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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.

12 – Week Course

Name ...........................................

Start Date ......................................

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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 – Week 1

Welcome to week 1 of fruit of freedom, today we will consider what is more challenging coming off drugs/alcohol or staying off it. We will also look at attitudes and behaviours that can cause relapse and do some personal reflection on any attitudes and behaviours we still need to put down.

1. In your groups discuss what is more challenging, coming off drugs or alcohol or staying off drugs and alcohol and explain why.

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1. In your groups discuss some of the behaviours and attitudes that might cause someone to relapse.

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Next Week’s memory verse **- Ephesians Ch 5 v 18**

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Fruit of Freedom – Week 1

Behaviour & Attitudes to put off.

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| Behaviour/ Attitudes | Check |
| Lying |  |
| Cheating |  |
| Pride |  |
| Anger |  |
| Resentment |  |
| Guilt |  |
| Shame |  |
| Stubbornness |  |
| Self - Dependency |  |
| People Pleasing |  |
| Procrastination |  |
| People |  |
| Places |  |
| Things |  |
| Others |  |
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Week 1 – Notes

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Fruit of Freedom – Week 2

Today we are going to list all nine segments of the fruit of the Spirit and reflect personally to score ourselves between 1 & 10, 1 being the lowest and 10 the highest. We will also identify our 3 strongest and our 3 weakest and ways to grow in our areas of weakness.

1. Galatians Ch 5 v 22-23 Lists 9 fruit of the Spirit, can you list all nine in the order they are mentioned in the above verses in the table below.
2. Once all 9 are listed mark yourself out of 10 of how strong these are in your life today, 10 being the strongest 1 the weakest.

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| Fruit | Score |
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1. Highlight your 3 strongest and explain why you have chosen them.

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1. Highlight your 3 weakest and describe how you might grow in these areas.

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Memory Verse – Galatians Ch 5 v 22-23

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Week 2 – Notes

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Fruit of Freedom – Week 3

Today we are going to look at the first segment of the fruit of the Spirit, love. We will consider the impact love could have on our recovery journey, what might hinder love from being produced in our lives and ways in which we could grow in love.

1. How might love help someone to overcome addiction.

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1. What are some of the things in someone’s life that might hinder them from growing in love?

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1. How might we grow in love.

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Next weeks – **1 Corinthians Ch 13: 4**

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Week 3 – Notes

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Fruit of Freedom – Week 4

Today we will consider our 2nd segment of the fruit of the Spirit, joy. We will look at the difference between joy & happiness and how having joy during trials might help us when tempted. We will also look at things to be joyful for.

1. In your groups discuss what the difference might be between happiness and Joy

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1. The Bible teaches us to consider it pure joy when we face trials of many kinds. How might joy help us when we are tempted.

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1. In your groups discuss 2 or 3 things that you might be joyful about and list them below.

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Next weeks – Romans Ch 15 v 13

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Week 4 – Notes

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Fruit of Freedom – Week 5

Welcome to today’s group where we will be considering the third aspect of the fruit of the Spirit, peace. In your groups discuss and write down how would you define peace, what does it mean to have peace, and do you think by having peace you would be more or less likely to fall into addiction. The bible also offers some very practical advice on peace, what can you learn from Philippians Ch 4 v 5-7.

1. In your groups discuss and write down a definition for Peace

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1. In your groups discuss, if someone who has peace is more or less likely to fall into addiction than someone who doesn’t have peace and why.

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1. Philippians ch 4 v 5-7 gives us some good advice on how to practice peace, what can we learn from these verses.

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Next Weeks – Philippians Ch4 v 7

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Week 5 – Notes

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Fruit of Freedom – Week 6

Today we are going to look at our next aspect of the fruit, patience. We will consider the benefits of having patience, how someone might behaviour that doesn’t have patience, why someone might lack patience and ways which we could grow in patience.

1. In your groups discuss and write down the benefits of patience

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1. What might a lack of patience look like in someone’s life.

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1. What might be the reasons for a lack of patience.

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1. How might we grow in patience.

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Next Week’s memory verse – Ephesians Ch 4 :2

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Week 6 – Notes

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Fruit of Freedom – Week 7

Today we will consider kindness and how it makes us feel, when we demonstrate it to others and when it is shown to us and the benefits of showing kindness to those that might not deserve it.

1. In your groups discussion and write down the last time you showed kindness to someone and how did it make you feel

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1. In your groups discuss and write down the last time someone showed kindness towards you and how did it make you feel

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1. In your groups discuss and write down what you think the benefits might be of showing kindness towards others who might not be showing it towards you.

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Next Week’s memory verse – Colossians Ch3: 12

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Week 7– Notes

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Fruit of Freedom – Week 8

Today we will look at the 6th aspect of the fruit of the Spirit, goodness. We will consider is goodness something we do or something we are, what might spoil someone’s acts of goodness and how might we grow in goodness.

1. In your groups discuss is goodness something we do, something we are or a bit of both and explain why.

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1. What behaviours or attitudes might spoil someone’s goodness.

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1. How might someone grow in goodness.

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Next Week’s memory verse – 2 Peter Ch 1 v 3

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Week 8 – Notes

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Fruit of Freedom – Week 9

Today we move on to look at the 7th segment of fruit, faithfulness. We will discuss what is faithfulness, ways in which we have been faithful in he past and how might faithfulness help someone in their recovery journey.

1. In your groups discuss and write down how you would define faithfulness.

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1. In your groups discuss and write down ways in which you have been faithful in the past.

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1. In your groups discuss and write down 3 ways in which faithfulness might help someone in recovery.

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Next week’s memory verse– Galatians Ch 6 v 9

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Week 9 – Notes

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Fruit of Freedom – Week 10

Today we will consider the 8th aspect of the fruit of the Spirit, gentleness. What does it mean to be gentle with ourselves, how might gentleness help someone in addiction and what are the advantages and disadvantages of being gentle with ourselves and others.

1. In your groups discuss and write down, what it means to be gentle with ourselves.

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1. In your groups discuss and write down, how might gentleness help someone in recovery.

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1. In your groups discuss and write down what some of the disadvantages and advantages might be of being gentle with ourselves and others.

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Next Week’s memory verse– Proverbs 15 v 1

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Week 10 – Notes

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Fruit of Freedom – Week 11

Today we are going to look at the last aspect if the fruit of the spirit, Self – Control. We will consider what self-control is, ways to grow in it and an opportunity to practise it using role play.

1. In your groups discuss and write down what is self-control

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1. In your groups discuss and write down ways in which you can grow in self-control.

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1. In your group have some fun together by acting out scenario 1, 2 or 3. Think how you would react without any self-control and how you might react by exercising self-control. Good luck and remember it’s just a bit of fun.

Next week’s memory verse – Galatians Ch 5 v 16

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Fruit of Freedom – Week 11

Self -Control Scenario – 1

You are on your way to the chemist to pick up your daily prescription, you bump into an old acquaintance you used to use with. You’ve not seen them for several years and they comment on how well you are looking; you share with them that you’ve been doing great and have joined a recovery group which is really helping you. They seem really interested and you strike up a conversation about the group and the community café you go to. They make you think they are interested in coming then they drop the bomb shell, they offer you some pills which they claim to give you an amazing high with no side effects and are not even addictive. They are dealing them and offer you a handful free of charge, as they are about to leave, they put some into your hand.

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Fruit of Freedom – Week 11

Self -Control Scenario – 2

You’re having an off day, and you are feeling pretty low, you need to pop into Asda to get some shopping. As you approach the front door, you say to yourself I hope I don’t meet anyone I know am just not in the mood for speaking with anyone, you decide to put your hood up so that you can get in and out as quickly as possible. You go to the self-scan and you pay for all your items but forget to take you receipt with you, as you are about to leave when a shop assistant approaches you and asks you if you are going to pay for your shopping, you explain that you have paid but forgot to take a receipt, they refuse to believe you and they call for security. The security guard arrives and starts to get in your face, you tell him to check the security camera because you are no thief, he tells you the cameras are broken and you knew that and that’s why your trying to steal your shopping , the guard is now becoming more and more aggressive, he is screaming at you and threating to phone the police to get you arrested. You’ve had enough and as you go to walk away, he grabs a hold of your arm and demands you go with him while he phones the police.

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Fruit of Freedom – Week 11

Self -Control Scenario – 3

You are out with a few friends having a good time, as you are heading home to get the bus you are all carry on, pushing and shoving each other, having some fun. You accidentally fall into someone walking towards you, he then gets in your face and starts sounding and screaming at yet, calling you an idiot and all sorts of names. You apologise and tell him it was just an accident, this seems to make him even more angry, and he screams all the more telling you to watch where you are going, and tells you if you don’t get out of his way, he is going to go nuts.

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Week 11 – Notes

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Fruit of Freedom – Week 12

Now that we have looked at all aspect of the fruit of the Spirit, lets do some personal reflection to see what impact the course has had on you. We will list all nine segments of the fruit and identify the areas we have grown in, and if we could write a letter to God asking Him to help us in the areas, we are not so strong in, what would you write. Once you have written your letter to God prayerfully consider what action plan you could put in place to help further grow in these areas.

1. List all the 9 fruit of the Spirit and score yourself from 1 to 10, 10 being the highest and compare your score to what you put down in week 2 of the course.

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| **Fruit** | **Current Score** | **Week 2 score** |
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1. Dear God, will you please help …………………………………………………………………………………. ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….
2. My action plan to grow in the following fruit is,

Fruit 1 …………………………………………………………………………………………………………………………

Fruit 2 …………………………………………………………………………………………………………………………

Fruit 3 …………………………………………………………………………………………………………………………

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Week 12 – Notes

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