

# **Recovery Power in Christ**

Theme: Freedom through faith, strength through surrender, and renewal through reform.

A 10-Step Christian Recovery Plan inspired by faith and transformation.

## **Step 1 — Acknowledge the Bondage**

“For all have sinned and fall short of the glory of God.” – Romans 3:23

Recognize that addiction has taken control of your life and separated you from peace, purpose, and self-control. Admit openly that you need help and cannot overcome this alone.

**Goal:** Honest self-reflection and confession without shame.

## **Step 2 — Believe in Christ’s Power to Restore**

“I can do all things through Christ who strengthens me.” – Philippians 4:13

Accept that only through God’s grace and power can true recovery and transformation occur. Believe that His strength is greater than your weakness.

**Goal:** Replace despair with hope grounded in divine power.

## **Step 3 — Surrender to the Lord’s Guidance**

“Trust in the Lord with all your heart and lean not on your own understanding.” – Proverbs 3:5-6

Submit your will to God’s plan. Let Him lead your thoughts, emotions, and actions daily through prayer and Scripture.

**Goal:** Transfer control from self-reliance to God-reliance.

## **Step 4 — Examine and Confess Past Wrongs**

“If we confess our sins, He is faithful and just to forgive us our sins.” – 1 John 1:9

Take an honest inventory of your life — wrongdoings, patterns, and broken relationships. Confess them to God and, when appropriate, to a trusted mentor or pastor.

**Goal:** Healing through humility and transparency.

## **Step 5 — Reform Your Mind and Habits**

“Be transformed by the renewing of your mind.” – Romans 12:2

Replace destructive routines with Christ-centered habits. Read Scripture daily, attend church or small group, and practice gratitude, exercise, and purposeful service.

**Goal:** Build new patterns that crowd out old temptations.

## **Step 6 — Make Amends and Restore Relationships**

“If it is possible, as far as it depends on you, live at peace with everyone.” – Romans 12:18

Where possible, seek forgiveness and make things right with those you’ve harmed. This step rebuilds integrity and trust.

**Goal:** Reconciliation and relational healing.

## **Step 7 — Build a Christ-Centered Community**

“As iron sharpens iron, so one person sharpens another.” – Proverbs 27:17

Surround yourself with believers committed to walking with you. Recovery flourishes in fellowship, not isolation.

**Goal:** Accountability through Christian brotherhood/sisterhood.

## **Step 8 — Serve Others with Compassion**

“Whoever refreshes others will be refreshed.” – Proverbs 11:25

Help others struggling with addiction or hardship. Serving shifts focus outward and reinforces your new identity in Christ.

**Goal:** Transformation through ministry and compassion.

## **Step 9 — Guard Your Heart and Mind Daily**

“Above all else, guard your heart, for everything you do flows from it.” – Proverbs 4:23

Develop daily disciplines — prayer, journaling, Scripture memorization, and gratitude — to fortify against relapse and temptation.

**Goal:** Spiritual maintenance through intentional living.

## **Step 10 — Share Your Testimony**

“They overcame him by the blood of the Lamb and by the word of their testimony.” – Revelation 12:11

Your story is powerful. Tell others what Christ has done in your life. Sharing reinforces your own growth and inspires others to seek freedom.

**Goal:** Turn personal victory into a beacon for others.

## **Guiding Principles**

- Transparency over secrecy: Transformation thrives in truth, not anonymity.
- Faith over fear: God's grace redeems every failure.
- Community over isolation: Healing multiplies through fellowship.
- Reform over relapse: Every day is a step toward renewal.