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Hope for Recovery

*(Hope, Healing, Wholeness)*

Fruit of Freedom

Fruit of Freedom is a 12-week transformation course based on the nine Fruit of the Spirit. The course seeks to help individuals identify some of their negative behaviours and attitudes which can either keep them trapped in addiction or lead them back into it, by apply the principles contained in Fruit of Freedom we can replace our negative attitudes with positive ones like Love, Joy & Peace. The bible teaches us to put off our old self which is being corrupted by our sinful desires and put on our new self which is created to be like God in true righteousness and Holiness. Fruit of Freedom offers individuals a great opportunity to take off their old attitudes and replace them with new ones which can greatly reduce their chances of relapse and bring them into a more positive lifestyle.

The course will use several learning styles, peer to peer lead groups with facilitator input, objective case studies and personal reflection.

At the end of the course, you will have the chance of gaining a pass or a pass with merit certificate, to gain a pass you must attend 50% of the course, 6 weeks and score 50% in the end of course quiz, to gain a pass with a merit you must attend 75% ,9 times and score 75 % in the quiz. We hope you enjoy the course and find it interesting, informative and helpful in your recovery journey.

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Fruit of Freedom.

12 Week Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Week 1  **Putting off** | Week 2  **Intro to Fruit** | Week 3  **Love** | Week 4  **Joy** |
| Week 5  **Peace** | Week 6  **Patience** | Break | Week 7  **Kindness** |
| Week 8  **Goodness** | Week 9  **Faithfulness** | Week 10  **Gentleness** | Week 11  **Self - Control** |
| Week 12  **Summary of the Fruits** | Certificates |  |  |

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**Group Rules**

1. Participants turning up under the influence will be asked to leave – please don’t do it
2. Please don’t use, supply, or request illicit drugs/ alcohol from other group members.
3. If late come in quietly and join the group, please phone or text in, if you can.
4. Respect each other & keep confidentiality
5. One singer – One song
6. Here to support not fix each other.
7. Keep your sharing focused on your own stuff not others & be mindful of other group members.
8. Please don’t glorify Alcohol, Drugs, Gambling or prison talk
9. Positive attitude – come to engage
10. Mobiles on silent or off
11. Refreshments during break times only.
12. Embrace & reflect a culture of growth, truth, respect and honesty.

Name ……………………………………………………………….

Sign …………………………………………………………………..

Date …………………………………………………………

Fruit of Freedom

Facilitators Notes Week – 1

Introduction – 10min

Welcome group & open in prayer.

Hand out and go over group rules, asking group participants to take a turn of reading out rules, discuss and agree them as a group.

Explain format of group 12 weeks, 2 x 6-week blocks

To achieve certificate with a Pass we need to attend 50% of group and achieve 50% in end of group quiz, pass with merit attend 75% and score 75% in group quiz.

Encourage group to attend whenever possible to achieve certificate.

**Introduction to Fruit of Freedom** – **5min**

Fruit of Freedom is based on the nine fruit of the Spirit.

List the 9-fruit love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Handout and go over the worksheet making sure everyone understands the questions.

Break into small groups for around **10min**

Take feedback from the group and make appropriate comments. – **10min**

**Summaries – 10min**

1. Both are very challenging and present a different set of obstacles we must overcome.

Introduce the sandwich of addiction by drawing the diagram below.

**Upper bread**

All the things that came into your life through addiction

**Sandwich filler**

Substances of choice

**Lower bread**

All the things that have contributed to your addiction.

Explain middle represents our substance of choice, the sandwich filler. Lower section is the bottom piece of bread which represents all the things that happened in our life which contributed to us fallen into addiction and the upper section is the upper piece of bread which represents all the things that came into our life through the addiction. Explain if we just deal with the substance ie the sandwich filling but we don’t address the bottom and the upper sections of the sandwich then the chances of relapse can be pretty high.

But if we can deal with all the wrong behaviours and attitudes which contributed to our addiction then we are well on our way to living a free and victorious life.

1. Hand out worksheet 2 and ask group members to tick off the behaviours and attitudes which are relevant for them – **10min.**

Ask for feedback and make relevant comments – **5min.**

Ask for a Participant to read out next week’s memory verse – **Ephesians Ch 5 v 18**

Encourage group to memorise, meditate and apply.

Close in Prayer

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Week 1 **– Ephesians Ch 5 v 18–** Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit

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Fruit of Freedom

Facilitators Notes Week - 2

**Recap – 10min**

Quickly recap last week’s group

Remind the group “Freedom of Freedom” is based on the nine fruit of the spirit. Go round the group asking each member to list one until all nine are mentioned, you might want to write them down on the flipchart.

Ask for Participants to do last week’s memory verse **Ephesians Ch 5 v18** and remind the group of the importance of the memory verse for their mind and spirit.

**Introduction -5min**

Hand out and go over the questions, making sure everyone understands them.

Break into small groups for around - **15 min.**

Go around each group asking for comments, feedback accordingly. – **15min**

**Summaries -15min**

Summaries each question

1. Love, joy, peace, patience, kindness, Goodness, faithfulness, gentleness, and self-control.

**General comments**

It is good for us put away all negative attitudes & behaviours that can keep us trapped in addiction, as we move forward to become substance free it’s important we address all underlying issues like bitterness, resentments and unforgiveness.

Nobody chooses a lifestyle of addiction, it’s something that’s formed in us through a sequence of events. We often talk about addiction falls into 2 main categories, pleasure seeking or pain avoidance, with the root cause being our inherit state of disconnection from God. But by attending today’s groups says we all want to get well again, and as we tackle some of the underlying attitudes and behaviours, we are much more likely to experience long lasting sobriety.

**Explain to the group about a Gardener planting a seed like an apple tree.**

1: First, he must plant the seed in the soil.

2: Then he must remove any obstacle that would hinder growth.

3: In order for the seed to grow it would need to be watered.

4: And as sunlight is applied the seed would naturally produce according to its own kind.

We can learn so much from this analogy as the law of growth in the physical world is very similar to that of the spiritual world.

**1.**Gardner planting seed is like God planting the seed of His word in our hearts, we become spiritually awakened, born again, and the Holy Spirit produces within us a different person, a new creation, and all the 9 fruits of the Spirit, Love, Joy, Peace, Patience, Kindness, Goodness, faithfulness, Gentleness & Self -Control are produced within our life.

**2**. As the gardener removes the stones and weeds etc from the ground we also need to remove all the things from our heart that can hinder the growth of the fruit, things like pride, jealousy, anger, bitterness, and resentment

**3**.As he waters the seed, we also need to water the seed of spiritual life and power by spending time in God’s presence reading His word and meditating upon it. The word of God starts to renew our minds which produces a transformation and before you know it, we are leaving our old life behind and walking into a new life of freedom & victory.

**4**: Sunlight represents the light of the Son, Jesus. We often talk about people, places and things and how people have a massive influence over our recovery journey the more time we spend with negative people the more negative we become, exact same with positive people. The more time we spend with Jesus the more like Him we become, and the fruit is displayed in our lives. We can spend time with Jesus in Prayer, reading His word and spending time with fellow like-minded people.

All these together will address the cause of addiction and by His grace we will move forward as we feed our Spirits in His presence.

Ask for a Participant to read out next week’s memory verse.

**Galatians Ch 5 v 22 – 23**

Encourage group to **M**emorise, **M**editate and **A**pply Principle

Close in Prayer

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Week 2 **– Galatians Ch 5 v 22-23 –** But the fruit of the spirit is Love, Joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

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Fruit of Freedom

Facilitators Notes Week - 3

**Recap – 10min**

Quickly recap last week’s group, remind the group of the analogy of the gardener planting the seed.

Ask for participants to do memory Verse from last week Galatians Ch 5 v 22-23

Remind Participant of the importance of the memory verse for our mental & spiritual health

**Introduction – 5min**

Go around the group asking each member to say one of the fruit until they have mentioned all nine - Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout the questions and go over them, making sure everyone understands them.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments – **15min.**

**Summaries – 15min**

1. Draw fig A below on the flip chart.

Love

God

Life

Others

Ourselves

Explain if we love ourselves, we won’t want to damage our hurt ourselves by using drugs or alcohol, love for others would also help us not to use as we don’t want to hurt those we love and care about. If we love life, we will want to live it to its fullness and not walking upon intoxicated all the time. A love for God helps us to walk in obedience to Him which means we are less likely to use drugs or alcohol. Living in obedience to God is not a set of kill joy rules but an expression of God’s love to live in full abundant life. Love for God produces within us a desire to walk in obedience which allows us to receive even more of His Spiritual life and power into our hearts which creates an even stronger love for Him. Explain to the group the behaviour cycle of man, see diagram below.

Compare this to the Spiritual cycle of love & obedience – see diagram below.

Explain so much of what we see in the physical world is represented in the Spiritual, as man thinks, feels he behaviours and his behaviour strengthens what he thinks about himself. In the Spiritual as he is filled with spiritual life and power, he loves God which leads him to obey God which in turns strengthens his spiritual condition and strengthens his love for God.

1. Unforgiveness towards ourselves and others can hinder love being produced in our lives. Before we can love ourselves and others, we need to learn to forgive ourselves and others. Learn to love life and look for and appreciate the small things in life. Often, we don’t love God because we don’t really know Him get to Know Him and don’t just listen to what other people think about Him get to know God for yourself.
2. We can grow in love by focussing on our and others good points and not their bad. We often focus more on negatives things rather than positives, look for the good in ourselves and others and you never know you might even come to like yourself and others more. We can grow in love for Gods by spending time with Him by reading His word, praying, and spending time with others who might know him better than us. Try hanging out with God am sure you won’t be disappointed.

Ask for a Participant to read out next week’s memory verse.

**1 Corinthians Ch 13: 4**

Encourage group to **M**emorise, **M**editate and **A**pply Principle

Close in Prayer

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**Week 3 -**1 Corinthians Ch 13: 4 - Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

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Fruit of Freedom

Facilitators Notes Week – 4

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at love at how having love for ourselves, love for life, for others and for God can help us to overcome addiction. Remind the group of the Spiritual, love, obedience cycle and how we must learn to forgive ourselves before we can begin to love ourselves.

Ask for participants to do memory verse – **1 Corinthians Ch 13: 4**

Remind Participant of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? Joy

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. Happiness is an emotion based upon external circumstances. Joy is a condition which flows from an eternal God. Happy is an emotion in our soul but joy is the condition of our soul.

On the flip chart draw Fig A below.

Explain man is a triune being, Spirit, Soul & Body, Joy is a fruit of the Spirit and radiates from our Spiritual being and impacts our soul, our mind, will & emotions and flows out from our physical body, in the way we live, react and act to lives events. Happiness is an emotion in our soul that can go up and down depending on how we are feeling.

1. If we can see our trials and temptations as our friend rather than our enemy, it can help us to stay clean and not fall back into addiction. If we can build resilience into our recovery, it will help us when we are tempted. God often uses the trials to do the deepest work in our lives. If we change our attitude and see the trial as pure joy it helps to strengthen us to keep pressing in. Encourage the group to look beyond the trial and see God using it to shape and mature us into the person He wants us to be, mature and complete.
2. There are many things to be joyful for, being here today could be one of them, having health, having friends, having food to eat a place to sleep, money to spend. There are many things in live we could be joyful for, let’s look at what we’ve got and be thankful for it rather than looking at what we don’t have and being miserable for it. Gratitude is the best attitude, try spending time each morning focusing on things to be grateful for and last thing at night and see what difference that makes to your mood each day. It’s impossible to think happy thoughts in a positive way and feel bad at the same time.

Ask for a Participant to read out next week’s memory verse.

**Romans Ch 15 v 13**

Encourage group to **M**emorise, **M**editate and **A**pply Principle

Close in Prayer

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**Week 4 -** Romans Ch 15 v 13 **-**May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit

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Fruit of Freedom

Facilitators Notes Week – 5

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at the difference between happiness and Joy, we also spoke about things to be joyful for and to see joy in our trials as God is using them to mature us.

Ask for participants to do memory verse - Romans Ch 15 v 13

Remind Participants of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? **Peace**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. Peace is an internal quietness and assurance that all is well with my soul regardless of external situations or circumstances. Peace that the fruit of the Spirit produces in our lives is calmness in our hearts, even if everything around us is falling apart.
2. Having and keeping your peace means we are less likely to fall back into addiction. When we feel stressed or anxious, we are more likely to self-medicate. So, we should be like a dog with a bone and don’t let anyone steal our peace it might just save our live. All too often people allow their peace to be taken away from them far too easily, a wrong word, a wrong look can easily do it and before we know it, we are annoyed, agitated and upset and walking about with our stress head on. Never good as this can result in a relapse.

On the flip chart write - **Philippians 4 steps to perfect peace -** and explain each step.

1. **A - God is near** – Sometimes it feels like He is distant, remember it’s just a feeling not truth, lies only have power over us if we believe them. If our thoughts are not based on truth, our feelings are not based on reality.

**B. – Do not be anxious** – God doesn’t want us to be stressed and anxious,

Good for us to be in touch with our feelings, stress and anxiety can

Be an indication we are not trusting God.

**C. - Make your request to Him** – God wants us to pour

out our hearts to Him, don’t be scared to tell God exactly how you

feel. It’s okay not to be okay.

**D. - God promises us His peace** - which is peace that passes all understanding, a peace which you think I really shouldn’t feel this peaceful. What a great exchange God promises to take our problems and in turn gives us His peace, it’s a no brainer, who wouldn’t want to experience that promise in their daily life. Next time you feel stressed or anxious trying making your request to God and see what happens ie you get a big bill you don’t know how you’re going to pay it, you get stressed over it and end up using, but why not tell God about it and ask for His help and He then promises to give us His peace.

Explain about how we make our peace with God through the cross and once we have made our peace with God, we can walk in the peace of God.

Ask for a Participant to read out next week’s memory verse.

Philippians Ch4 v 7

Encourage group to **M**emorise, **M**editate and **A**pply Principle.

Close in Prayer

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**Week 5 -** Philippians Ch4 v 7 – And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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Fruit of Freedom

Facilitators Notes Week - 6

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at peace, quickly go over the 4 steps to perfect peace found in Philippians Ch 4 5-7 and ask participants to do memory verse.

Memory Verse - Philippians Ch4 v 7

Remind Participants of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? **Patience**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. There are many benefits to having patience,
2. Improved mental health, by being patient we naturally have less stress and anxiety, which helps to improve our mental health and reduces our chances of relapse.
3. Improved concentration – The more patient we are the better our concentration will be, rather than getting stressed and uptight thinking we can’t do something, by being patient we are more likely to achieve.
4. Improved Physical health – Often when we try to get fit or lose weight we become easily discouraged because we want to see results straight away, and we end up giving in. But by becoming more patient with ourselves we are more likely to stick to our goals and see greater results.
5. Better relationship – We can easily become annoyed and agitated with others because we lack patience and we project this on to others, this can lead us to become very lonely and isolated or someone nobody wants to be around, but if we are [patient with ourselves we are more likely to be patient with others and develop longer lasting relationships.
6. Someone who lacks patience might be very anxious and uptight. Easily angered at the lest wee thing, always in a hurray and never at peace. They don’t like to be kept waiting and if they are waiting on a bus for example that’s late, they might start walking up and down getting more and more annoyed.
7. If we have been brought up in nurturing environment that never taught or showed us patience, the chances are we will lack patience in our own lives. Sometime traumatic childhood experiences can leave us with mental and emotional scars which result in a lack of patience, unsolved issues can cause us to be very hard on our selves and not very patient.

4.Four A’s for Patience

1. Accept others – we are all at different stages, other might not be at your stage.
2. Accept Situations – You can’t help busses being late, why get uptight.
3. Accept yourself – be kind to yourself and accept where you are, we are all a work in progress, be patient with yourself and your recovery journey.
4. Accept God
5. Accept Gods offer of a new life.
6. Accept God was patient with us, be patient with others.
7. Accept God’s timing is perfect, He is never late and never early but always on time.

Ask for a Participant to read out next week’s memory verse.

Ephesians Ch 4 :2

Encourage group to **M**emorise, **M**editate and **A**pply Principle 4

Close in Prayer

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**Week 6 -** Ephesians Ch 4 :2 – Be completely humble and gentle, be patient, bearing with one another in love.

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Fruit of Freedom

Facilitators Notes Week - 7

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at patience, remind the group of the 4 A’s accept others, accept situations, accept yourself and accept God offer of a new life.

Ask for participants to do last week’s memory - Ephesians Ch 4 :2

Remind Participants of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? **Kindness**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. Acts of kindness releases oxytocin, which helps with forming friendship and trusting others. Kindness is also an antidote for stress and depression, when under stress rather than act on it which normally doesn’t help but just increases it, try acts of kindness.
2. When others are kind to us, we are more likely to pass that kindness onto others, it makes us feel good about ourselves and can sometimes lift us out of a mood. Why not start a pandemic of Kindness.
3. Being kind to others who are maybe uptight or stressed disarms them and defuses the situation. It’s hard to fight when one person is showering you with kindness, being kind when in a confrontational situation helps with your peace, stops anger and stress getting the upper hand and might stop a relapse.

Points to remember.

1. Remember golden rule – Do unto others as you would expect others to do unto you.
2. Kindness can produce a helper’s high and can therefore become more about me than others. But by carrying out acts of kindness under the overarching banner of 1 Corinthians Ch 10: 31, See Figure below, ask for a participant to read out the scriptures and explain God is our source of kindness, His glory is the product of our kindness and others are the recipients of our kindness.

1 Corinthians Ch 10 v 31

Man

* **God is the source of Kindness**
* **His glory is the product of our kindness**
* **Others are the recipients of our kindness**

Ask for a Participant to read out next week’s memory verse.

Colossians Ch3: 12

Encourage group to **M**emorise, **M**editate and **A**pply Principle 5

Close in Prayer

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**Week 7 -** Colossians Ch3: 12– Therefore, as Gods chosen people, holy and dearly loved, clothe yourself with compassion, kindness, humility, gentleness, and patience.

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Fruit of Freedom

Facilitators Notes Week - 8

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we covered kindness and the impact it can have on us when we show kindness and when kindness is shown to us, remind the group that God should be our source of Kindness his glory the product of our kindness and others the recipient of our kindness.

Ask for participants to do memory verse – Colossians Ch3: 12

Remind Participant of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? **Goodness**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. Goodness is both, but the million-pound question is do we do good to become good or do we do good because we are good. Ask the group the question.

Q. Is goodness something we do to become good?

or is goodness something we do because we are good?

Explain that the bible teaches us that mankind is born bad who sometimes does good and not born good who sometimes does bad.

On the flip chart draw diagram below & explain the box on the left represents our default nature(evil) we are born with and the box on the right represents some of the good behaviours we do. Draw a cross above the box on the left and explain the only way our default nature can be changed is through faith in Jesus who in turn changes our nature from evil to become like Him.

Through the cross we are transformed to become like Him.

Good Behaviours

Default Nature

(Evil)

1. Am sure we know someone who does good from time to time, but they take away their goodness by all the other stuff that comes with them, things like bitterness and resentment. Draw Diagram below explain the inner circle is like our goodness, but it can’t get through because of the outer circles which has things like anger, bitterness, jealous, unforgiveness, pride, self -centredness. So, before our goodness can be seen in all its fullness, we need to strip away all the things in our life that can obstruct our goodness.

anger

self - centredness

Pride bitterness

unforgiveness

Jealousy

1. How do we grow in goodness, first we must put our faith in Jesus to become good then we need to walk by faith each day and practice goodness. Because what I am is reflected in what I do and what I do strengthens who I am.

Ask for a Participant to read out next week’s memory verse.

2 Peter Ch 1 v 3

Encourage group to **M**emorise, **M**editate and **A**pply this Principle

Close in Prayer

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**Week 8 -** 2 Peter Ch 1 v 3 – His divine power has given us everything we need for a godly life through our knowledge of Him who called us by his own glory and goodness.

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Fruit of Freedom

Facilitators Notes Week - 9

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at Goodness and how goodness is not just acts that we do but through the cross it’s something we become and by God grace we not only become good but we do good for His glory, and as our old attitudes are overcame like pride, envy and jealously, what we are becoming (good) is reflected in what we do.

Ask for participants to do last week’s memory verse **– 2 Peter Ch 1 v 3**

Remind Participants of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? **Faithfulness**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. Faithfulness is doing the same thing over and over again, which could be both positive and negative. But faithfulness in the context of this group is “Doing the right thing time and time again regardless of our thoughts, feelings, and situations. Explain how many people are driven by their emotions and only do the right thing if they feel like it, for example coming to the group if I feel in the mood, but faithfulness is coming to the group regardless of how I feel, because you know it’s the right thing to do. Faithfulness is your piston that keeps driving you forward. We feel ourselves into good behaviour we behave ourselves into good feelings.
2. We have all been faithful in the past perhaps to a partner, faithful to substance abuse, to a chemist. Perhaps we have demonstrated faithfulness in a negative sense in the past but at least we know what it is to be faithful so why not take that faithfulness and turn it in a positive direction.
3. Many ways in which we can demonstrate faithfulness in our recovery.

* Coming to group week after week regardless of how we feel.
* Attending regular 1-2-1 support.
* Faithful in keeping busy.
* Faithful is staying sober.
* Faithful in learning memory verses.
* Faithful with our outcomes as we know they will make our life better.

Ask for a Participant to read out next week’s memory verse.

Galatians Ch 6 v 9

Encourage group to **M**emorise, **M**editate and **A**pply Principle

Close in Prayer

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**Week 9 –** Galatians Ch6 v 9 – Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

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Fruit of Freedom

Facilitators Notes Week - 10

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at faithfulness and how faithfulness is doing the right thing in spite of how we feel or regardless of external circumstances, we also looked at ways in which we can be faithful, go over list from last week.

Ask for participants to do last week’s memory verse **– Galatians Ch 6 v 9**

Remind Participant of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? **Gentleness**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

1. Be gentle and kind with ourselves, nobody is perfect, and we all make mistake. When we fall or stumble don’t say, what a loser I am I’ll never succeed. Just dust yourself down, see what lessons you can learn and move on. Self-talk is very powerful, ask the group what Self talk you have been telling yourself recently. Explain we all have many people in our lives that influence us, the most influential person we all have, is our selves so be careful what you speak over your life. Explain how failure is not the end it’s the road to maturity if we can learn from our mistakes and move on.
2. Being gentle with ourselves can stop up from being annoyed, angry, and upset with ourselves which can help us not to relapse. Learn to accept yourself as we are all on a journey. Learn to live in the moment, I did the best I could at that time, we can learn so much from our mistakes if we can learn to channel our failures in the right direction and not beat ourselves up every time we mess up. God doesn’t so why should we, God is gracious with us, so should we not be gracious with ourselves and others.
3. **Disadvantages** – **Gentle with others**. People might see our softness for daftness and try to take advantage, be gentle but firm. Be assertive – Say what you mean, mean what you say but don’t be mean when you say it.

**Disadvantages – Gentle with ourselves** – We become too soft and just brush off our failures and never learn from them, we could just brush them under the carpet as it’s too painful to deal with them. We never learn and never grow. If we don’t challenge our behaviour our behaviour will never change.

**Advantages** – **Gentle with others**, as we are gentle with others, others will be gentle with us, remember the golden rule – Do unto others as you would expect others to do unto you.

**Advantages – Gentle with ourselves,** we don’t allow guilt and shame to take root in our lives we learn from our mistakes and quickly move on. When we deal with our failures in a biblical way we will get biblical results, bible teaches us to confess our sins to God and He will forgive us and cleanse us from all unrighteousness, by confessing them to God we take ownership of them, God can forgive us and also cleanses us as if they never happened, we are then free from Guilt and shame and we learn to live a free and victorious life.

Ask for a Participant to read out next week’s memory verse.

**Proverbs 15 v 1**

Encourage group to **M**emorise, **M**editate and **A**pply Principle

Close in Prayer

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**Week 10 –** Proverbs 15 v 1 – A gentle answer turns away wrath, but a harsh word stirs up anger

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Fruit of Freedom

Facilitators Notes Week - 11

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at gentleness and about being gentle with ourselves and others, we also looked at the advances and disadvantages of being gentle with ourselves and others.

Ask for participants to do last week’s memory verse - Gentleness– Proverbs 15 v 1

Remind Participant of the importance of the memory verse for our mental & spiritual health

**Introduction – 5min**

Remind the participants of which fruit we have covered so far and ask, what one they think we are going to look at today? Self – Control

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **10min**

Take feedback from the group and make appropriate comments. – **10min**

**Summaries – 10min**

1. Self- control is not self-controlling you, it’s learning to control yourself. Remind the group that what we are looking at are fruit of the spirit, sometimes we can find ourselves in a situation where your flesh your old nature wants you to react in a certain way, but the Spirit of God wants you to react in a completely different manner. The bible teaches us that flesh gives birth to flesh but the Spirit gives birth to Spirit, the more we walk in the flesh the more our flesh has control over us , it can start with an inroad, a toe hold, a foothold and before we know it, its became a strong hold, but if we start to walk in the Spirit we start to win the battle and the more we walk in the spirit we start to life an overcoming life.
2. The more we practise it the easier it becomes. At first it will feel strange and weird and even uncomfortable, but the more we exercise self-control it will start to become your new norm. We grow in self-control as we grow in our relationship with God, the more time we spend with God the more we become like him. As we often say if you sit in a barber’s chair long enough, you’ll get a haircut. Trust God to help us and think before we speak, try and consider the outcome of your actions and ask God for His grace to help us make the right decision. Learn from our mistakes, reflect on when we fail to practise self-control and see what lessons we can learn to do things different next time, keep a journal and have personal reflection time.

**Role play – 15min**

Ask each group to act out their chosen role play and allow time for reflection on what we can learn from it.

Ask for a Participant to read out next week’s memory verse.

**Galatians Ch 5 v 16**

Encourage group to **M**emorise, **M**editate and **A**pply Principle

Close in Prayer

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**Week 11 –** Galatians Ch 5 v 16– So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

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Fruit of Freedom

Facilitators Notes Week - 12

**Recap – 10min**

Welcome group & open in prayer.

Quickly recap last week’s group, last week we looked at self -control and how self-control is not self controlling you but learning to control your self

Ask for participants to do last week’s memory verse Galatians Ch 5 v 16

Remind Participant of the importance of the memory verse for our mental & Spiritual health

**Introduction – 5min**

List all 9 fruit to help drive them home – Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness & Self – Control.

Handout and go over worksheet, making sure everyone understands it.

Break into small groups for around - **15min**

Take feedback from the group and make appropriate comments. – **15min**

**Summaries – 15min**

Go over with the group the analogy of the gardening planting some seed, covered in wk- 2.

**Explain to the group about a Gardener planting a seed like an apple tree.**

1: First, he must plant the seed in the soil.

2: Then he must remove any obstacle that would hinder growth.

3: In order for the seed to grow it would need to be watered.

4: And as sunlight is applied the seed would naturally produce according to its own kind.

We can learn so much from this analogy as the law of growth in the physical world is very similar to that of the spiritual world.

**1.**Gardner planting seed is like God planting the seed of His word in our hearts, we become spiritually awakened, born again, and the Holy Spirit produces within us a different person, a new creation, and all the 9 fruits of the Spirit, Love, Joy, Peace, Patience, Kindness, Goodness, faithfulness, Gentleness & Self -Control are produced within our life.

**2**. As the gardener removes the stones and weeds etc from the ground we also need to remove all the things from our heart that can hinder the growth of the fruit, things like pride, jealousy, anger, bitterness, and resentment

**3**.As he waters the seed, we also need to water the seed of spiritual life and power by spending time in God’s presence reading His word and meditating upon it. The word of God starts to renew our minds which produces a transformation and before you know it, we are leaving our old life behind and walking into a new life of freedom & victory.

**4**: Sunlight represents the light of the Son, Jesus. We often talk about people, places and things and how people have a massive influence over our recovery journey the more time we spend with negative people the more negative we become, exact same with positive people. The more time we spend with Jesus the more like Him we become, and the fruit is displayed in our lives. We can spend time with Jesus in Prayer, reading His word and spending time with fellow like-minded people.

All these together will address the cause of addiction and by His grace we will move forward as we feed our Spirits in His presence.

**Hand out group quiz** – **10min**

Close in Prayer

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Fruit of Freedom

End of course quiz

1. How many fruit of the Spirts are there
2. 12
3. 9
4. 7
5. What are the first 3.
6. Peace, Joy, Love
7. Love, Joy, Peace
8. Love, Joy, Patience
9. What are the last 3.
10. Faithfulness, Gentleness, Self – Control
11. Gentleness, Self – Control, Faithfulness
12. Kindness, Faithfulness, Self - Control
13. What was the scripture reading ie book chapter and verse for week 7 – Patience.

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1. What were the 4 aspects to Love that we covered.
2. Love Yourself, others, God, quiet time.
3. Love freedom, God, family, life
4. Love Life, yourself, others, God.
5. The fruit of the Spirit are listed in what bible verses.
6. Galatians Ch 5 v 22- 23
7. Ephesians Ch3 v 1-3
8. Galatians Ch 3 v 22-23

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