

MARK 12

A Biblically-Based Program for Healing and Transformation

THE FOUR DIMENSIONS OF LOVING GOD

Heart • Soul • Mind • Strength

"And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength... You shall love your neighbor as yourself. There is no other commandment greater than these."

— Mark 12:30-31 (NKJV)

A Christian Recovery Program From

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Statement of Faith

"And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength... You shall love your neighbor as yourself. There is no other commandment greater than these."

— **Mark 12:30-31 (NKJV)**

We believe that true and lasting recovery begins with surrender to God through faith in Jesus Christ. Apart from Him, we can do nothing (John 15:5), but through Him, all things are possible (Philippians 4:13).

We believe that we are called to love the Lord our God with all our heart — offering Him our emotions, our wounds, our desires, and our affections, holding nothing back from His healing touch.

We believe that we are called to love the Lord our God with all our soul — surrendering our will, our identity, and our deepest self to His Lordship, trusting that He who began a good work in us will carry it on to completion (Philippians 1:6).

We believe that we are called to love the Lord our God with all our mind — taking every thought captive to the obedience of Christ (2 Corinthians 10:5), renewing our minds through Scripture, and replacing the lies of shame, fear, and despair with the truth of the Gospel.

We believe that we are called to love the Lord our God with all our strength — honoring Him with our bodies, our choices, and our daily actions, walking in the power of the Holy Spirit rather than in the weakness of the flesh.

We believe that we are called to love our neighbor as ourselves — recognizing that recovery is not a solitary journey. We are made for community, called to bear one another's burdens (Galatians 6:2), to confess our sins to one another (James 5:16), and to encourage one another daily (Hebrews 3:13).

We believe that the Bible is the inspired, authoritative Word of God, and that Scripture is sufficient to guide us in all matters of faith, life, and recovery.

We believe that through the finished work of Christ on the cross, we are forgiven, redeemed, and set free — not by our own effort, but by grace through faith (Ephesians 2:8-9).

We believe that the Holy Spirit dwells within every believer, providing the power, conviction, comfort, and guidance we need to walk in freedom one day at a time.

We believe that recovery is a journey of sanctification — a process of becoming more like Christ — and that setbacks do not define us. His mercies are new every morning (Lamentations 3:22-23), and there is no condemnation for those who are in Christ Jesus (Romans 8:1).

Program Overview

The Four Dimensions of Loving God

This program is built on Jesus' answer to the question, "What is the greatest commandment?" In Mark 12:30-31, Jesus summarizes all of God's requirements into one comprehensive call: to love God with everything we are — heart, soul, mind, and strength — and to love our neighbor as ourselves.

These four dimensions provide a complete framework for recovery because addiction, trauma, grief, and life struggles affect every part of who we are. True healing cannot come from addressing just one area while neglecting the others. We need transformation at every level.

Dimension	Focus	Key Movement	Core Truth
HEART	Emotions, desires, wounds	Healing and surrender	God heals the brokenhearted
SOUL	Will, identity, self	Dying to self, new identity	In Christ, we are new creations
MIND	Thoughts, beliefs, patterns	Replacing lies with truth	Truth sets us free
STRENGTH	Body, actions, habits	Walking by the Spirit	Our bodies are temples

How to Use This Program

Each module is designed to be worked through over several weeks. The program can be adapted for:

- Individual coaching sessions (recommended: one session per major section)
- Personal study and devotion
- Small group study (with adaptation)

Each module includes:

- Teaching content with Scripture foundation
- Personal exercises and worksheets
- Reflection and discussion questions
- Journaling prompts
- Suggested spiritual practices
- Scripture memory assignments

MODULE 1: HEART

"With All Your Heart" — Emotional Surrender and Healing

Anchor Scripture

"And you shall love the Lord your God with all your heart..."

— Mark 12:30a

Module Theme

The heart represents our emotions, desires, wounds, and affections. In biblical terms, the heart is the center of who we are — the wellspring from which everything else flows. Proverbs 4:23 warns us, "Keep your heart with all vigilance, for from it flow the springs of life."

Recovery begins when we stop hiding our brokenness and bring our whole emotional self to God for healing and transformation. Many of us have spent years trying to manage our behavior while our hearts remain wounded, hardened, or divided. But God does not offer behavior modification — He offers heart transplant.

In this module, we will explore what Scripture teaches about the heart, why emotional healing is essential to recovery, and how we can bring our whole heart to God.

I. Understanding the Biblical Heart

When the Bible speaks of the "heart," it is not referring primarily to the physical organ that pumps blood. Rather, the heart in Scripture represents the core of our inner being — the seat of our emotions, desires, affections, and motivations.

A. The Heart as the Center of Emotions

Scripture repeatedly connects the heart with our emotional life:

- Joy: "You have put more joy in my heart than they have when their grain and wine abound" (Psalm 4:7)
- Grief: "Even in laughter the heart may ache" (Proverbs 14:13)
- Fear: "Let not your hearts be troubled, neither let them be afraid" (John 14:27)
- Love: "You shall love the Lord your God with all your heart" (Deuteronomy 6:5)
- Anger: "Fools give full vent to their rage, but the wise bring calm in the end" (Proverbs 29:11)

B. The Heart as the Source of Behavior

Jesus made clear that what we do flows from who we are at the heart level:

"A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

— **Luke 6:45**

This is why behavior modification alone always fails. You can change your actions, improve your circumstances, and regulate your emotions — but if you are still operating from a damaged heart, you will continue generating the problems you are trying to fix externally. The heart is the control center. Until it is healed and transformed, surface-level changes will not last.

C. The Problem: Hearts of Stone

Sin, trauma, and pain have a hardening effect on the heart. We build walls to protect ourselves. We numb our emotions. We disconnect from God and others. Over time, our hearts become like stone — unable to feel, unable to receive, unable to change.

"The heart is deceitful above all things, and desperately sick; who can understand it?"

— **Jeremiah 17:9**

This is the honest assessment of the human condition apart from God's intervention. Our hearts are not just wounded — they are corrupted. We cannot trust our own hearts to guide us. We need outside help.

II. How Wounds Affect the Heart

Understanding how our hearts became wounded is an important part of the healing process. This is not about blaming others or excusing our choices — it is about honestly naming what happened so that God can heal it.

A. Sources of Heart Wounds

1. Trauma and Abuse

Physical, emotional, sexual, or spiritual abuse leaves deep wounds on the heart. Traumatic experiences can shatter our sense of safety, worth, and trust.

2. Rejection and Abandonment

Being rejected by parents, spouses, friends, or communities creates wounds of unworthiness and fear of intimacy.

3. Loss and Grief

The death of loved ones, divorce, job loss, or other significant losses can leave the heart broken and struggling to heal.

4. Shame and Guilt

Our own failures, sins, and mistakes can wound our hearts with shame — the deep belief that we are fundamentally flawed.

5. Unmet Needs

Growing up without adequate love, attention, validation, or security creates deficits that we often try to fill through unhealthy means.

B. How Wounded Hearts Respond

When our hearts are wounded, we develop coping mechanisms to protect ourselves. These may include:

- **Numbing:** Using substances, food, entertainment, or busyness to avoid feeling pain
- **Hardening:** Building walls to keep others out and prevent further hurt
- **Hiding:** Wearing masks and presenting a false self to the world
- **Controlling:** Trying to manage every aspect of life to feel safe
- **Performing:** Seeking worth through achievement, approval, or perfection

While these strategies may provide temporary relief, they ultimately keep us trapped. They prevent true healing and block intimacy with God and others.

III. God's Solution: Heart Transplant

The good news is that God does not leave us with our wounded, hardened hearts. He promises to do what we cannot do for ourselves — to remove our hearts of stone and give us hearts of flesh.

A. The Promise of a New Heart

"I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh."

— **Ezekiel 36:26**

Notice the language here. God does not say He will repair your heart or help you improve it. He says He will remove it and replace it. This is heart transplant surgery, not heart repair.

This is the essence of the new birth. When we come to Christ, something fundamental changes at the core of our being. The old heart — corrupted by sin, hardened by pain — is removed. A new heart — alive to God, soft and receptive — is given in its place.

B. God Heals the Brokenhearted

"He heals the brokenhearted and binds up their wounds."

— **Psalms 147:3**

"The Lord is near to the brokenhearted and saves the crushed in spirit."

— **Psalms 34:18**

These verses reveal God's heart toward those who are hurting. He does not stand at a distance. He draws near. He does not condemn — He heals. He does not demand that we get ourselves together before coming to Him — He meets us in our brokenness.

Whatever has shattered your heart — addiction, abuse, loss, betrayal, shame — God specializes in healing exactly that kind of wound. He is the Great Physician, and no case is too severe for Him.

C. The Role of Surrender

Heart healing requires our participation. We must be willing to:

1. **Admit our brokenness** — stop pretending we are fine
2. **Bring our wounds to God** — stop hiding from Him
3. **Release our self-protection** — let down the walls
4. **Trust the Surgeon** — let God do what only He can do

You cannot perform surgery on yourself. The control center is compromised — it cannot fix itself. You must submit to the One who can replace what is broken with something new.

IV. Bringing Our Whole Heart to God

Loving God with all our heart means holding nothing back. It means bringing every part of our emotional life to Him — the good, the bad, and the ugly.

A. Emotional Honesty Before God

Many Christians have been taught, implicitly or explicitly, that certain emotions are unacceptable. We learn to suppress anger, hide sadness, and pretend we are not afraid. But the Psalms model a different approach — raw, honest, emotional transparency before God.

Consider some of the things the psalmists said to God:

- *"My God, my God, why have you forsaken me?"* (Psalm 22:1)
- *"How long, O Lord? Will you forget me forever?"* (Psalm 13:1)
- *"I am weary with my moaning; every night I flood my bed with tears"* (Psalm 6:6)
- *"My soul is in deep anguish"* (Psalm 6:3)

God is not offended by our honest emotions. He already knows what we are feeling. When we voice our pain, fear, anger, or doubt to Him, we are not informing Him of something He did not know — we are inviting Him into those places.

B. The Practice of Lament

Lament is the biblical practice of bringing our pain, grief, and complaint to God. Nearly one-third of the Psalms are psalms of lament. They follow a general pattern:

1. **Address to God** — turning toward God, not away
2. **Complaint** — honestly describing the situation and the pain
3. **Request** — asking God to act
4. **Expression of Trust** — affirming faith in God's character
5. **Vow of Praise** — committing to worship God regardless of outcome

Lament is not complaining without faith. It is bringing our pain to the One who can actually do something about it, while choosing to trust Him even when we do not understand.

C. Naming Our Wounds

Part of bringing our whole heart to God involves specifically naming what has hurt us. Vague prayers like "Lord, heal my heart" are a start, but deeper healing often requires getting specific:

- What happened to me?
- How did it make me feel?
- What lies did I believe as a result?
- How have I tried to cope or protect myself?

- What do I need from God?

This process can be painful, and it may be wise to do it with a trusted counselor, pastor, or coach. But specificity opens the door to specific healing.

V. Guarding the Renewed Heart

Once God begins to heal and transform our hearts, we have a responsibility to guard what He has given us.

"Keep your heart with all vigilance, for from it flow the springs of life."

— Proverbs 4:23

A. What We Allow In

Our hearts are shaped by what we take in. This includes:

- **Media:** What we watch, read, and listen to shapes our desires and emotions
- **Relationships:** The people we spend time with influence our hearts
- **Environments:** Certain places trigger old patterns and wound us afresh
- **Self-talk:** The words we speak to ourselves affect our hearts deeply

Guarding our hearts means making wise choices about what we allow access to our inner life.

B. Developing Emotional Awareness

Many people in recovery have learned to disconnect from their emotions as a survival mechanism. Part of guarding the heart involves reconnecting — learning to recognize what we are feeling and why.

Helpful practices include:

- Regular check-ins: "What am I feeling right now?"
- Journaling emotions and their triggers
- Noticing physical sensations that accompany emotions
- Asking trusted others for feedback on how we come across

C. Processing Emotions in Healthy Ways

Guarding the heart does not mean suppressing emotions. It means processing them in healthy ways rather than destructive ones:

- **Instead of numbing:** Feel the emotion and bring it to God
- **Instead of exploding:** Pause, breathe, and respond rather than react
- **Instead of stuffing:** Express emotions appropriately to safe people
- **Instead of dwelling:** Process, release, and move forward

Key Scriptures for Module 1

Memorize at least two of these verses during this module:

Ezekiel 36:26 — "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh."

Psalms 147:3 — "He heals the brokenhearted and binds up their wounds."

Psalms 34:18 — "The Lord is near to the brokenhearted and saves the crushed in spirit."

Psalms 51:10 — "Create in me a clean heart, O God, and renew a steadfast spirit within me."

Proverbs 4:23 — "Keep your heart with all vigilance, for from it flow the springs of life."

Jeremiah 17:9 — "The heart is deceitful above all things, and desperately sick; who can understand it?"

Psalms 139:23-24 — "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting."

Exercises for Module 1

Exercise 1: Heart Inventory

Take time to honestly assess the current condition of your heart. For each area below, rate yourself on a scale of 1-10 (1 = severely wounded/closed; 10 = healthy/open) and write a brief explanation.

1. Emotional Awareness: Can I recognize and name what I am feeling?

Rating: _____ Notes:

2. Emotional Expression: Am I able to express emotions in healthy ways?

Rating: _____ Notes:

3. Openness to God: Is my heart soft and receptive to God?

Rating: _____ Notes:

4. Openness to Others: Am I willing to be known and to let others in?

Rating: _____ Notes:

5. Healing Progress: How much healing have I experienced from past wounds?

Rating: _____ Notes:

Exercise 2: Naming Your Wounds

Using the categories from Section II, identify specific wounds that have affected your heart. Be as specific as you can. (If this brings up intense emotions, consider doing this exercise with a counselor or trusted friend.)

Trauma/Abuse:

Rejection/Abandonment:

Loss/Grief:

Shame/Guilt:

Unmet Needs:

Exercise 3: Writing a Lament

Using the pattern from Section IV, write your own lament psalm. Be completely honest with God about your pain.

Address to God (turning toward Him):

Complaint (honestly describing your pain):

Request (asking God to act):

Expression of Trust (affirming faith in God):

Vow of Praise (committing to worship regardless):

Exercise 4: Heart Guard Assessment

Evaluate what you are allowing into your heart. For each category, note what is healthy (helping your heart) and what is harmful (hurting your heart).

Media (TV, music, social media, internet):

Healthy:

Harmful:

Relationships:

Healthy:

Harmful:

Environments/Places:

Healthy:

Harmful:

Self-talk:

Healthy:

Harmful:

Reflection and Discussion Questions

1. What parts of your heart have you been hiding from God or others? Why?
2. In what ways has your heart become "hardened" through pain or self-protection?
3. What would it look like to invite God to perform "heart surgery" rather than trying to fix yourself?
4. Which of the coping mechanisms listed (numbing, hardening, hiding, controlling, performing) do you most relate to? How has it affected your life?
5. What emotions are hardest for you to express or feel? Why do you think that is?
6. How does it feel to know that God is "near to the brokenhearted"? Is that easy or hard for you to believe?
7. What specific changes could you make to better guard your heart?
8. Have you ever practiced lament? What was that experience like?

Journaling Prompts

Use these prompts for personal reflection and journaling throughout the week:

- Write a letter to God telling Him exactly how you feel right now — hold nothing back.
- Describe a time when you felt emotionally safe and known. What made that possible?
- What lies have you believed about your worth or value? Where did those lies come from?
- If God could heal one wound in your heart, which would you choose? Why?
- Write about a time you experienced God's comfort or healing presence.

Suggested Spiritual Practice

Daily Heart Check-In

Each morning and evening, pause and ask yourself these questions:

- "Lord, search my heart. What am I feeling right now?"
- "Is there anything I am hiding or avoiding?"
- "What do You want to heal or transform today?"

Write your responses in a journal. Over time, you will develop greater emotional awareness and a habit of bringing your whole heart to God.

MODULE 2: SOUL

"With All Your Soul" — Surrendering Your Will and Identity

Anchor Scripture

"And you shall love the Lord your God... with all your soul..."

— **Mark 12:30b**

Module Theme

The soul represents our will, identity, and deepest self. It is the core of who we are — our capacity to choose, to decide, to determine the direction of our lives. In recovery, we must confront a difficult truth: our will has been compromised. The very faculty we use to make choices has been corrupted by sin, addiction, and self-reliance.

Recovery requires what feels like the ultimate paradox: we must die to live. We must lose ourselves to find ourselves. We must surrender our will to receive a will that actually works. This module explores the biblical call to die to self, surrender to God, and receive a new identity in Christ.

I. Understanding the Biblical Soul

A. The Soul as Will and Identity

When Scripture speaks of the soul, it often refers to our capacity for self-determination — the part of us that chooses, wills, and decides. It is closely connected to our sense of identity — who we understand ourselves to be.

The Hebrew word "nephesh" (soul) appears over 750 times in the Old Testament. It can refer to:

- The whole person ("my soul" often means "myself")
- The seat of desires and appetites
- The center of will and choice
- The essence of life itself

B. The Problem: Self-Reliance

At the core of sin is the assertion of self over God. In the Garden of Eden, the serpent's temptation was precisely this: "You will be like God" (Genesis 3:5). Rather than trusting God's wisdom and provision, Adam and Eve chose to trust themselves.

This pattern of self-reliance continues in all of us. We believe we know best. We trust our own judgment. We try to control our lives and the people around us. Even in recovery, we often try to manage our problems through self-will and determination.

But here is the hard truth: our self-will got us into this mess. It cannot get us out.

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

— **Proverbs 3:5-6**

C. The Exhaustion of Self-Effort

Trying to recover through willpower alone is exhausting. We white-knuckle our way through cravings. We make promises we cannot keep. We try harder and harder, only to fail again and again. This cycle leads to despair, shame, and hopelessness.

Jesus offers a different way:

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

— **Matthew 11:28-30**

Notice: Jesus offers rest for our souls. Not more effort. Not trying harder. Rest. This rest comes through taking His yoke — exchanging our way of doing life for His.

II. The Call to Die to Self

One of the most radical teachings of Jesus is the call to die to ourselves. This language sounds extreme — and it is. But it is also the path to life.

"If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it."

— **Mark 8:34-35**

A. What Does It Mean to "Deny Yourself"?

Denying yourself does not mean:

- Hating yourself or having low self-esteem
- Neglecting legitimate needs
- Becoming a doormat for others
- Losing your personality or uniqueness

Denying yourself means:

- Dethroning self as the center of your life
- Surrendering your agenda to God's agenda
- Giving up the illusion that you are in control
- Releasing your grip on outcomes
- Choosing God's will over your own preferences

B. Taking Up Your Cross

The cross was an instrument of death. When Jesus says to take up your cross, He is calling for a death — the death of the old self, the old way of life, the old patterns of sin and self-reliance.

"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

— **Galatians 2:20**

Paul describes this as something that has already happened: "I have been crucified." When we put our faith in Christ, our old self — the self that was enslaved to sin, driven by selfish ambition, and incapable of pleasing God — was put to death.

But we must live into this reality daily. We must continually choose to reckon ourselves dead to sin and alive to God in Christ Jesus (Romans 6:11).

C. The Paradox: Losing to Find

Jesus presents a paradox: whoever tries to save their life will lose it, but whoever loses their life for His sake will find it. This upside-down logic runs counter to everything our culture teaches.

But experience confirms it. How many of us tried to "save" our lives through addiction — only to lose everything? The path of self-will leads to destruction. The path of surrender leads to life.

III. The Practice of Surrender

Surrender is not a one-time event. It is a daily — sometimes hourly — practice. It is a posture of the soul that says, "Not my will, but Yours be done."

A. What Surrender Looks Like

Surrender involves:

1. **Admitting Powerlessness:** Acknowledging that we cannot overcome our problems on our own strength
2. **Releasing Control:** Letting go of our need to manage every outcome
3. **Trusting God:** Believing that His way is better than our way
4. **Submitting to His Will:** Choosing obedience even when it is hard
5. **Casting Our Anxieties:** Giving our worries and fears to God

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

— 1 Peter 5:6-7

B. What Surrender Is Not

Surrender is not:

- **Passivity:** We still take action, but we act in dependence on God rather than self
- **Fatalism:** We do not resign ourselves to whatever happens; we actively trust God's good plan
- **Giving Up:** Surrender is not defeat; it is the doorway to victory
- **Weakness:** It takes great strength to surrender — the strongest will is the one surrendered to God

C. Daily Surrender

Because we live in bodies that still want to assert control, surrender must be practiced daily. Many find it helpful to begin each day with a prayer of surrender:

"Lord, I surrender this day to You. I release my need to control. I trust that You are working all things for my good. I give You my plans, my fears, my desires, and my will. Not my will, but Yours be done. Amen."

IV. Receiving a New Identity

When we surrender our old self, we do not become nothing. We receive something far better — a new identity in Christ.

A. You Are a New Creation

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

— 2 Corinthians 5:17

This is not just a nice sentiment. It is a declaration of spiritual reality. When you put your faith in Christ, something fundamental changed. You are not the same person you were before. Your old self — with its slavery to sin, its distorted identity, its broken will — has passed away. A new self has been born.

B. Your Worth Is Settled

One of the most liberating truths of the Gospel is that your worth is no longer based on your performance. You do not have to earn God's love or prove your value. In Christ:

- You are chosen (Ephesians 1:4)
- You are adopted as God's child (Ephesians 1:5)
- You are forgiven and redeemed (Ephesians 1:7)
- You are sealed with the Holy Spirit (Ephesians 1:13)
- You are God's workmanship (Ephesians 2:10)

Your identity is not "addict" or "failure" or "broken." Your identity is "child of God" and "new creation in Christ."

C. Living From Your Identity

There is a crucial difference between living for your identity and living from your identity.

Living FOR your identity means trying to earn worth through performance, achievement, or approval. It is exhausting and never satisfying.

Living FROM your identity means receiving your worth as a gift and then living out of that secure foundation. You do not perform to be accepted; you are accepted, so you are free to serve, love, and grow.

V. Finding Rest for the Soul

The result of surrender and receiving a new identity is rest — true rest for the soul.

"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul."

— **Psalm 23:1-3**

A. Rest as Trust

Soul rest is not primarily about physical relaxation (though that matters too). It is about a deep inner peace that comes from trusting that God is in control, that He loves you, and that He is working all things for good.

This kind of rest is available even in the midst of difficult circumstances. It is not dependent on everything going well. It is rooted in the character of God.

B. The Ongoing Journey of Restoration

"He restores my soul" is an ongoing process. There may be days when you feel anxious, fearful, or out of control. That does not mean you have failed or lost your identity. It means you are human, and you need to return again to the Shepherd.

Recovery is not a straight line. There are setbacks and struggles. But God's promise remains: He will restore your soul. He who began a good work in you will bring it to completion (Philippians 1:6).

Key Scriptures for Module 2

Memorize at least two of these verses during this module:

Mark 8:34-35 — "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it."

Galatians 2:20 — "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me."

Matthew 11:28-29 — "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

Proverbs 3:5-6 — "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

2 Corinthians 5:17 — "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

Romans 12:1 — "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

Philippians 1:6 — "And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

Exercises for Module 2

Exercise 1: Surrender Inventory

Identify areas of your life where you are still trying to maintain control. For each area, write what you are holding onto and what it would look like to surrender it to God.

Area: My Relationships

What I'm holding onto:

What surrender would look like:

Area: My Finances

What I'm holding onto:

What surrender would look like:

Area: My Future/Plans

What I'm holding onto:

What surrender would look like:

Area: My Recovery

What I'm holding onto:

What surrender would look like:

Area: My Reputation

What I'm holding onto:

What surrender would look like:

Exercise 2: Identity Statements

Write out who you are in Christ. Complete each statement and read them aloud daily.

Because of Christ, I am no longer

Because of Christ, I am now

My old identity was based on

My new identity is based on

The lies I used to believe about myself:

The truth God says about me:

Exercise 3: Daily Surrender Prayer

Write your own surrender prayer to use each morning. Include elements of:

- Acknowledging God's sovereignty
- Releasing specific areas of control
- Affirming trust in His plan
- Receiving your identity in Christ

My Surrender Prayer:

Exercise 4: The Exchange

Jesus invites us to exchange our heavy yoke for His light one. Identify what you need to lay down and what you need to receive in exchange.

I lay down my:

I receive His:

I lay down my:

I receive His:

I lay down my:

I receive His:

Reflection and Discussion Questions

1. What are you still trying to control that you need to surrender to God?
2. What false identities have you carried (addict, failure, unlovable, beyond hope)? Where did those identities come from?
3. What would it look like to live from your identity in Christ rather than living for approval or acceptance?
4. How does it feel to hear that your worth is already settled in Christ? Easy or hard to believe?
5. What does "dying to self" mean to you practically? What would it look like today?
6. Describe a time when you tried to control something and it backfired. What did you learn?
7. How would your recovery be different if you truly believed God was in control and working for your good?
8. What does "rest for your soul" look like to you? Have you experienced it?

Journaling Prompts

- Write about the areas of your life where self-will has caused the most damage.
- Describe who you would be if you fully believed you were a new creation in Christ.
- Write a letter to your "old self," telling them goodbye.
- What fears come up when you think about surrendering control? Bring those to God in writing.
- Describe what soul rest would look like in your daily life.

Suggested Spiritual Practice

Daily Surrender Prayer

Each morning, before your feet hit the floor, pray a prayer of surrender. Use the prayer you wrote in Exercise 3 or this simple template:

"Lord, I surrender this day to You. I release my need to control [name specific areas]. I trust that You are working all things for my good. I receive my identity as Your beloved child. Not my will, but Yours be done. Amen."

MODULE 3: MIND

"With All Your Mind" — Renewing Your Thoughts with Truth

Anchor Scripture

"And you shall love the Lord your God... with all your mind..."

— **Mark 12:30c**

Module Theme

The mind is the battlefield. Every action we take is preceded by a thought. Every emotion is connected to a belief. Addiction, trauma, and destructive patterns are rooted in lies we believe about ourselves, God, and the world.

Recovery requires more than changing behavior — it requires changing how we think. The Bible calls this "renewing the mind." It is the process of identifying lies, replacing them with truth, and rehearsing that truth until it becomes more familiar than the old patterns.

This is not positive thinking or self-help. It is spiritual warfare. The enemy attacks the mind because he knows that if he can control your thoughts, he can control your life. But God offers transformation through the power of His Word and His Spirit.

I. The Mind as Battlefield

A. The First Attack Was Mental

In the Garden of Eden, Satan's first attack was not physical — it was mental. He did not force Eve to eat the fruit. He planted a question in her mind:

"Did God actually say...?"

— **Genesis 3:1**

With those words, the serpent introduced doubt about God's Word and God's character. Eve believed the lie, and the rest is history.

Satan uses the same tactic today. He plants thoughts in our minds — doubts about God, lies about ourselves, distortions of reality. If he can get us to believe these thoughts, he can lead us down destructive paths.

B. The Mind Governs the Life

"For as he thinks in his heart, so is he."

— **Proverbs 23:7**

Our thought patterns determine who we become. If we think of ourselves as failures, we will act like failures. If we believe God is angry with us, we will live in fear. If we are convinced we can never change, we will not try.

This is why the battle for recovery is won or lost in the mind. You can white-knuckle your way through behavioral change for a while, but unless your thinking changes, you will eventually return to old patterns.

C. The Natural Mind Is Opposed to God

"For the mind set on the flesh is death, but the mind set on the Spirit is life and peace. For the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so."

— **Romans 8:6-7**

Our natural way of thinking is not neutral. It is actively opposed to God. This is why we need more than education or willpower. We need supernatural transformation — a renewal that only God can provide.

II. The Lies We Believe

Before we can renew our minds, we must identify the lies that have taken root there. These lies often feel like facts — we have believed them for so long that we do not question them.

A. Lies About Ourselves

Common lies people in recovery believe about themselves:

- "I am worthless."
- "I am beyond help."
- "I will always be this way."
- "I deserve what happened to me."
- "I am defined by my past."
- "If people really knew me, they would reject me."
- "I am stupid/ugly/unlovable."

B. Lies About God

Common lies about God:

- "God is disappointed in me."
- "God will not forgive me again."
- "God is waiting to punish me."
- "God does not care about my problems."
- "God helps others but not me."
- "God cannot be trusted."

C. Lies About Recovery

Common lies about the recovery process:

- "I can handle this on my own."
- "One slip means total failure."
- "I've tried before and it didn't work."
- "I don't need help from others."
- "Once an addict, always an addict."
- "Things will never really change."

III. The Solution: Renewing the Mind

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

— **Romans 12:2**

Notice the connection: transformation comes through renewal of the mind. This is not behavior modification from the outside in. It is transformation from the inside out.

A. The Process of Renewal

Mind renewal involves three steps:

1. **RECOGNIZE the lie:** Become aware of the false belief operating in your mind
2. **REPLACE with truth:** Find the Scripture that directly contradicts the lie
3. **REHEARSE until familiar:** Repeat the truth until it becomes more natural than the lie

This process takes time. Lies that have been believed for years will not disappear overnight. But with consistent practice, new neural pathways form, and truth begins to feel more natural than deception.

B. Taking Every Thought Captive

"We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."

— **2 Corinthians 10:5**

This verse uses military language. We are to "destroy" arguments and "take captive" thoughts. This is active, aggressive, intentional work. We do not passively allow thoughts to control us. We actively evaluate them, challenge them, and bring them under the authority of Christ.

When a thought enters your mind, ask:

- Is this true according to Scripture?
- Is this thought from God, from myself, or from the enemy?
- Does this thought lead to life and peace, or to death and destruction?
- What does God's Word say about this?

C. Filling the Mind with Truth

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

— Philippians 4:8

Mind renewal is not just about removing lies. It is about filling the mind with truth. An empty mind will quickly fill with garbage. We must actively, intentionally fill our minds with what is true, noble, right, pure, lovely, and admirable.

IV. Practical Disciplines for Mind Renewal

A. Scripture Memorization

Hiding God's Word in your heart is one of the most powerful weapons against lies.

"I have hidden your word in my heart that I might not sin against you."

— **Psalm 119:11**

When temptation comes, when lies attack, you need truth immediately accessible. Memorized Scripture provides that instant access.

Tips for Scripture memorization:

- Start with verses that directly address your specific struggles
- Write verses on index cards and review throughout the day
- Say verses aloud — hearing reinforces memory
- Review regularly — repetition is key
- Put verses to music or rhythm

B. Meditation on Scripture

Biblical meditation is not emptying the mind (as in some Eastern practices). It is filling the mind with God's Word and turning it over slowly, deeply, thoughtfully.

"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it."

— **Joshua 1:8**

To meditate on Scripture:

- Read a passage slowly, multiple times
- Emphasize different words each time
- Ask: What does this reveal about God? About me? About life?
- Personalize it: Insert your name into promises
- Pray the Scripture back to God

C. Speaking Truth Aloud

There is power in speaking truth out loud. Jesus defeated Satan's temptations in the wilderness by speaking Scripture (Matthew 4:1-11).

"Death and life are in the power of the tongue."

— **Proverbs 18:21**

When lies attack, speak truth aloud:

- "I am a new creation in Christ."
- "God has not given me a spirit of fear."

- "I can do all things through Christ who strengthens me."
- "There is no condemnation for those in Christ Jesus."

D. Journaling Lies vs. Truth

Keep a journal specifically for identifying lies and replacing them with truth. Create two columns:

THE LIE I BELIEVE	THE TRUTH FROM SCRIPTURE
"I am worthless."	"I am fearfully and wonderfully made" (Psalm 139:14)
"God won't forgive me again."	"If we confess our sins, He is faithful and just to forgive" (1 John 1:9)
"I can never change."	"If anyone is in Christ, he is a new creation" (2 Cor 5:17)

Key Scriptures for Module 3

Memorize at least two of these verses during this module:

Romans 12:2 — "Do not be conformed to this world, but be transformed by the renewal of your mind."

2 Corinthians 10:5 — "We take every thought captive to obey Christ."

Philippians 4:8 — "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable... think about these things."

Isaiah 26:3 — "You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

John 8:32 — "And you will know the truth, and the truth will set you free."

2 Timothy 1:7 — "For God gave us a spirit not of fear but of power and love and self-control."

Psalms 119:11 — "I have hidden your word in my heart that I might not sin against you."

Exercises for Module 3

Exercise 1: Lie Detection

Over the next week, pay attention to your thought patterns. When you notice negative or destructive thoughts, write them down. Then categorize them:

Lies I believe about myself:

1.

2.

3.

Lies I believe about God:

1.

2.

3.

Lies I believe about my recovery/future:

1.

2.

3.

Exercise 2: Truth Replacement

For each lie you identified above, find a Scripture that directly contradicts it. Write the lie and the truth side by side.

Lie:

Truth (with Scripture reference):

Lie:

Truth (with Scripture reference):

Lie:

Truth (with Scripture reference):

Exercise 3: Mind Guard Assessment

Evaluate what you are allowing into your mind. Be honest about what is helping and what is hurting.

Media I consume (TV, movies, music, podcasts, social media):

What's helpful:

What's harmful:

Changes I need to make:

Conversations I have regularly:

What's helpful:

What's harmful:

Changes I need to make:

Self-talk patterns:

What's helpful:

What's harmful:

Changes I need to make:

Exercise 4: Scripture Memory Plan

Choose three verses from this module to memorize. Write out your plan:

Verse 1:

Why this verse:

My plan to memorize it:

Verse 2:

—

Why this verse:

My plan to memorize it:

Verse 3:

—

Why this verse:

My plan to memorize it:

Reflection and Discussion Questions

1. What recurring lies do you believe about yourself, your future, or God?
2. Where did those lies come from? Can you trace them back to a specific event, relationship, or season of life?
3. What are you allowing into your mind that is reinforcing old patterns?
4. What would it look like to "take every thought captive" in your daily life?
5. How has negative thinking affected your recovery journey?
6. What Scripture verses have been most powerful in combating lies?
7. What changes do you need to make to guard your mind more effectively?
8. How can you fill your mind with truth more consistently?

Journaling Prompts

- Write about a time when believing a lie led to destructive behavior.
- Describe what your life would look like if you consistently believed truth instead of lies.
- What is the hardest lie for you to let go of? Why?
- Write a prayer asking God to reveal lies you may not be aware of.
- How has your thinking changed since beginning recovery?

Suggested Spiritual Practice

Lie/Truth Journaling

Each day this week, when you notice a negative or destructive thought:

- Write down the thought exactly as it came to you
- Ask: "Is this true according to Scripture?"
- Find a verse that speaks truth against the lie
- Write the truth next to the lie
- Speak the truth aloud
- Pray the truth over yourself

MODULE 4: STRENGTH

"With All Your Strength" — Honoring God with Your Body and Actions

Anchor Scripture

"And you shall love the Lord your God... with all your strength."

— **Mark 12:30d**

Module Theme

Strength represents our bodies, actions, habits, and physical choices. It is where the rubber meets the road — where heart, soul, and mind translate into tangible behavior. The Bible teaches that our bodies are temples of the Holy Spirit, and that we are called to honor God with what we do, not just what we think or feel.

Recovery is not just an inner transformation. It must be lived out in daily choices, physical disciplines, and practical obedience. This module explores what it means to walk by the Spirit, treat our bodies as sacred, and develop habits that support lasting freedom.

I. The Body as Temple

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

— 1 Corinthians 6:19-20

A. What It Means to Be a Temple

In the Old Testament, the temple was the place where God's presence dwelt on earth. It was sacred, set apart, and to be treated with reverence. When Paul says our bodies are temples, he is making a stunning claim: God now dwells not in a building, but in His people.

This has profound implications:

1. Your body is sacred, not disposable
2. How you treat your body is an act of worship or desecration
3. You are a steward, not an owner — your body belongs to God
4. The Holy Spirit lives in you, empowering you from within

B. Addiction's Assault on the Temple

Addiction is an assault on the temple. Whether through substances, behaviors, or neglect, addiction damages the body that God created and redeemed. This is not said to induce shame — God offers forgiveness and healing. But it is important to recognize what has been at stake.

Recovery involves reclaiming stewardship of the body. It means:

- Removing harmful substances and behaviors
- Restoring physical health where possible
- Developing habits that honor God
- Treating the body with respect and care

C. The Body and the Whole Person

"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."

— 1 Thessalonians 5:23

God is concerned with your entire being — spirit, soul, AND body. The physical and spiritual are not separate compartments. What you do with your body affects your soul. What you think affects your physical health. We are integrated beings, and recovery must address all dimensions.

II. Walking by the Spirit

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other."

— Galatians 5:16-17

A. The Ongoing Battle

Even after we become Christians, there is an ongoing battle between the flesh (our old nature with its sinful desires) and the Spirit (God's Holy Spirit living in us). This is not a sign of failure — it is the reality of the Christian life until we are fully transformed in glory.

The good news is that the outcome of the battle is not in doubt. The flesh has been crucified with Christ (Galatians 5:24). We are no longer slaves to sin (Romans 6:6). But we must choose daily to walk by the Spirit rather than giving in to the flesh.

B. What Walking by the Spirit Looks Like

Walking by the Spirit involves:

- **Daily dependence:** Beginning each day asking for the Spirit's help
- **Sensitivity to conviction:** Listening when the Spirit warns you
- **Obedience in the moment:** Saying yes to what the Spirit prompts
- **Confession when you fail:** Quickly returning to fellowship with God
- **Cultivating the fruit:** Cooperating with the Spirit's work of producing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control

C. Self-Control as Fruit

Notice that self-control is listed as a fruit of the Spirit (Galatians 5:22-23). This means it is not primarily something we manufacture through willpower. It is produced in us by the Holy Spirit as we yield to Him.

This does not mean we are passive. We cooperate with the Spirit. We make choices that align with His work. But the power comes from Him, not from our own determination.

"For God gave us a spirit not of fear but of power and love and self-control."

— 2 Timothy 1:7

III. Practical Disciplines of Strength

Loving God with all our strength involves developing habits and disciplines that honor Him with our bodies and actions.

A. Physical Health as Spiritual Discipline

Taking care of our physical bodies is not vanity — it is stewardship. Practical areas include:

- **Sleep:** Adequate rest is essential for physical, mental, and spiritual health
- **Nutrition:** What we eat affects our energy, mood, and ability to resist temptation
- **Exercise:** Physical activity reduces stress, improves mood, and builds discipline
- **Medical care:** Addressing health issues, taking medications as prescribed

B. Removing Access to Temptation

One of the most practical things we can do is remove access to temptation. Scripture calls this "fleeing":

"Flee from sexual immorality."

— 1 Corinthians 6:18

"Flee youthful passions and pursue righteousness, faith, love, and peace."

— 2 Timothy 2:22

This might include:

- Removing alcohol or drugs from your home
- Installing internet filters and accountability software
- Avoiding certain places, people, or situations
- Changing routines that lead to temptation
- Deleting apps, contacts, or accounts that trigger old patterns

C. Building Healthy Rhythms

Recovery is supported by developing healthy daily and weekly rhythms:

- **Morning routine:** Start the day with prayer, Scripture, and surrender
- **Evening routine:** End the day with reflection, gratitude, and confession
- **Weekly Sabbath:** Regular rest and worship
- **Regular meetings:** Support groups, counseling, coaching
- **Accountability check-ins:** Regular contact with trusted people

D. The Role of Community

We are not meant to recover alone. Community provides:

- **Accountability:** Others who ask hard questions and hold us to our commitments
- **Support:** People who understand and encourage
- **Example:** Role models who have walked this path
- **Belonging:** A place where we are known and accepted

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another."

— **Hebrews 10:24-25**

IV. Strength Through Weakness

One of the paradoxes of the Christian life is that true strength comes through weakness.

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong."

— **2 Corinthians 12:9-10**

A. Admitting Powerlessness

The first step of most recovery programs is admitting powerlessness — that we cannot overcome our problems on our own. This is not defeat. It is the doorway to true strength.

As long as we think we can handle it ourselves, we do not fully rely on God. When we admit our weakness, His power flows into us.

B. Relapse and Grace

Relapse — returning to old patterns — is a common part of many recovery journeys. It is painful and discouraging, but it is not the end of the story.

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

— **Lamentations 3:22-23**

If you have relapsed:

- Confess immediately — do not hide
- Receive God's forgiveness — it is real and complete
- Learn from what happened — what triggered it?
- Get back up — one day at a time
- Reach out — do not isolate

C. Christ's Strength in Us

"I can do all things through him who strengthens me."

— **Philippians 4:13**

This verse is often misused to mean we can accomplish anything we want. In context, Paul is saying he has learned contentment in all circumstances — plenty or want, ease or hardship — because Christ gives him strength.

The strength for recovery does not come from within us. It comes from Christ working in us. We do our part — we show up, we make choices, we practice disciplines — but the power is His.

Key Scriptures for Module 4

Memorize at least two of these verses during this module:

1 Corinthians 6:19-20 — "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

Galatians 5:16 — "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

Romans 12:1 — "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

Philippians 4:13 — "I can do all things through him who strengthens me."

Isaiah 40:31 — "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not be faint."

2 Corinthians 12:9 — "My grace is sufficient for you, for my power is made perfect in weakness."

Galatians 5:22-23 — "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."

Exercises for Module 4

Exercise 1: Body Stewardship Assessment

Honestly evaluate how you have been treating your body. Rate each area 1-10 and identify one change you can make.

Sleep (7-9 hours recommended):

Current rating: _____ One change I can make:

Nutrition (balanced, healthy eating):

Current rating: _____ One change I can make:

Exercise (regular physical activity):

Current rating: _____ One change I can make:

Medical care (addressing health issues):

Current rating: _____ One change I can make:

Rest/Sabbath (regular time for renewal):

Current rating: _____ One change I can make:

Exercise 2: Trigger and Temptation Mapping

Identify situations, places, people, or times that trigger temptation. Then identify what changes you can make to flee or reduce exposure.

Trigger/Temptation:

How to flee or reduce exposure:

Trigger/Temptation:

How to flee or reduce exposure:

Trigger/Temptation:

How to flee or reduce exposure:

Exercise 3: Daily Rhythm Design

Design a daily routine that supports your recovery. Be specific.

Morning Routine (first hour after waking):

During the Day (key practices to maintain):

Evening Routine (last hour before bed):

Weekly Practices (Sabbath, meetings, check-ins):

Exercise 4: Accountability Network

Identify the people who will support your recovery. Be specific about the role each person plays.

Primary Accountability Partner:

Name: _____ Role:

How often we connect:

Support Group / Recovery Community:

Group/Meeting: _____ When:

Professional Support (counselor, coach, pastor):

Name: _____ How often:

Emergency Contact (who to call when struggling):

Name: _____ Phone:

Reflection and Discussion Questions

1. In what ways have you dishonored your body through addiction, neglect, or harmful habits?
2. What practical changes could you make to treat your body as a temple of the Holy Spirit?
3. Where do you need to stop relying on your own strength and start depending on God's?
4. What does "walking by the Spirit" look like in your daily life?
5. What triggers need to be removed or avoided?
6. What healthy rhythms do you need to establish?
7. Who is in your accountability network? Is it enough?
8. How do you respond to the idea that God's power is made perfect in weakness?

Journaling Prompts

- Write a prayer offering your body to God as a living sacrifice.
- Describe what your life would look like if you consistently walked by the Spirit.
- What does "one day at a time" mean to you practically?
- Write about a time when you experienced God's strength in your weakness.
- What is the hardest practical discipline for you? Why?

Suggested Spiritual Practice

Body Offering Prayer

Each morning, pray this prayer of offering:

"Lord, I offer my body to You today as a living sacrifice. May my hands do Your work. May my feet walk in Your paths. May my eyes see what You want me to see. May my mouth speak words that honor You. Fill me with Your Spirit and give me strength to walk in obedience today. In Jesus' name, Amen."

Conclusion: The Journey Continues

You have now worked through the four dimensions of loving God — heart, soul, mind, and strength. These are not boxes to check off but ongoing areas of growth and transformation.

Recovery is a journey, not a destination. There will be good days and hard days. There will be progress and setbacks. But God's promise remains:

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

— **Philippians 1:6**

As you continue on this journey, remember:

- **HEART:** Keep bringing your whole emotional self to God. He heals the brokenhearted.
- **SOUL:** Practice daily surrender. Your identity is in Christ, not in your past.
- **MIND:** Take every thought captive. Replace lies with truth from Scripture.
- **STRENGTH:** Walk by the Spirit. Honor God with your body. Build healthy habits.

And remember the second part of the Great Commandment: love your neighbor as yourself. As God heals and transforms you, you will have something to offer others. Your story of brokenness and redemption can bring hope to those still struggling.

May God grant you grace for the journey. May His mercies, which are new every morning, sustain you. And may you experience the freedom and abundant life that Jesus promised.

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

— **John 10:10**

Appendix A

Scripture Memory Cards

These Scripture Memory Cards contain key verses from each module of the Mark 12 program. Cut along the dotted lines to create individual cards for memorization. Consider carrying these cards with you throughout the day, reviewing them during quiet moments, and meditating on God's Word as you journey through recovery.

How to Use These Cards

- Copy onto cardstock for durability, or laminate for long-term use.
- Cut along the dotted lines to separate individual cards.
- Focus on one card per week, reading it multiple times daily.
- Write the verse on an index card to carry with you.
- Practice reciting aloud until you can quote it from memory.
- Reflect on how each verse applies to your recovery journey.

Foundation Verse

THE GREAT COMMANDMENT

Mark 12:30-31

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: "Love your neighbor as yourself." There is no commandment greater than these.

The foundation of all recovery is learning to love God completely and others authentically.

Module 1: With All Your Heart

HEART — Primary Verse

Proverbs 4:23

"Above all else, guard your heart, for everything you do flows from it."

Our emotions and desires flow from the heart—protecting it is essential to recovery.

HEART — Healing Verse

Ezekiel 36:26

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

God promises transformation—a softened heart capable of genuine love and connection.

HEART — Healing Verse

Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

God is the healer of our deepest emotional wounds and brokenness.

Module 2: With All Your Soul

SOUL — Primary Verse

Psalm 42:1-2

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God."

Our deepest longings find their true fulfillment only in God.

SOUL — Supporting Verse

Psalm 23:3

"He restores my soul. He leads me in paths of righteousness for his name's sake."

God is the restorer of our souls, guiding us toward wholeness.

SOUL — Identity Verse

2 Corinthians 5:17

"Therefore, if anyone is in Christ, he is a new creation: The old has gone, the new is here!"

In Christ, we receive a new identity—our past does not define our future.

Module 3: With All Your Mind

MIND — Primary Verse

Romans 12:2

"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."

Transformation begins with renewed thinking patterns.

MIND — Supporting Verse*Philippians 4:8*

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

What we focus our minds on shapes who we become.

MIND — Victory Verse*2 Corinthians 10:5*

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

We have the power through Christ to control our thought patterns.

Module 4: With All Your Strength

STRENGTH — Primary Verse

Philippians 4:13

"I can do all this through him who gives me strength."

Our strength for recovery comes from Christ, not from ourselves.

STRENGTH — Supporting Verse

Isaiah 40:31

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Hope in the Lord provides supernatural endurance for the recovery journey.

STRENGTH — Action Verse

James 1:22

"Do not merely listen to the word, and so deceive yourselves. Do what it says."

Recovery requires action—putting God's Word into daily practice.

Appendix B

Daily Devotional Guide

This Daily Devotional Guide is designed to support your journey through the Mark 12 program by providing a structured framework for daily spiritual practices. Each week focuses on one dimension of loving God—heart, soul, mind, or strength—with daily themes that build upon one another. Use this guide alongside your module work to deepen your connection with God and reinforce the principles of biblical recovery.

How to Use This Devotional

Set aside 15-30 minutes each morning for your devotional time. Find a quiet place free from distractions. Begin with prayer, asking the Holy Spirit to guide your time and open your heart to what God wants to teach you. Follow the ACTS pattern for each day's devotion:

6. **Adoration:** Begin by praising God for who He is.
7. **Confession:** Acknowledge areas where you have fallen short.
8. **Thanksgiving:** Express gratitude for God's blessings and provision.
9. **Supplication:** Bring your requests to God, including your recovery needs.

Week 1: Loving God with All Your Heart

Theme: Emotional Healing and Authentic Connection

This week focuses on surrendering our emotional wounds to God and allowing Him to heal our hearts. Each day builds toward a deeper understanding of emotional wholeness in Christ.

Day 1: Acknowledging the Broken Heart

Scripture: Psalm 34:18 — "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Reflection: God doesn't stand at a distance from our pain—He draws near. Today, acknowledge the areas of brokenness in your heart. What wounds have you been carrying that need God's healing touch?

Prayer Focus: Ask God to reveal areas of hidden pain and invite Him into those broken places.

Action Step: Write a letter to God describing one specific area of heartbreak you've been reluctant to address.

Day 2: Guarding the Heart

Scripture: Proverbs 4:23 — "Above all else, guard your heart, for everything you do flows from it."

Reflection: What influences are you allowing to shape your heart? Media, relationships, thought patterns—all of these flow into our hearts and affect our recovery journey.

Prayer Focus: Ask God for discernment about what to allow into your heart and what to guard against.

Action Step: Identify one influence that needs to be removed or limited to protect your heart.

Day 3: The Promise of a New Heart

Scripture: Ezekiel 36:26 — "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

Reflection: God promises not just to repair our hearts but to give us entirely new ones. What does a "heart of flesh" look like compared to your current "heart of stone"?

Prayer Focus: Surrender the hardened areas of your heart and ask God to make them soft and responsive to Him.

Action Step: List three ways you've noticed your heart becoming "hardened" and pray specifically over each one.

Day 4: Emotional Honesty Before God

Scripture: Psalm 62:8 — "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."

Reflection: God invites us to be completely honest with Him about our emotions—even the ones we're ashamed of. He can handle our anger, fear, despair, and doubt.

Prayer Focus: Practice pouring out your heart to God without filtering or editing your emotions.

Action Step: Spend five minutes in unfiltered, honest prayer—tell God exactly how you're feeling without self-censoring.

Day 5: Healing Past Wounds

Scripture: Psalm 147:3 — "He heals the brokenhearted and binds up their wounds."

Reflection: Healing is a process, not an instant event. God binds our wounds—carefully, tenderly, with expertise. Are you allowing Him time to complete the healing work?

Prayer Focus: Thank God for the healing He has already brought and ask for patience in areas still being restored.

Action Step: Identify one past wound that still affects you today. Write a prayer specifically asking for healing in this area.

Day 6: Learning to Feel Again

Scripture: Joel 2:12-13 — "'Even now,' declares the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments."

Reflection: Many in recovery have numbed their emotions for so long that learning to feel again can be frightening. God calls us to authentic emotional expression—to "rend our hearts" rather than putting on outward shows.

Prayer Focus: Ask God for courage to feel your emotions fully and to process them in healthy ways.

Action Step: Notice your emotions throughout the day without judging them. Simply observe and name what you feel.

Day 7: Rest and Reflection

Scripture: Matthew 11:28-29 — "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart."

Weekly Reflection: Review your journal entries from this week. What patterns do you notice? How has God been working in your heart?

Prayer Focus: Rest in God's presence without an agenda. Simply be with Him.

Action Step: Spend 20 minutes in silent rest with God, practicing His presence without words.

Week 2: Loving God with All Your Soul

Theme: Identity, Purpose, and Spiritual Connection

This week explores the deepest part of who we are—our soul and its connection to God. We will examine identity in Christ, life purpose, and cultivating an intimate relationship with our Creator.

Day 1: The Thirsty Soul

Scripture: Psalm 42:1-2 — "As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God."

Reflection: Our addictions and struggles often represent misplaced attempts to satisfy soul-deep thirst. Only God can truly satisfy the longings of our soul.

Prayer Focus: Acknowledge the deep thirst in your soul and invite God to be your source of satisfaction.

Action Step: Write about what you've been using to try to satisfy your soul's thirst apart from God.

Day 2: Soul Restoration

Scripture: Psalm 23:3 — "He restores my soul. He leads me in paths of righteousness for his name's sake."

Reflection: Restoration implies returning something to its original condition. God created your soul for connection with Him—restoration means returning to that design.

Prayer Focus: Ask God to restore what has been lost, damaged, or stolen from your soul.

Action Step: Identify three things you feel you've lost in your struggle. Pray over each, asking God for restoration.

Day 3: New Creation Identity

Scripture: 2 Corinthians 5:17 — "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Reflection: Your identity is not defined by your past, your addiction, your trauma, or your failures. In Christ, you are a new creation with a new identity.

Prayer Focus: Ask God to help you see yourself as He sees you—as His beloved new creation.

Action Step: Write "I am a new creation in Christ" on a card. Read it aloud ten times, believing it more each time.

Day 4: Created with Purpose

Scripture: Ephesians 2:10 — "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Reflection: You are not an accident. You are God's masterpiece, created with specific purposes that only you can fulfill. Your struggles do not disqualify you—they prepare you.

Prayer Focus: Ask God to reveal glimpses of the purpose He has for your life.

Action Step: List your gifts, passions, and experiences—including difficult ones—and consider how God might use them.

Day 5: Belonging to God

Scripture: 1 Peter 2:9 — "But you are a chosen people, a royal priesthood, a holy nation, God's special possession."

Reflection: You are chosen, royal, holy, and precious to God. You belong to Him—not as property, but as a treasured child.

Prayer Focus: Thank God for choosing you and making you His own special possession.

Action Step: Meditate on what it means to be "God's special possession." How does this change how you see yourself?

Day 6: Eternal Perspective

Scripture: Ecclesiastes 3:11 — "He has made everything beautiful in its time. He has also set eternity in the human heart."

Reflection: God has placed eternity in our hearts—a longing for something beyond this temporary world. This is why earthly things never fully satisfy.

Prayer Focus: Ask God to deepen your eternal perspective and loosen your grip on temporary things.

Action Step: Identify one temporary thing you've been clinging to that cannot satisfy your eternal longings.

Day 7: Rest and Reflection

Scripture: Psalm 103:1 — "Praise the Lord, my soul; all my inmost being, praise his holy name."

Weekly Reflection: Review your growth this week. How has your understanding of your soul and identity deepened?

Prayer Focus: Let your soul praise God for who He is and what He is doing in your life.

Action Step: Write a psalm of praise from your soul to God, expressing gratitude for your new identity in Christ.

Week 3: Loving God with All Your Mind

Theme: Renewing Thought Patterns and Cognitive Transformation

This week addresses the battlefield of the mind—where so many recovery battles are won or lost. We will focus on replacing destructive thought patterns with truth and training our minds to align with God's perspective.

Day 1: The Renewed Mind

Scripture: Romans 12:2 — "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Reflection: Transformation is possible through renewed thinking. What "patterns of this world" have shaped your thought life?

Prayer Focus: Ask God to begin the work of renewing your mind—replacing worldly patterns with His truth.

Action Step: Identify three recurring negative thought patterns and write the truth from Scripture that counters each.

Day 2: Taking Thoughts Captive

Scripture: 2 Corinthians 10:5 — "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Reflection: Thoughts are not passive—they can be captured and made obedient. This requires active engagement, not passive acceptance of whatever enters our minds.

Prayer Focus: Ask for the power to recognize and capture thoughts that oppose God's truth.

Action Step: Practice thought-capture today: when a negative thought arises, consciously stop it and replace it with truth.

Day 3: The Focus Filter

Scripture: Philippians 4:8 — "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Reflection: This verse provides a filter for our thoughts. Before dwelling on something, ask: Is it true? Noble? Right? Pure? Lovely? Admirable?

Prayer Focus: Ask God to help you use the Philippians 4:8 filter consistently.

Action Step: Write the eight criteria on a card. Before each major decision today, run it through this filter.

Day 4: Overcoming Lies with Truth

Scripture: John 8:32 — "Then you will know the truth, and the truth will set you free."

Reflection: Lies imprison; truth liberates. What lies have you believed about yourself, God, or your situation? Truth is the key to breaking free.

Prayer Focus: Ask the Holy Spirit to reveal lies you've believed and replace them with His truth.

Action Step: Create a two-column list: lies you've believed on one side, God's truth on the other.

Day 5: The Mind of Christ

Scripture: 1 Corinthians 2:16 — "For who has known the mind of the Lord so as to instruct him? But we have the mind of Christ."

Reflection: Through the Holy Spirit, we have access to Christ's mind—His perspective, wisdom, and understanding. This is a gift to be cultivated, not just possessed.

Prayer Focus: Thank God for giving you the mind of Christ and ask for help accessing it daily.

Action Step: When facing a decision today, pause and ask, "What would Jesus think about this?"

Day 6: Meditating on Scripture

Scripture: Joshua 1:8 — "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it."

Reflection: Biblical meditation—deeply considering God's Word—is essential to renewing our minds. It's different from emptying the mind; it's filling it with truth.

Prayer Focus: Ask God to give you hunger for His Word and ability to meditate on it deeply.

Action Step: Choose one verse and spend 15 minutes meditating on it—reading slowly, pondering each word, asking God to reveal its meaning.

Day 7: Rest and Reflection

Scripture: Isaiah 26:3 — "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Weekly Reflection: What changes have you noticed in your thought patterns this week? Where do you still struggle?

Prayer Focus: Rest in God's promise of perfect peace for the steadfast mind.

Action Step: Summarize the key truth you've learned about renewing your mind and commit to one ongoing practice.

Week 4: Loving God with All Your Strength

Theme: Active Obedience and Practical Application

This final week translates internal transformation into external action. Recovery is not passive—it requires strength, effort, and practical obedience. We will explore how to put our faith into daily practice through concrete actions.

Day 1: Strength from God

Scripture: Philippians 4:13 — "I can do all this through him who gives me strength."

Reflection: The strength for recovery doesn't come from willpower—it comes from Christ. Our job is to stay connected to Him as our source.

Prayer Focus: Acknowledge your weakness and ask God to be your strength today.

Action Step: Each time you feel weak today, pause and pray: "Lord, be my strength in this moment."

Day 2: Renewed Strength Through Waiting

Scripture: Isaiah 40:31 — "But those who hope in the Lord will renew their strength. They will soar on wings like eagles."

Reflection: Strength renewal comes through hoping—waiting expectantly—on the Lord. Sometimes the strongest thing we can do is wait on God's timing.

Prayer Focus: Commit to waiting on God rather than rushing ahead in your own strength.

Action Step: Identify one area where you've been striving in your own power and consciously release it to God.

Day 3: Doers of the Word

Scripture: James 1:22 — "Do not merely listen to the word, and so deceive yourselves. Do what it says."

Reflection: Knowledge without action is self-deception. What has God been teaching you that requires action? What step have you been avoiding?

Prayer Focus: Ask God for courage to act on what you've learned.

Action Step: Choose one truth you've learned and take one concrete action to apply it today.

Day 4: Running the Race

Scripture: Hebrews 12:1 — "Let us run with perseverance the race marked out for us."

Reflection: Recovery is a marathon, not a sprint. It requires endurance, perseverance, and a willingness to keep going even when tired.

Prayer Focus: Ask God for endurance to keep running, especially when you want to quit.

Action Step: Identify one "weight" or hindrance you need to lay aside to run your race more effectively.

Day 5: Caring for the Body

Scripture: 1 Corinthians 6:19-20 — "Do you not know that your bodies are temples of the Holy Spirit? Therefore, honor God with your bodies."

Reflection: Physical self-care is spiritual. Rest, nutrition, exercise, and health all affect our recovery. Our bodies are not our own—they belong to God.

Prayer Focus: Ask God for wisdom about how to better honor Him with your physical body.

Action Step: Make one specific commitment to better care for your body this week.

Day 6: Serving Others

Scripture: Galatians 5:13 — "Serve one another humbly in love."

Reflection: True recovery moves beyond self-focus to service of others. Using our strength to help others is part of loving our neighbor as ourselves.

Prayer Focus: Ask God to show you opportunities to serve others in your recovery community.

Action Step: Perform one act of service for someone else today without seeking recognition.

Day 7: Rest and Celebration

Scripture: Nehemiah 8:10 — "The joy of the Lord is your strength."

Weekly Reflection: Celebrate the progress you've made! Review all four weeks. How have heart, soul, mind, and strength been transformed?

Prayer Focus: Thank God for His work in your life and commit to continuing the journey.

Action Step: Write a letter to yourself six months from now describing the person you're becoming through God's transforming work.

Appendix C

Personal Recovery Covenant

This Personal Recovery Covenant represents a sacred commitment between you and God as you embark on or continue your recovery journey. It is not a contract that earns God's favor—His grace is freely given. Rather, it is a formal declaration of your intentions, a reference point for your commitment, and a reminder of God's promises to you. Consider this covenant carefully, pray over each section, and sign it when you are ready to make this commitment before God and those who will support you.

Preamble

Recognizing that I am created in the image of God and loved unconditionally by my Heavenly Father; acknowledging that I have struggled with patterns of thought and behavior that have separated me from God's best for my life; and believing that through Jesus Christ I have been given the power to be transformed; I do hereby enter into this covenant with my Lord and Savior.

Section I: Acknowledgments

I acknowledge and confess the following truths:

5. I am powerless to overcome my struggles through my own strength, but I can do all things through Christ who gives me strength (Philippians 4:13).
6. My past does not define me. I am a new creation in Christ; the old has gone, the new has come (2 Corinthians 5:17).
7. God's grace is sufficient for me, and His power is made perfect in my weakness (2 Corinthians 12:9).
8. Recovery is a journey, not a destination. I commit to the process, trusting God with the outcome.
9. I was created for relationship—with God, with others, and in healthy relationship with myself.

Section II: Commitments of the Heart

In loving God with all my heart, I commit to:

6. Being emotionally honest with God, myself, and trusted others about my feelings, struggles, and victories.
7. Guarding my heart against influences that could lead me back into destructive patterns.
8. Allowing God to heal my emotional wounds rather than numbing or avoiding them.
9. Cultivating healthy emotional connections and vulnerability in safe relationships.
10. Practicing forgiveness—of others and of myself—as an ongoing discipline.

Section III: Commitments of the Soul

In loving God with all my soul, I commit to:

9. Embracing my true identity as a beloved child of God, not defined by my struggles or failures.
10. Seeking to fulfill the purpose for which God created me, using even my struggles for His glory.
11. Nurturing my spiritual life through regular prayer, worship, and connection with God.
12. Living with an eternal perspective, remembering that this world is temporary.
13. Rejecting shame as my identity and receiving God's unconditional acceptance.

Section IV: Commitments of the Mind

In loving God with all my mind, I commit to:

6. Actively renewing my mind through the study and meditation of God's Word.
7. Taking every thought captive and making it obedient to Christ.
8. Rejecting lies and replacing them with God's truth.
9. Filtering my thoughts through the Philippians 4:8 standard.
10. Pursuing wisdom and understanding through Scripture, teaching, and godly counsel.

Section V: Commitments of Strength

In loving God with all my strength, I commit to:

9. Being a doer of the Word, not merely a hearer.
10. Caring for my physical body as the temple of the Holy Spirit.
11. Establishing and maintaining healthy boundaries in all my relationships.
12. Actively participating in a recovery community and accepting accountability.
13. Using my recovery journey to help and serve others who are struggling.

Section VI: Accountability Structure

I commit to the following accountability structure:

My Primary Accountability Partner:

Name: _____

We will meet/connect: _____

My Recovery Group/Community:

Group Name: _____

Meeting Schedule: _____

My Coach/Mentor/Pastor:

Name: _____

Contact Frequency: _____

Section VII: Emergency Plan

When I am struggling or facing temptation, I will:

4. Immediately pray and ask God for strength.
5. Reach out to my accountability partner or support person.
6. Remove myself from the triggering situation if possible.
7. Recall and meditate on Scripture memory verses.
8. Remember that relapse does not mean failure—it means I need to return to God and my support system.

My emergency contacts:

1. _____
2. _____
3. _____

Section VIII: God's Promises to Me

I receive and stand upon these promises from God:

9. *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11*
10. *"He who began a good work in you will carry it on to completion until the day of Christ Jesus." — Philippians 1:6*
11. *"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear." — 1 Corinthians 10:13*
12. *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." — 1 John 1:9*
13. *"Never will I leave you; never will I forsake you." — Hebrews 13:5*

Covenant Declaration

I enter into this covenant freely, of my own will, recognizing that my strength comes not from myself but from the Lord. I commit to pursuing recovery with all my heart, soul, mind, and strength, trusting that He who began a good work in me will be faithful to complete it.

My Name (Print): _____

My Signature: _____

Date: _____

Witnessed By:

Witness Name: _____

Witness Signature: _____

Date: _____

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

— Mark 12:30