

A Bridge to Recovery, Biblical Addiction Counsel

Core Truth #7 The priorities in my life dictate the progress of my life.

Mat.6:33. View Video at <https://recovery-bridge.com/core-truths/>

Register for material at <https://recovery-bridge.com>

The Bridge to Recovery* is a faith-based program that helps overcome battles with personal life struggles and addictions. God's Word, the Holy Bible shows amazing truths that lead to incredible victories.

A Bridge to Recovery: For people struggling with addictions or others seeking Biblical Christian counseling for Anger; Anxiety; Depression; et.al. While winter lasts in upstate New York Pastor Rice intends to Zoom meet weekly on Saturday Noon to 1 pm with 12 Bridge to Recovery lessons. You may Join Zoom Meetings at: Meeting ID: 491 867 1652 Passcode: GSBC

I am Pastor Ed Rice, Pastor of Good Samaritan Baptist Church, 54 Main St., Dresden, NY 14441, offering to mentor local or remote students in the 12 step Bridge to Recovery Program. It can be a lifeline for those struggling with addictions, anger; anxiety; or depression. You can contact Pastor Ed Rice through our website and view these slides at www.GSBaptistChurch.com/b2r/

R.B. Ouellette, Pastor First Baptist Church of Bridgeport Michigan, developed the Bridge to Recovery faith-based program that helps people overcome their battles with personal struggles and addictions. <https://recovery-bridge.com/core-truths/> accessed Dec 2024



Bridge to Recovery Program Application

This information is confidential and will only be seen by the group moderator, secretary, and director.

PERSONAL INFORMATION

First Name _____ Last Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ DOB ____ / ____ / ____

Marital Status _____ Spouse's Name _____

In case of emergency, contact _____

Phone _____ Relationship _____

ADDICTION/HABIT INFORMATION

What is the nature of your addiction? _____

How long have you struggled with your addiction? _____

What level of accountability do you wish to receive from the Bridge to Recovery Program?

Casual 1 2 3 4 5 6 7 8 9 10 Diligent

How many different programs have you tried? _____

What do you hope to achieve through being in the Bridge? _____

Or Register at <https://recovery-bridge.com>

Do you desire to fill out a recovery action plan? ☐ Yes ☐ No

Bridge 2 Recovery 12 Core Truths

Core Truth 1. My recovery depends on my relationship with God.

Heb.11:6.

Core Truth 2. I will never make progress until I become honest about my struggle. Psalm 51:3.

Core Truth 3. Victory begins with surrender. Romans 12:1-2.

Core Truth 4. In Jesus, I can have freedom and forgiveness. Isa.55:7.

Core Truth 5. Meditating on God's word will help me find victory and freedom. Psalms 1:2.

Core Truth 6. Fixing the root will change the fruit... genuine change comes from the inside out. 2Cor.10:3-5.

Core Truth 7. The priorities in my life dictate the progress of my life.

Matthew 6:33.

Core Truth 8. Life is not made by my desires, but by my decisions. Philippians 4:8.

Core Truth 9. My past does not need to determine my future. Phil.3:13-14.

Core Truth 10. True success is not achieved by keeping rules, but by maintaining a right relationship with God and others. Matthew 22:37-40.

Core Truth 11. My choices affect me and also those around me. Rom.5:12.

Core Truth 12. My friends will affect my future. Psalm 1:1.

View Videos at
<https://recovery-bridge.com/core-truths/>

Working Through Scripture

Core Truths 5-8

Truth 5. Meditating on God's word will help me find victory and freedom. Psalms 1:2, "But his delight is in the law of the LORD; and in his law doth he meditate day and night."

Truth 6. Fixing the root will change the fruit... genuine change comes from the inside out. II Corinthians 10:3-5, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ..."

Truth 7. The priorities in my life dictate the progress of my life. Matthew 6:33, "*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*"

Truth 8. Life is not made by my desires, but by my decisions. Philippians 4:8, "*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*"

A Faith Based Recovery Program has **THREE KEYS**

Keep up, three ingredients CCC, twelve core truths, now three keys.

Commitment and Connection i.e. an accountability.

Connect to God (salvation)

Connect to Others (follow up?)

Connect to Self (self discipline?) Make an investment in your recovery. ... Buy a notebook and pen, material, register for material at <https://recovery-bridge.com>, get book #1, a Bible et.al., Invest your TIME Read and ponder daily, Keep a daily record, attend regular sessions, et.al.

WRITING IT DOWN!

Expressing Thoughts,
Truths and Feelings
Effectively involves writing,
with a pencil! See the Bridge's
"Welcome to Your Journal"

THE POWER of the WORD of GOD!

The WORD is Quick and Powerful, Discerns Thoughts and Intents.

Faith cometh by hearing and hearing by the Word of God! (Rom.10) .

*Add to your faith 7 things ... do these things ... never fall! (2Pet.1).
et.al.*



Welcome to Your Journal

From Bridge to Recovery Addictions Recovery
<https://recovery-bridge.com>

For some, journaling may seem difficult. For others, it can be a fun time to use gel pens and stickers. Regardless of "how" you journal, the only wrong way is to not journal at all! The ultimate purpose of journaling with your Bridge to Recovery program is to help you develop a personal, intimate relationship with Christ.

Journaling has many benefits, as you will read below. However, in the Bridge to Recovery workbooks, you will be asked to ponder, process, and pause. You will need to record your thoughts from these sections in your journal as part of your program. The word ponder simply means to "think carefully about something." The word process means to "take a series of actions or steps in order to achieve a particular end." And the word pause means "a temporary stop" which implies taking a brief time to cease all other activities in order to focus on something.

This is imperative because God tells us clearly in His Word that we need to abide in Him and abide in His Word. This is what the ponder, process, and pause emphasis helps you to achieve. The word abide comes from the Greek word meno which means to stay, continue, dwell, endure, be present, remain, stand, or tarry.

This is what the ponder, process, and pause emphasis helps you to achieve. The word abide comes from the Greek word meno which means to stay, continue, dwell, endure, be present, remain, stand, or tarry.

"Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." (John 15:4-5).

"Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free." (John 8:31-32).

"Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father." (1 John 2:24).

Journaling can help you to abide. While you may think you can do this without journaling, writing these thoughts down requires you to use more of your senses (sight, hearing, touch) which will help you to retain it longer and recall it later. But that is not all. Journaling is beneficial to your whole being.

Taking Back A Stronghold

Put this on a 3x5 card, and read it daily for 30 days to memorize it's verses,

Five Elements of a Victorious Walk

1. Genuine Repentance (Psalm 51:2-4) Do you see sin as an affront to a holy God or just remorse over the consequences. *Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight.*
2. Taking back ground (Eph 4:27) Ground is given by sinful acts. This gives Satan legal jurisdiction in our lives. *Neither give place to the devil.*

Taking Back A Stronghold

Put this on a 3x5 card, and read it daily for 30 days to memorize it's verses,

Five Elements of a Victorious Walk

3. Tearing down strongholds (2Cor 10:3-5) These are false belief systems that provide the enemy an area to bring destructive attacks. *For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.*
4. Build towers of truth (Joh 8:32) these towers are a belief system based on the truth of God's Word *And ye shall know the truth and the truth shall make you free.*

Taking Back A Stronghold

Put this on a 3x5 card, and read it daily for 30 days to memorize it's verses,

Five Elements of a Victorious Walk

5. Taking every thought captive (Phil 4:8) This is God's standard for right thinking. If you do not take your thoughts captive, they will captivate you. *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

My besetting Sin _____

My Stronghold Verse

1CO 6:19-20 *What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

In your notebook make a calendar chart as below:

Place a check on each day you read this card, and an x for each commission of this besetting sin. Review this card with your Pastor weekly. Revenge each x each day.

19 Those shall not see a fierce people, a people of a deeper speech, than thou canst perceive; of a stammering tongue, that thou canst not understand.

20 Look upon Zion, the city of our solemnities: thine eyes shall see Jerusalem a quiet habitation, a tabernacle that shall not be taken down; neither shall the stakes thereof ever be removed, neither shall any of the cords thereof be broken.

21 But there the glorious Lord will be unto us a place of broad rivers and streams; wherein shall go no galley with oars, neither shall gallant ship pass thereby.

22 For the Lord is our judge, the Lord is our lawyer, the Lord is our king; he will save us.

23 Thy tacklings are loosed, they could not well strengthen their mast, they could not spread the sail: then is the prey of a great spoil divided: the lame take the prey.

24 And the inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity.

CHAPTER 34.

The day of the Lord's Armageddon.

Come near, ye nations, to hear, and listen, ye people: let the earth hear, and all that is therein, the world, and all things that come forth of it.

2 For the indignation of the Lord is kindled against you, because ye have despised his voice, ye have despised his word, ye have despised his voice, ye have despised his word, ye have despised his voice, ye have despised his word.

5 Invitations From The Word

1) Come In to the Ark - Sal
The way - The Door - The Ark

2) Come Now Isa 11:1 - Sin as Sea
Beal with

3) Come After ... Become a Fisher of
Fellow me

4) Come Out - Be ye separate

5) Come Up Hither Rev 4

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Wk1							
Wk2							
Wk3							
Wk4							

Bridge-To-Recovery Core Truth#7 Assignment

Get your notebook and write the seventh core truth with its Key Verse:

In your note book, and then on a 3x5 card, write out the following outline:

Taking Back A Stronghold

Five Elements of a Victorious Walk

1. Genuine Repentance (Psalm 51:2-4).
2. Taking back ground (Eph 4:27).
3. Tearing down strongholds (2Cor 10:3-5).
4. Build towers of truth (Joh 8:32).
5. Taking every thought captive (Phil 4:8).

My Stronghold Verse *1Cor.6:19-20*

Write the key 12 verses to being born-again-saved: John 3:16,17,18, 36, 5:24, Romans 3:10,23, 5:8, 6:23, 10:9,10,13.

Watch Core-Truths Video #7

<https://recovery-bridge.com/core-truths/>

Call/Text your Mentor to report that you finish an assignment.

THE PRIORITIES IN MY LIFE DICTATE THE PROGRESS OF MY LIFE.

Truth 7. The priorities in my life dictate the progress of my life.

Matthew 6:33, *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*