



# RECOVERY OR Freedom?

ADDICTION IS NOT AN IDENTITY

What is "recovery" and does it last? As a follower of Christ, does someone recover or are they freed? How is Hope for Addiction different in approaching people suffering with addictions?

The staff and those who attend weekly Hope for Addiction *Recovering Hope* meetings are continually asked these questions, and maybe you have wondered some of these things as well.

**How is Hope for Addiction different and why it is so successful in helping people overcome their addictions?**  
It's very simple.

Hope for Addiction focuses on the root cause of addiction and the solution for real change from a biblical perspective.

From our *Recovering Hope* meeting discussion guides and curriculum to our regular leader trainings, it all starts with scripture, and **teaching people HOW to understand and apply God's Word to their everyday lives.**

Here are a couple of definitions to help in understanding what the culture would say and what a follower of Christ should believe:

**RECOVERY:**  
return to a normal state of health, mind, or strength

**REDEMPTION (REDEEM):**  
to free from captivity by payment of ransom

**FREEDOM:**  
the state of *not being imprisoned* or enslaved



The message of recovery is to return to your old self, your old way of thinking and living. Recovery is keeping an identity rooted in your struggle. Without Jesus, this is the best one can hope for. However, scripture tells us in Christ, we are FREE! **Christ came to change us and take us OUT of that old life and give us a new life, to bring us out of the slavery of substances.** At Hope for Addiction our focus is not on being sober, but building a relationship with Jesus. Sobriety is the outcome for someone who understands the finished work of Christ through his death and resurrection and is the result of a changed heart.

Our culture tells us that someone is always an addict or alcoholic. They may experience "recovery" but they are always identified as an addict, an alcoholic or in recovery. Scripture gives us a different definition. **The struggle with sin is not an identity.** Imagine if we were all identified by our sin struggle! THIS is what Hope for Addiction does every day. **We help people understand the truths of God's Word, daily lived out in practical ways, and help them become part of a local church body.**

Let's celebrate and rejoice in redemption and let people know there IS...

*Hope for Addiction!*

see chart of biblical terms vs the culture's terms on back →

# Cultural vs Biblical Language

As followers of Christ, it is important not only how we view, but also talk about what the culture calls "addiction" and all that goes along with it. **Using biblical language gives hope to change.**

CULTURE'S LANGUAGE	BIBLICAL LANGUAGE	SUPPORTED SCRIPTURES
Addiction	Slavery, idolatry, lover of pleasure/self rather than lover of God, refuge in something other than God	Jonah 2:8, Colossians 3:5, 2 Peter 2:19, Romans 6, Psalm 16:4, Galatians 5:19-21, Galatians 4:8, Psalm 62:5-7
I'm... an Addict, alcoholic, recovering addict, in recovery	In Christ I am a new creation (addiction is the struggle not the identity), free, no longer a slave	2 Corinthians 5:17, Romans 6:6-7, John 8:36, Galatians 2:20
Normies, People who don't have addiction, Normal people	We are all the same, all in need of rescue from our sin	Romans 5:6-8, Romans 10:10-13, Galatians 3:26-28, Colossians 3:9-11
Recovery	Change or transformation, freedom	2 Corinthians 3:18, 1 Corinthians 6:11, Romans 12:2, Psalm 51:10, Galatians 5:1
Character defect, compulsive behaviors, wrongs, disease, we all make mistakes	Sin and the response of repentance, sin nature	1 John 1:8-10, Acts 3:19, Romans 3:23, Titus 2:11-12, Psalm 51:1-2
Higher Power	Jesus Christ, Who conquered sin and death	Ephesians 1:15-23, Colossians 1:15-17, John 1:1-3
Amends	Forgiveness and reconciliation	Proverbs 28:13, Psalm 32:5, James 5:16, Romans 14:9, Hebrews 12:14, Proverbs 14:9
Moral Compass	Holy Spirit, Word of God	John 14:26, John 16:13, 2 Timothy 3:16-17
Codependent	Fear, idolatry, lack of faith/trust, fear of man, desire to control	2 Timothy 1:7, Proverbs 29:25, Acts 5:29, Deuteronomy 31:6, Proverbs 3:5-8, Hebrews 13:6, Isaiah 12:2
I need to fix this, work harder, do better	God needs to change my heart, I need to see that Christ has dominion over sin	Philippians 2:13, 2 Corinthians 3:5, Philippians 4:7-9, Philippians 1:6, 1 Thessalonians 5:23
Triggers	Temptation	1 Corinthians 10:13, Hebrews 4:15
Spiritual Experience	Salvation	Acts 16:31, Acts 2:21, Romans 5:8, Ephesians 2:4-5, Romans 10:13
Fake it 'til you make it	Power to obey through Christ, put to death sin nature, walking in obedience and faith despite feelings, not leaning on your own understanding	2 Corinthians 7:9-19, Romans 6:14, Colossians 3, 1 Peter 1:14, Proverbs 3:5-6, 2 Corinthians 5:6-9, Hebrews 11:6
Intervention	Loving confrontation, a call to repentance, bear one another's burdens, a call to follow Jesus	Galatians 6:1-3, Mark 10:17-22, 2 Timothy 2:21-26
Forgive yourself	Rest in, walk in and trust in the forgiveness of Christ secured at the cross	Isaiah 43:25, Ephesians 1:7, Psalm 103:12, Hebrews 10:12-14, Colossians 1:13-14
Tough love	Accountability, Discipline	1 Thessalonians 5:14, Luke 15:11-24
Let go, let God	Disciplined for godliness, we are required to respond: fight, put on, put off, put to death	1 Timothy 4:7, 1 Timothy 6:11-12, Ephesians 6:11, Colossians 3:5-17
Generational curse	Learned behavior, sinful behavior, Christ has dominion	Colossians 1:16, Romans 6:14

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A biblical view of our struggle and the freedom found in Jesus brings lasting change and transformation.  
**SOBRIETY IS THE RESULT OF A CHANGED HEART.**