

# ADDICTION AND RECOVERY

At CCV, we believe you can experience new life through Christ. Jesus offers victory over sin and brings healing and restoration into areas once marked by failure and defeat. As you become rooted in scripture and relationship with others, you will find lasting freedom, integrity and purity.

## BIBLICAL FOUNDATION

- 2 Corinthians 5:17
- Galatians 2:20
- Philippians 3:13-14



## CCV RESOURCES

To watch one or more CCV Series' that relate to this topic:

[OVERCOME](#)

[DAVID](#)

[TIMELESS](#)

Get connected in a [CCV Group](#) to become engaged in a community that can support you through life's ups and downs.

To submit a request for our Prayer Team to have the opportunity to pray for you, [click here](#).

For additional addiction resources related to Sex & Sexuality, [click here](#).

## DRUGS & ALCOHOL

### [The Heart of Addiction](#)

*Mark E. Shaw*

This book makes the distinction between what the world terms a "disease" and what the Bible demonstrates is a life-dominating sin nature problem. You will find biblical tools to help examine your heart's motives at the root of the addiction.

### [Changes That Heal](#)

*Henry Cloud*

Dr. Cloud takes the reader step-by-step through the four basic tasks of becoming mature image bearers of God: Bonding to others - Separating from others - Sorting out good and bad in ourselves and others - Becoming an adult – Dr. Cloud not only explains and describes each task, he also identifies the problems that result when we fail to accomplish that task, and he shows us what changes to make in our lives in order to bring about healing.

### [Clean](#)

*Doug Weiss*

Every Christian man is born into a sexual war. The enemy attacks the young, hoping to scar them permanently and leave them ruined. But your past is not enough to keep you from the enduringly clean life you want and deserve.

Click here for access to "Clean" on [RightNow Media Videos](#).

# ADDICTION AND RECOVERY

## ONLINE RESOURCES

For resources for parents and families **dealing with a child's addiction**, go to [Drugfree.org](http://Drugfree.org).

For online support, resources, and local support groups, go to the [Hope for Addiction website](http://Hope for Addiction website).

For an online resource for those struggling with self-harm and those wanting to help, go to the **Self Injury & Support website**, [click here](#).

## TALK TO SOMEONE

For addiction counseling, free support groups or information on local treatment centers, contact [Pure Heart Church](#).

Get connected to a [CCV Group](#) to become engaged in a community that can support you through life's ups and downs.

[Join a Celebrate Recovery Program](#). CR is designed as a program to help those struggling with hurts, habits and hang-ups by showing them the loving power of Jesus Christ through a recovery process.

## SELF HARM

### Bodily Harm

*Jennifer Kingsonbloom, Karen Conterio & Wendy Lader*

Self-injury is one of our society's fastest-growing and most disturbing epidemics. *Bodily Harm* is the most authoritative examination of this alarming syndrome and the first to offer a comprehensive treatment regimen. Written by the directors of S.A.F.E. (Self Abuse Finally Ends) Alternatives, it clearly defines what cutting is and explains the kinds of emotional trauma that can lead to self-mutilation. Most importantly, *Bodily Harm* offers a course of treatment based on years of experience and extensive clinical research; as well as compassion, advice, and hope for the afflicted and their loved ones.

### Helping Teens Who Cut

*Michael Hollander*

Dr. Michael Hollander is a leading expert on dialectical behavior therapy (DBT), the most effective treatment approach for cutting. Vivid stories illustrate how out-of-control emotions lead some teens to hurt themselves, how DBT can help, and what other approaches can be beneficial. You'll learn practical strategies for talking to teens about self-injury without making it worse, teaching them skills to cope with extreme emotions in a healthier way, finding the right therapist, and helping reduce stress for your whole family.

## NEGATIVE BEHAVIORS & EMOTIONS

### You Can Change

*Tim Chester*

This book helps understand God's transforming power for changing our sinful behaviors and negative emotions by taking a deeper look into what we need to change and Biblical strategies for changing those behaviors, as well as strengthening our faith.

### When Godly People Do Ungodly Things

*Beth Moore*

The seduction of God's people by the deceiver is a tale as old as the garden, but we are always surprised when it happens. We must realize that Satan is a lion on the prowl and we are his prey. Delivering dire warnings to Christians to safeguard themselves against Satan's attacks. Beth fears that often God is far more merciful than the body of Christ is with the deeply repentant and those desperate to find their way home. This book will be a guide to authentic repentance and restoration for those trapped in sin or for those seeking to better understand how such entanglement can take place.

### Fight

*Craig Groeschel*

Craig Groeschel provides insight into how men were created- in the image of God with a warrior's heart and how to fight the good fight for what's right. You will find the strength to fight the battles you know you need to fight—the ones that determine the state of your heart, the quality of your marriage, and the spiritual health of your family.