praise be to the God and Father of our Lord Jesus Christ. In God's great mercy He has caused us to be born again into a living hope, because Jesus Christ rose from the dead. 4Now we hope for the blessings God has for his children. These blessings, which cannot be destroyed or be spoiled or lose their beauty, are kept in heaven for you. 5God's power protects you through your faith until salvation is shown to you at the end of time. 6This makes you very happy, even though now for a short time different kinds of troubles may make you sad. 7These troubles come to prove that your faith is pure. This purity of faith is worth more than gold, which can be proved to be pure by fire but will ruin. But the purity of your faith will bring you praise and glory and honor when Jesus Christ is shown to you. 8You have not seen Christ, but still you love him. You cannot see him now, but you believe in him. So you are filled with a joy that cannot be explained, a joy full of glory. 9And you are receiving the goal of your faith—the salvation of your souls.

10The prophets searched carefully and tried to learn about this salvation. They prophesied about the grace that was coming to you. 11The Spirit of Christ was in the prophets, telling in advance about the sufferings of Christ and about the glory that would follow those sufferings. The prophets tried to learn about what the Spirit was showing them, when those things would happen, and what the world would be like at that time. 12It was shown them that their service was not for themselves but for you, when they told about the truths you have now heard. Those who preached the Good News to you told you those things with the help of the Holy Spirit who was sent from heaven—things into which angels desire to look.

A Call to Holy Living

1 Peter 1:13

So prepare your minds for service and have self-control. All your hope should be for the gift of grace that will be yours when Jesus Christ is shown to you. 14Now that you are obedient children of God do not live as you did in the past. You did not understand, so you did the evil things you wanted. 15But be holy in all you do, just as God, the One who called you, is holy. 16It is written in the Scriptures: "You must be holy, because I am holy."

Before we came to know Our Lord Jesus Christ, we truly had an excuse for the way we behaved. We were, without question, "under the influence," of the evils of this world. The sinful, lustful, and corrupt bodies we live in, tempted by Satan and his army of fallen angels (demons), and enticed by the temptations of this world, kept us in bondage to sin. We didn't stand much of a chance on our own. Steps 1 – 3 were just the beginning of finding the help we needed. If we've done that part properly, we have "God with us" to help us. He helps us to understand who Jesus really is. God opens the eyes of those that truly seek His truth. As Christians, we still have some of the same struggles. The difference is that we now have guaranteed victory, in Christ Jesus, if we are walking with Him. With Him, we're able keep our sinful nature "in check." The Holy Spirit helps us to do this if we ask Him. We need to seek His advice in everything we do, and stay conscious of His leading. It's crucial that we immediately deny any ungodly thoughts that enter our mind. The Bible tells us to "hold them captive" before we act on them. Most of us had to learn the hard way; that our bodies have the potential to take us to places like jails and institutions when we let it have it's way. The flesh we live in is selfish, reckless, lustful, evil, sinful, and self-destructive. Only by the power of God, are we able to keep the monster living with-in (held at-bay).



NEW LIFE SPIRIT RECOVERY, INC.

Christ Centered Substance Abuse Treatment

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

Page 3

Luke 11:21

When a strong man, fully armed, guards his own palace, his goods are in peace; 22but when one stronger than he assails him and overcomes him, he takes away his armor in which he trusted, and divides his spoil. 23He who is not with me is against me, and he who does not gather with me scatters. 24“When the unclean spirit has gone out of a man, he passes through waterless places seeking rest; and finding none he says, ‘I will return to my house from which I came.’ 25And when he comes he finds it swept and put in order. 26Then he goes and brings seven other spirits more evil than himself, and they enter and dwell there; and the last state of that man becomes worse than the first.”

The palace that Jesus is talking about is your body, and the 12 steps are designed to clean it up, and keep it clean (but only if we apply them). Jesus is the Stronger One, and has the ability to guard and protect us after He has cleaned us up. We have a free will, the option of returning to our old ways any time we choose and God won't stop us. God has given us a free will to make our own choices, and He will not make up our minds for us.

The Struggle of the Non-Believer

- His sinful, lustful body is enticed (tempted) to fulfill it's sinful desires.
- His mind has a choice, but not much desire or strength to do what is right.
- His body can easily convince his mind to fulfill its lustful desires.
- Most often the mind succumbs, letting the body have its way, giving it permission to sin.
- When the body suffers the consequences of its behavior, the mind suffers right along with it. It gets taken to places such as jails, institutions, and eventually to hell to suffer for eternity, as Satan smiles in the sidelines.

The Struggle of the Believer

- His sinful, lustful body is enticed (tempted) to fulfill it's pleasures. Tempted to sin.
- His mind has a choice, along with the necessary strength, in Christ, to deny it.
- His body tries to convince his mind to fulfill its lustful desires.
- The Spirit whispers, "don't do it," and offers a way out, along with the necessary power to resist.
- His mind still has a choice to make. Deny the flesh or give it permission to sin.
- If his mind chooses to sin, both the body and the mind can suffer the consequences of that choice. It may take them to places such as jails, institutions, or even physical death.
- In most cases, his bad choices will not affect the eternal destination of his soul, but his life here on earth can become a "living hell."

For the most part, what keeps a non-believer from doing every sort of evil and un-godly thing is his morals, things that may have been instilled in him while growing up, and the laws of the land that could possibly put him in jail if he gets caught.

As a Christian, the heart begins to change and there are alternatives. There are healthy choices along with the power to carry them out. Before, when we were of the world, we acted as the world does. It was only natural for us to sin. We are born "sinners," so



NEW LIFE SPIRIT RECOVERY, INC.

Christ Centered Substance Abuse Treatment

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

naturally, that's what we do. Now, as Christians, new creations in Christ, sin is a choice. A true Christian no longer has to sin, and as a child of God, progresses through inner conviction, and begins to sin less and less as he continues to grow spiritually. We are moving towards perfection, one day at a time.

1 Peter 1:17

You pray to God and call him Father, and He judges each person's work equally. So while you are here on earth, you should live with respect for God. 18You know that in the past you were living in a worthless way, a way passed down from the people who lived before you. But you were saved from that useless life. You were bought, not with something that ruins like gold or silver, 19but with the precious blood of Christ, who was like a pure and perfect lamb. 20Christ was chosen before the world was made, but he was shown to the world in these last times for your sake. 21Through Christ you believe in God, who raised Christ from the dead and gave Him glory. So your faith and your hope are in God.

22Now that you have made your souls pure by obeying the truth, you can have true love for your Christian brothers and sisters. So love each other deeply with all your heart. 23You have been born again, and this new life did not come from something that dies, but from something that cannot die. You were born again through God's living message that continues forever.

24The Scripture says,

"All people are like the grass, and all their glory is like the flowers of the field.

The grass dies and the flowers fall,⁵²⁵ but the word of the Lord will live forever."

Isaiah 40:6-8And this is the word that was preached to you.

This is why it is so important to read and understand God's Word. It is of great value to us while we are here in the world, and something we will take with us into eternity. Jesus said that we shall know the truth (His Word) and the truth shall "set us free." Free from what? Free from bondage to sin, free from having to be involved with the evil that goes on around us, and ultimately, freedom from sin's condemnation. We have choices today. We can choose between right and wrong, and we have the power to do what is right. This is not done with our power, but through the power of Jesus that resides within every believer. In the past, as non-believers, we didn't really have much of a choice. The odds were against us. We were weak, "powerless," and lost. There is no temptation that is uncommon to man, and as Christians, Jesus promised us that He will ALWAYS give us a way out. He will show us a way of escape every temptation if we choose to escape. It has to be our desire, "our will," our choice to escape. There is a point when we need to decide what we want to do (be obedient or disobedient). If we are prepared, in advance, to deal with these things, we will not fall victim so easily. In Eph. 6, God laid out a wardrobe of protection that is effective only if each piece is applied into our lives. Application is key in recovery. We must apply what we have learned in order for it to be effective. When we get sick and tired of the suffering we bring upon ourselves, caused by our own bad choices, hopefully we will change the way we do things. We will be prepared before the temptation comes. We will learn to "armor-up" everyday before we venture out into the world. We must learn how to live safely in this hostile world, a world so full of evil and temptation. It is absolutely possible for us to live in His victory, but a choice is necessary, and action is mandatory.



NEW LIFE SPIRIT RECOVERY, INC.

Christ Centered Substance Abuse Treatment

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

Page 5

God Has Given Us Blessings

1 Peter 2:3

Jesus has the power of God, by which He has given us everything we need to live and to serve God. We have these things because we know Him. Jesus called us by hi

s glory and goodness. 4Through these He gave us the very great and precious promises. With these gifts you can share in being like God, and the world will not ruin you with its evil desires. 5Because you have these blessings, do your best to add these things to your lives: to your faith, add goodness; and to your goodness, add knowledge; 6and to your knowledge, add self-control; and to your self-control, add patience; and to your patience, add service for God; 7and to your service for God, add kindness for your brothers and sisters in Christ; and to this kindness, add love. 8If all these things are in you and are growing, they will help you to be useful and productive in your knowledge of our Lord Jesus Christ. 9But anyone who does not have these things cannot see clearly. He is blind and has forgotten that he was made clean from his past sins. 10My brothers and sisters, try hard to be certain that you really are called and chosen by God. If you do all these things, you will never fall. 11And you will be given a very great welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

12You know these things, and you are very strong in the truth, but I will always help you remember them. 13I think it is right for me to help you remember as long as I am in this body. 14I know I must soon leave this body, as our Lord Jesus Christ has shown me. 15I will try my best so that you may be able to remember these things even after I am gone.

Recovery is a continuous choice. If you don't make the initial choice, by default, the enemy gets you. If you have already received God's gift, with each day comes new challenges (and choices), and with them, comes greater opportunity for growth. Daily conscious choices need to be continuously made. Even as Christians; the one we serve is still an everyday choice. Even though you belong to Christ, you must still make a daily conscious choice to serve Him.

Copyright © 2005 New Life Spirit Recovery, Inc. All rights reserved.
Written permission is required to use any materials.

Written by Robert T. Tucker, MCC, CDAAC, RAS
CEO/President of New Life Spirit Recovery, Inc.



NEW LIFE SPIRIT RECOVERY, INC.

Christ Centered Substance Abuse Treatment

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906