

One Step To Freedom
Purpose and Use of the Lessons

Pastor and Leader Guide

The purpose of the lessons is more than merely to free chemically dependent persons from their dependency to drugs or alcohol—or any addiction. It is to bring people into a saving relationship with Jesus Christ, and to help them become true and spiritually healthy disciples of Jesus.

These lessons are intended for use in a drug and alcohol recovery ministry conducted by a Christian church, or church-related Christian ministry, especially by churches affiliated with Calvary Chapel of Costa Mesa. The lessons can be used one-on-one with individuals, or in a group setting.

The lessons can form the basis of a program that, with proper oversight, can qualify as acceptable to a court of law, for use with persons the court places on probation after they have been found guilty of a drug or alcohol-related offense. It must be understood by all that such a program is a religion-based program and that Christian principles are taught.

The Holy Bible is the true syllabus for these lessons. The Bible itself says, “All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, and for instruction in righteousness” (2 Timothy 3:16).

No amount of lesson material can free people from dependency, without the help of the Holy Spirit and God’s help in empowering faithful, mature Christians to use God’s Word, the Bible, in ministering the supernatural transformation of lives that comes through faith in Jesus Christ.

The lessons have a logical sequence that builds upon the previous lessons. If the available time and personnel limit the program to covering only part of the material, carefully consider how all the main points of the lessons can be taught. Ideally, all of the material should be used.

It is very important that the ministry pastors, group leaders and helpers understand the principles in the introductory matter:

1. Ministry Goals
2. Presenting the Gospel to the Chemical Abuser
3. Counseling Guidelines
4. Newcomer’s Questionnaire

To be effective, the place of meeting, materials used, and all persons involved in the *One Step to Freedom* Ministry should be continuously covered in prayer.

One Step To Freedom
Purpose and Use of the Lessons

Ministry Goals

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, and for instruction in righteousness (2 Timothy 3:16).

Leader Goals for Teaching:

1. Teach the Word of God, using the worksheet as a guideline.
2. Study the worksheet, encouraging more scriptural support.
3. Share beforehand with support people, things that God has impressed on you about the night's study.
4. Try to involve all persons in the group, using questions or encouraging them to read certain Scriptures (ask for volunteers).
5. Talk with the support people after the study.

Support Person Goals

1. Listen to the leader.
2. Observe all responses to the leader. Do people understand the leader?
3. Assist the leader with expounding upon a certain point that someone may not understand.
4. Talk with the leader after the study, briefly discussing how things went. If it is not possible to talk face-to-face, at least converse by telephone or by e-mail.

One-on-One Goals

1. Encourage people to share how they came to Calvary Chapel.
2. Listen and discern the causes of problems (for example, anger, jealousy, etc.).
3. Watch for times and places where God may have been doing a work in their life (i.e., miraculous escape from drunk driving accident, etc.).
4. Be patient and sensitive as to where and when to begin sharing with them.
5. Share the simplicity and hope of the Gospel message.
6. Get their names, telephone numbers, and e-mails to encourage them later.
7. Pray with them before the study is finished.

Prayer Goals

1. Use a prayer list.
2. Write down pray requests for each person in the group.
3. Pray for all newcomers.
4. Pray for every group.
5. Pray for current prominent issues (anti-abortion efforts, revival, etc.), however the Lord leads you.

One Step To Freedom
Purpose and Use of the Lessons

Counseling Guidelines

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart (Hebrews 4:12).

The purpose of a drug and alcohol counselor is to share the love of Jesus with those who need comfort, encouragement, exhortation, and direction in their walk with the Lord.

Keys to Counseling

Listen

1. To minister to someone, you need to listen to find out what his or her needs are.
2. Many people just want someone to listen to them, especially if they have many problems or needs (which is usually the case with someone who is recovering from drug and/or alcohol abuse).
3. Often it takes a while for people to open up and share what is on their hearts.
4. In some cases, a person never does share what is really troubling them. It is important to be sensitive enough to read between the lines of a person's conversation when necessary.
5. Establish good eye contact, so that whomever you are counseling will know that you are listening and that you care.
6. Be patient when listening, and try not to be distracted.

Use God's Gifts to Help Others

1. Use God's Word in love as it applies to the person's needs.
2. In love, use God's wisdom and the gift of discernment concerning their needs.
3. In love, pray with the person concerning their needs, seeking direction and, if necessary, possible restoration of things lost from drug and/or alcohol abuse (i.e., spouse, friends, job, property, etc.). Always give thanks for the blessings in the person's life.
4. In love, feel free to share any insight from your own life (i.e., past experiences in drugs and alcohol, etc.) that relates to their problem. What you share should always encourage them to look to the Lord for their needs. Remember, if it does not build up and edify, it is not of God.
5. In love, if you do not have any insight on a person's problems, admit it to them and seek additional help from other drug and alcohol ministry leaders. If there still isn't divine insight, admit it and pray with them concerning their problem.

Qualifications

1. Blameless: Read 1 Timothy 3:8-13
2. Humble: Read 1 Peter 5:1-4
3. Servant: Read Acts 6:2-3
4. Jesus' disciple: Read Matthew 4:19-20
5. Willing and available: Read Isaiah 6:8

One Step To Freedom

Purpose and Use of the Lessons

If you love the Lord and it is your desire to be His servant, then you are qualified. The key is to be sensitive to His will for your life. If He is calling you to serve as a counselor in the Drug and Alcohol Ministry, the best thing you can do is to obey Him and serve Him faithfully.

However, if you feel at any time this is not God's will for you serve in the Drug and Alcohol Ministry, the wisest thing you can do is to seek additional confirmation through prayer and discussing it with other drug and alcohol leaders. The most important thing is to "seek first the kingdom of God." If this means moving on to other things, then we must. After all, His will is perfect.

The "Do Not's of Counseling

1. Do not contradict God's Word.
2. Do not quote or use Scripture out of context.
3. Do not argue about the authority of God's Word.
4. Do not try to second-guess God's will for someone else's life.
5. Do not put anyone down.
6. Do not fake answers if you do not have them.
7. Do not try to lord over someone's life.

In conclusion, the bottom line is that we share the love of Christ with all, and we use God's Word as the final authority in every circumstance.

"For I trust in Your Word" (Psalm 119:42b).

Presenting The Gospel to a Chemical Abuser

“And you shall know the truth, and the truth shall make you free” (John 8:32).

Idolatry, Not Addiction

In our day and age, it seems to be popular to view chemical abusers as victims of a disease or addiction. If this is the case, there is a need for treatment of a disease. The problem with this non-scientific view of chemical abuse is that the abuser is not considered responsible for their actions. Instead, the blame is placed on the “addiction” or the “disease.” However, the Bible calls it a sinful lifestyle in 1 Corinthians 6:9-10. At some point, the individual made a conscious choice to “drink” or “use.”

In working with substance abusers, you soon begin to notice that they follow a regular ritual (or pattern) of sin in their daily lives. The drugs or alcohol have become that person’s idol. An idol is anything that is given ultimate priority in a person’s life, other than the God of the Bible. Drugs or alcohol become that ultimate priority. The user lives for the next “high.” They become literally a slave to that substance.

Their entire life is built, in most cases, around allegiance to that substance. Some may steal to get the money to support their habit. Many become acute liars to cover their tracks. The governing principle of a person’s life is their god. Self, drugs, sex, money, and pleasure can all become a governing desire in a person’s life, and thus, their idol. Everybody worships someone or something.

The abuser needs to see that he or she is an idolater, not an “addict.” They are worshipping and serving their desires, rather than the One and only true God, who deserves our worship. We do not deny that sin is habitual and controlling.

Jesus said, “Whoever commits sin is a **slave** of sin” (John 8:34). So, repentance is needed—not “treatment” of a disease or addiction. For the substance abuser, this involves switching their allegiance from the life-dominating sin (their idol) to the living God. The person turns from the sins that control them by giving the Holy Spirit control of every area of their life.

Gathering Data

In presenting the gospel, it is important to find out as much about the person as you can (Proverbs 18:13, 20:5). What have they been using? How long have they been using or drinking? How often do they use? When do they use—during work hours, weekends, before bedtime, in the morning? Who knows about their habit? How is it affecting their family? How is it affecting their job? What prompted them to start their habit—to get friends, because they enjoyed the highs, for relaxation, because of arguments or bad relationships in the home or at work, because of a lust for power or a lust for money (dealing), etc.?

One Step To Freedom

Purpose and Use of the Lessons

In this way you begin to get to know the person and their lifestyle. You can begin to find out what is motivating them—what are their idols. You may also discover a multiplicity of other sinful patterns in the person’s life, such as: lying, stealing, adultery, fornication, pornography, uncontrolled outbursts of anger, physical abuse of their spouse, bitterness, etc. This information can be gathered either by one-on-one counseling or by having them fill out a form with these questions on it.

Presenting the Truth

Once you have obtained this information, you can begin to present the truth to that individual. Truth, by its very nature, confronts a person with the reality of their sin and helps the abuser to see the effects of sin upon his/her life. We want them to see that they have become enslaved, not only to the substance, but to sin in general. Their life is revolving around escaping reality into an altered state of consciousness.

They ought to see how the drug is an idol in their life. The way they use the substance—through a “bong,” injection, snorting, smoking or drinking—is the “ritual” of the idol they worship. They may have other idol worship that needs to be dealt with, but we start with the greatest and most obvious one. The obvious truth is that their idol is finite—it cannot save them. No matter how good or right it seems, the end of that path is destruction. Use these helpful Scripture references: Proverbs 14:12, Matthew 7:13-14, 1 Corinthians 6:9-10, Galatians 5:19-21.

Consequences

Sometimes it is necessary to use the truth to show the abuser the short-term consequences of following the path they have chosen. We want them to realize that their sin will catch up to them, if it has not already done so. This is using the gospel to persuade sinners (Isaiah 1:18). Paul said, “Knowing therefore the terror of the Lord, we **persuade** men ...” (2 Corinthians 5:11).

Allegiance, Not Addiction

Remember that the issue is one of allegiance, not addiction. No matter how strongly the abuser thinks differently, the truth is the truth. This is not to say that a physical, bodily dependence has occurred, possibly withdrawal symptoms. However, the primary issue is controlling sinful cravings (desires), which need to be broken through repentance. The person’s real need is to turn from their false god (their idol of addiction), and to bow down to Jesus Christ as Lord. Even though worshiping that idol brings temporary pleasure or relief, one day every knee shall bow and every tongue shall confess to the Lordship of Christ (Philippians 2:10-11).

The God of Hope

Since our God is the God of hope (Romans 15:13), we encourage freedom from their bondage to sin through Jesus Christ. He said, “Whoever falls on this stone (Jesus Christ) will be broken, but on whomever it falls, it will grind him to pieces” (Matthew 21:44).

It is a matter of personal choice. God wants to break their sinful lifestyle and build a new one from the foundation. He is a jealous God who wants a person’s total devotion

One Step To Freedom

Purpose and Use of the Lessons

(worship). If a person worships God and accepts Jesus as their Savior, He will make that person a new creation, completely doing away with the old. This is the Good News (2 Corinthians 5:17, Acts 26:18).

True Repentance

True repentance (2 Corinthians 7:9-11), as the result of godly sorrow, is always the first issue at the *One Step to Freedom* Drug and Alcohol Ministry. We cannot help those who will not turn their allegiance from idols to the living God. We need to emphasize this to the individual at some point. They will not be able to stay in the program on an ongoing basis if they willfully ignore or reject God's method of total change and repentance.

One Step To Freedom
Purpose and Use of the Lessons

Newcomer's Questionnaire

Name: _____

Address: _____

Phone Number: _____ M/F: _____ Age: _____

How did you hear about Calvary Chapel Recovery Group? _____

Date of your first visit to Calvary Chapel Recovery Group _____

Specific needs and/or problems (for prayer purposes): _____

Any other comments: _____

Therefore if the Son makes you free, you shall be free indeed. (John 8:36)

One Step To Freedom
Purpose and Use of the Lessons

Attendance Sheet

Name of Pastor: _____

Phone Number: _____ E-mail: _____

Group Leaders:

Name: _____

Phone Number: _____ E-mail: _____

Name: _____

Phone Number: _____ E-mail: _____

Name: _____

Phone Number: _____ E-mail: _____

Name: _____

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One Step To Freedom
Purpose and Use of the Lessons

Men's Attendance:

Name: _____

Phone Number: _____ E-mail: _____

Name: _____

Phone Number: _____ E-mail: _____

Name: _____

Phone Number: _____ E-mail: _____

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One Step To Freedom
Purpose and Use of the Lessons

Women's Attendance:

Name: _____

Phone Number: _____ E-mail: _____

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