

ACROSTICS WITH CHRIST

One word • One letter • One truth.

We use acrostics because they turn simple words into memorable tools for learning and sharing the message of Christ. Each letter becomes a reminder that helps us understand, remember, and communicate His truth.

Just as **SMS** delivers a message from one person to another, **Acrostics with Christ** delivers the message of Christ in a **Simple, Memorable, and Shareable** way.

Acrostics with Christ provides simple tools and meaningful takeaways:

- **Tools** that help us learn, remember, and communicate biblical truths.
- **Takeaways** that keep Christ's message close to our hearts and ready to share with others.

Share an **Acrostics with Christ SMS** today and help spread the message of Christ.

An acronym creates a word from initials; an acrostic uses the letters of an existing word to help remember important ideas.

An acronym is a word made from initials, while an acrostic is a memory device that uses the letters of a word or phrase to help you remember other words or ideas.

Simple • Memorable • Shareable

Send an Acrostic with Christ SMS

- **Simple** — One word, one letter, and one truth at a time.
- **Memorable** — Each letter helps God's truth stay in your mind and heart.
- **Shareable** — The message is easy to pass along to someone who needs hope.

Just as a text message delivers a brief message to your phone, **Acrostics with Christ delivers a brief message of hope to your heart.**

One word. One letter. One truth. Simple, Memorable, and Shareable.

Founder's Edition
Christopher R. Lytle, CADC-CAS

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† ACCEPT †

Accept reality, change what you can, and entrust the rest to God.

ACCEPT focuses on this message: Accept reality, change what you can, and entrust the rest to God. Each letter in ACCEPT offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through ACCEPT. Help us take one faithful step with You today. Amen.

A — Acknowledge Reality

Accept means acknowledging reality as it is today, not approving everything that happened. We stop fighting facts so we can respond wisely.

"There is a time for everything." — Ecclesiastes 3:1 (NIV)

Truth: Accepting reality gives me a starting point for change.

C — Change What You Can

Change asks us to release familiar patterns and practice a healthier way before it feels natural. God meets willingness with guidance and strength.

"Forget the former things ... See, I am doing a new thing!" — Isaiah 43:18-19 (NIV)

Truth: New beginnings require new choices.

C — Choose Peace

Rest is a spiritual practice, not a reward for finishing everything. Jesus invites tired people to stop, receive His care, and renew their strength.

"Come to me, all you who are weary ... and I will give you rest." — Matthew 11:28 (NIV)

Truth: Rest helps me respond with wisdom instead of exhaustion.

E — Entrust What You Cannot Change

Letting go means releasing people, outcomes, and old pain from our grip and placing them in God's care. We may need to repeat that choice many times.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7 (NIV)

Truth: What I release to God no longer has to rule me.

P — Practice Gratitude

Gratitude does not deny pain; it keeps pain from becoming the only thing we see. Thankfulness trains our attention toward God's daily gifts.

"Give thanks in all circumstances." — 1 Thessalonians 5:18 (NIV)

Truth: Gratitude changes my focus before it changes my circumstances.

T — Trust God's Timing

Waiting on God is active trust, not passive avoidance. We keep praying and doing what is ours to do while refusing to force the timing.

"Those who hope in the Lord will renew their strength." — Isaiah 40:31 (NIV)

Truth: Waiting with God is not wasted time.

ACCEPT calls us to remember: Acknowledge Reality; Change What You Can; Choose Peace; Entrust What You Cannot Change; Practice Gratitude; Trust God's Timing. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What reality am I fighting, and what becomes possible when I accept it?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Separate a situation into: what is true, what I can change, and what I must release.
- Change one small part of your routine that keeps an old pattern alive.
- Schedule one healthy period of rest before tiredness becomes a warning sign.
- Write what you are holding onto; underneath it write, "God, this belongs to You."
- Write three specific gifts from today and thank God for each one.

Takeaways — Something to Remember

- Accepting reality gives me a starting point for change.
- New beginnings require new choices.
- Rest helps me respond with wisdom instead of exhaustion.
- What I release to God no longer has to rule me.
- Gratitude changes my focus before it changes my circumstances.

Takeaway Truth: Accept reality, change what you can, and entrust the rest to God.

Closing Truth: Grace gives me strength where self-effort runs out.

FEATURED SCRIPTURE

"There is a time for everything." — Ecclesiastes 3:1 (NIV)

Closing Thought: Come as you are and take the next right step. Accept reality, change what you can, and entrust the rest to God. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of ACCEPT today and take the next faithful step. Amen.

† ACTION †

Willingness becomes change when we take the next right action.

ACTION focuses on this message: Willingness becomes change when we take the next right action. Each letter in ACTION offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through ACTION. Help us take one faithful step with You today. Amen.

A — Ask God First

Prayer is our first response, not our last resort. It slows us down, reconnects us with God, and helps us choose His direction over an impulsive reaction.

"In every situation, by prayer and petition ... present your requests to God." — Philippians 4:6 (NIV)

Truth: A pause for prayer can change my next decision.

C — Choose the Truth

Truth separates facts from fear, excuses, and denial. God's truth may challenge us, but it also gives us a solid place to stand.

"Guide me in your truth and teach me." — Psalm 25:5 (NIV)

Truth: Truth may be uncomfortable, but denial is more costly.

T — Take the Next Right Step

We often become overwhelmed by trying to solve the entire future. God asks for faithfulness today: one honest choice, one call, one meeting, and one next right step.

"Do not worry about tomorrow." — Matthew 6:34 (NIV)

Truth: I do not need the whole plan to take the next right step.

I — Invite Accountability

Accountability gives trusted people permission to ask honest questions and remind us of our commitments. It protects us from secrecy and self-deception.

"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17 (NIV)

Truth: Accountability protects what isolation puts at risk.

O — Obey Today

Obedience means following God's direction even when it is uncomfortable. We do not wait for perfect feelings before doing what is right.

"If you love me, keep my commands." — John 14:15 (NIV)

Truth: Obedience today can bring freedom tomorrow.

N — Never Give Up

Perseverance means continuing one faithful step at a time, especially when progress feels slow. God can use steady obedience to build lasting change.

"Let us run with perseverance the race marked out for us." — Hebrews 12:1 (NIV)

Truth: Slow progress is still progress when I keep walking with God.

ACTION calls us to remember: Ask God First; Choose the Truth; Take the Next Right Step; Invite Accountability; Obey Today; Never Give Up. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What good intention needs to become a specific action today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Before your next important decision, stop and pray: “Jesus, lead my next step.”
- Use a Feelings-versus-Facts list before acting on a strong emotion.
- Write one action you can complete in the next 24 hours and do it first.
- Tell a trusted person your goal and when you will report back.
- Identify one clear instruction from Scripture and practice it today.

Takeaways — Something to Remember

- A pause for prayer can change my next decision.
- Truth may be uncomfortable, but denial is more costly.
- I do not need the whole plan to take the next right step.
- Accountability protects what isolation puts at risk.
- Obedience today can bring freedom tomorrow.

Takeaway Truth: Willingness becomes change when we take the next right action.

Closing Truth: Slow progress is still progress when I keep walking with God.

FEATURED SCRIPTURE

“In every situation, by prayer and petition ... present your requests to God.” — Philippians 4:6 (NIV)

Closing Thought: Come as you are and take the next right step. Willingness becomes change when we take the next right action. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of ACTION today and take the next faithful step. Amen.

† ALIVE †

In Christ, the old life does not get the final word.

ALIVE focuses on this message: Recovery is more than stopping a destructive behavior; it is learning to live again. Christ gives new identity, purpose, connection, and hope so we can move forward with gratitude and courage.

Opening Prayer: *Lord Jesus, awaken our hearts, renew our hope, and help us live fully in the new life You give. Amen.*

A — Accept New Life

New life begins as a gift of grace. We receive what Christ has done and stop defining ourselves only by our worst choices or painful history.

"If anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17 (NIV)

Truth: In Christ, my past is part of my story—not the end of it.

L — Leave the Old Behind

Moving forward requires releasing old identities, routines, resentments, and excuses. We learn from the past without continuing to live there.

"Forget the former things; do not dwell on the past. See, I am doing a new thing!" — Isaiah 43:18–19 (NIV)

Truth: I can learn from yesterday without living in yesterday.

I — Invite Christ In

Jesus meets us in the real places of life—our pain, relationships, temptations, hopes, and decisions. We invite Him into what we once tried to manage alone.

"Here I am! I stand at the door and knock." — Revelation 3:20 (NIV)

Truth: Christ can change what I am willing to open to Him.

V — Value Today

Today is the life we can actually live. Gratitude helps us notice that being present, honest, connected, and alive is already a gift.

"This is the day the Lord has made; let us rejoice and be glad in it." — Psalm 118:24 (NIV)

Truth: Today I am here, today I am present, and today I am alive.

E — Encourage Others

New life grows when it is shared. Encouragement, service, and honest testimony can help someone else take the next step toward hope.

"Encourage one another and build each other up." — 1 Thessalonians 5:11 (NIV)

Truth: My recovery can become encouragement for someone else.

ALIVE calls us to remember: Accept New Life, Leave the Old Behind, Invite Christ In, Value Today, and Encourage Others. Christ does not merely help us survive; He teaches us how to live with purpose.

REFLECTION QUESTION

What would living fully, faithfully, and gratefully look like for me today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Say aloud: “Today I am here, present, and alive.”
- Write down one old pattern you are leaving and one new action replacing it.
- Invite Jesus into one area you have been trying to control alone.
- Encourage one person with a call, message, prayer, or act of service.

Takeaways — Something to Remember

- My past does not get the final word.
- I can learn from yesterday without living there.
- Today is a gift I can live faithfully.
- My recovery can become someone else's hope.

Takeaway Truth: In Christ, the old life does not get the final word.

Closing Truth: In Christ, we are not only surviving—we are learning to live again.

FEATURED SCRIPTURE

“If anyone is in Christ, the new creation has come: The old has gone, the new is here!” — 2 Corinthians 5:17 (NIV)

Closing Summary: ALIVE reminds us that the old life does not get the final word. Receive Christ's grace, value today, encourage someone else, and take the next faithful step. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of ALIVE today and take the next faithful step. Amen.

† BEGIN †

Begin again with God's grace and build differently.

BEGIN focuses on this message: God's grace gives us a new beginning and the strength to build differently. Each letter in BEGIN offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through BEGIN. Help us take one faithful step with You today. Amen.*

B — Believe God Can Change You

Belief is more than agreeing that God exists. It is placing our trust in Him enough to follow where He leads.

"Everything is possible for one who believes." — Mark 9:23 (NIV)

Truth: Faith grows as I act on what I believe.

E — Embrace Change

Change asks us to release familiar patterns and practice a healthier way before it feels natural. God meets willingness with guidance and strength.

"Forget the former things ... See, I am doing a new thing!" — Isaiah 43:18-19 (NIV)

Truth: New beginnings require new choices.

G — Give the Past to God

Letting go means releasing people, outcomes, and old pain from our grip and placing them in God's care. We may need to repeat that choice many times.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7 (NIV)

Truth: What I release to God no longer has to rule me.

I — Invite His Direction

God's direction may come one step at a time rather than as a complete map. Our part is to stay close enough to recognize His guidance and willing enough to follow it.

"Whether you turn to the right or to the left ... 'This is the way; walk in it.'" — Isaiah 30:21 (NIV)

Truth: God gives enough light for the next faithful step.

N — No Condemnation

Conviction points us toward change; condemnation tells us we are hopeless. In Christ, we can face wrongdoing without accepting the lie that we are beyond redemption.

"There is now no condemnation for those who are in Christ Jesus." — Romans 8:1 (NIV)

Truth: Grace tells the truth about my choices without destroying my hope.

BEGIN calls us to remember: Believe God Can Change You; Embrace Change; Give the Past to God; Invite His Direction; No Condemnation. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What old pattern must I release to make room for the new beginning God is offering?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Replace one old label with this truth: “In Christ, I am becoming new.”
- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Take one prayerful step without demanding certainty about every future step.
- Take one action today that shows you are trusting God with the outcome.
- Change one small part of your routine that keeps an old pattern alive.

Takeaways — Something to Remember

- My past does not have to define my future.
- Grace gives me strength where self-effort runs out.
- Faith takes the step that sight cannot yet explain.
- Faith grows as I act on what I believe.
- New beginnings require new choices.

Takeaway Truth: God’s grace gives us a new beginning and the strength to build differently.

Closing Truth: Recovery Is Possible Today.

FEATURED SCRIPTURE

“If anyone is in Christ, the new creation has come.” — 2 Corinthians 5:17 (NIV)

Closing Thought: Come as you are and take the next right step. God’s grace gives us a new beginning and the strength to build differently. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of BEGIN today and take the next faithful step. Amen.

† CHOSEN †

You are loved by grace, called by God, and never alone.

CHOSEN focuses on this message: You are loved by grace, called by God, and never alone. Each letter in CHOSEN offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through CHOSEN. Help us take one faithful step with You today. Amen.

C — Called by God

God calls ordinary people to follow Him faithfully. Calling begins with the next obedient step, not with having every detail figured out.

"Come, follow me." — Matthew 4:19 (NIV)

Truth: God's call is an invitation to follow, grow, and serve.

H — Held in His Love

Hope is not pretending everything is easy. It is trusting that God is still present, still working, and still able to lead us forward.

"May the God of hope fill you with all joy and peace as you trust in him." — Romans 15:13 (NIV)

Truth: My circumstances may change, but my hope in Christ remains.

O — Offered Grace

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

S — Set Apart for Purpose

Being chosen by God is a gift of belonging, not a reason for pride. He calls us loved and invites us to live in a way that reflects His grace.

"You are a chosen people ... God's special possession." — 1 Peter 2:9 (NIV)

Truth: I am chosen by grace and called to live with purpose.

E — Equipped to Serve

God does not merely pull us out of an old life; He leads us into meaningful service and growth. Our experiences can become part of how we encourage others.

"We are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10 (NIV)

Truth: My recovery has a purpose larger than myself.

N — Never Alone

God's presence is not limited by our emotions. Even when we feel alone or uncertain, He remains near and walks with us.

"Never will I leave you; never will I forsake you." — Hebrews 13:5 (NIV)

Truth: I may feel alone, but I am never abandoned by God.

CHOSEN calls us to remember: Called by God; Held in His Love; Offered Grace; Set Apart for Purpose; Equipped to Serve; Never Alone. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

How would I live differently today if I truly believed I am loved and chosen by God?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Ask, “What is God inviting me to do today?” and write one answer.
- Write Romans 15:13 where you can see it and name one reason for hope today.
- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Begin the day saying: “I am loved, chosen, and responsible for my next right step.”
- Ask where your experience can become empathy, service, or encouragement.

Takeaways — Something to Remember

- God’s call is an invitation to follow, grow, and serve.
- My circumstances may change, but my hope in Christ remains.
- Grace gives me strength where self-effort runs out.
- I am chosen by grace and called to live with purpose.
- My recovery has a purpose larger than myself.

Takeaway Truth: You are loved by grace, called by God, and never alone.

Closing Truth: I may feel alone, but I am never abandoned by God.

FEATURED SCRIPTURE

“Come, follow me.” — Matthew 4:19 (NIV)

Closing Thought: Come as you are and take the next right step. You are loved by grace, called by God, and never alone. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of CHOSEN today and take the next faithful step. Amen.

† CREEK †

Receive Christ's living water and keep moving toward health.

CREEK focuses on this message: Receive Christ's living water and keep moving toward health. Each letter in CREEK offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through CREEK. Help us take one faithful step with You today. Amen.

C — Come to Christ

Jesus saves us by grace, not by our ability to repair ourselves. We surrender, receive His forgiveness, and begin a new life of trust and obedience.

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Truth: I am saved by Christ's grace, not by my performance.

R — Receive Living Water

Jesus offers living water for the deepest thirst of the soul. Staying connected to Him renews us and gives us something life-giving to share.

"Rivers of living water will flow from within them." — John 7:38 (NIV)

Truth: Christ refreshes my soul so His love can flow through me.

E — Examine the Current

A regular heart check helps us notice motives, resentments, fears, and warning signs before they control our actions. God searches us to restore us, not to shame us.

"Search me, God, and know my heart." — Psalm 139:23 (NIV)

Truth: An honest inventory turns awareness into growth.

E — Encourage Others

Encouragement reminds people that they are seen, valued, and not alone. A sincere word can strengthen someone who is close to giving up.

"Encourage one another daily." — Hebrews 3:13 (NIV)

Truth: A few hopeful words can help someone take another step.

K — Keep Moving Forward

A creek stays fresh by continuing to flow. In the same way, recovery grows when we keep moving through honest choices, support, and obedience.

"Let us move beyond the elementary teachings ... and be taken forward to maturity." — Hebrews 6:1 (NIV)

Truth: I do not have to move quickly, but I must keep moving toward health.

CREEK calls us to remember: Come to Christ; Receive Living Water; Examine the Current; Encourage Others; Keep Moving Forward. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where has my life become stagnant, and what would one healthy forward step be?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thank Jesus for what He has done instead of trying to earn what He freely gives.
- Drink a glass of water slowly and use it as a reminder to ask Jesus to refresh your soul.
- Ask: “What am I feeling, what are the facts, and what is my next right action?”
- Send one specific message of encouragement today.
- Choose one area where you feel stuck and make one small forward move.

Takeaways — Something to Remember

- I am saved by Christ's grace, not by my performance.
- Christ refreshes my soul so His love can flow through me.
- An honest inventory turns awareness into growth.
- A few hopeful words can help someone take another step.
- I do not have to move quickly, but I must keep moving toward health.

Takeaway Truth: Receive Christ's living water and keep moving toward health.

Closing Truth: I do not have to move quickly, but I must keep moving toward health.

FEATURED SCRIPTURE

“It is by grace you have been saved, through faith.” — Ephesians 2:8 (NIV)

Closing Thought: Come as you are and take the next right step. Receive Christ's living water and keep moving toward health. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of CREEK today and take the next faithful step. Amen.

† CROSS †

At the cross, sin meets saving love and a new life begins.

CROSS focuses on this message: At the cross, sin meets saving love and a new life begins. Each letter in CROSS offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through CROSS. Help us take one faithful step with You today. Amen.

C — Christ Paid the Price

At the cross, Jesus carried the weight of sin and opened the way to forgiveness and reconciliation with God. The cross tells us both that sin is serious and grace is greater.

"He himself bore our sins in his body on the cross." — 1 Peter 2:24 (NIV)

Truth: The cross is where my sin meets Christ's saving love.

R — Repent and Return

Repentance is more than regret. It is turning from an old direction and returning to God with honesty, willingness, and changed action.

"Repent, then, and turn to God." — Acts 3:19 (NIV)

Truth: A changed direction is stronger than another empty promise.

O — Old Life Is Gone

The old life does not disappear without daily choices, but it no longer owns our identity. Christ gives power to practice a new way.

"The old has gone, the new is here!" — 2 Corinthians 5:17 (NIV)

Truth: I am not required to keep repeating who I used to be.

S — Surrender Daily

Surrender is not giving up; it is giving God control. We stop demanding our own way and become willing to follow His wisdom one decision at a time.

"Whoever wants to be my disciple must deny themselves ... and follow me." — Matthew 16:24 (NIV)

Truth: Freedom begins when self-will is surrendered to Christ.

S — Serve in Love

Service moves us beyond self-centered thinking and turns gratitude into action. Helping others strengthens connection, purpose, and recovery.

"Serve one another humbly in love." — Galatians 5:13 (NIV)

Truth: When I help someone else, God also changes me.

CROSS calls us to remember: Christ Paid the Price; Repent and Return; Old Life Is Gone; Surrender Daily; Serve in Love. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What do I need to bring to the cross through confession, repentance, or surrender?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thank Jesus specifically for one burden you no longer have to carry alone.
- Name what you need to turn from and the opposite action you will take.
- Remove one object, contact, or routine that keeps pulling you toward the old life.
- Open your hands and pray: "Jesus, I release my will, my plans, and this outcome to You."
- Do one quiet act of service today without expecting recognition.

Takeaways — Something to Remember

- The cross is where my sin meets Christ's saving love.
- A changed direction is stronger than another empty promise.
- I am not required to keep repeating who I used to be.
- Freedom begins when self-will is surrendered to Christ.
- When I help someone else, God also changes me.

Takeaway Truth: At the cross, sin meets saving love and a new life begins.

Closing Truth: When I help someone else, God also changes me.

FEATURED SCRIPTURE

"He himself bore our sins in his body on the cross." — 1 Peter 2:24 (NIV)

Closing Thought: Come as you are and take the next right step. At the cross, sin meets saving love and a new life begins. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of CROSS today and take the next faithful step. Amen.

† DENIAL †

Face reality with rigorous honesty, responsibility, and grace.

DENIAL focuses on this message: Face reality with rigorous honesty, responsibility, and grace. Each letter in DENIAL offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through DENIAL. Help us take one faithful step with You today. Amen.

D — Distorts Reality

Denial protects us from discomfort for a moment but keeps us trapped in the long run. Naming what is real makes responsibility and change possible.

"Whoever conceals their sins does not prosper." — Proverbs 28:13 (NIV)

Truth: I cannot change what I refuse to face.

E — Excuses Behavior

Rigorous honesty goes beyond avoiding obvious lies. It means facing motives, minimizing, omissions, excuses, and the real effect of our choices.

"Each of you must put off falsehood and speak truthfully." — Ephesians 4:25 (NIV)

Truth: Denial is the absence of rigorous honesty.

N — Numbs the Consequences

Truth separates facts from fear, excuses, and denial. God's truth may challenge us, but it also gives us a solid place to stand.

"Guide me in your truth and teach me." — Psalm 25:5 (NIV)

Truth: Truth may be uncomfortable, but denial is more costly.

I — Isolates Us

Christ walks with us, and He places people around us for encouragement and accountability. Isolation feeds old patterns; connection protects recovery.

"Encourage one another and build each other up." — 1 Thessalonians 5:11 (NIV)

Truth: Connection is protection.

A — Avoids Responsibility

Responsibility means owning our choices and their effects without blaming or drowning in shame. Grace gives us courage to make amends and choose differently.

"Each one should test their own actions." — Galatians 6:4 (NIV)

Truth: I am not responsible for everything, but I am responsible for my part.

L — Light Breaks Denial

Jesus brings light into shame, confusion, and secrecy. His light shows us what needs attention and reminds us that we are not beyond restoration.

"The light shines in the darkness." — John 1:5 (NIV)

Truth: Light does not shame me; it shows me the way out.

DENIAL calls us to remember: Distorts Reality; Excuses Behavior; Numbs the Consequences; Isolates Us; Avoids Responsibility; Light Breaks Denial. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What fact, consequence, or responsibility have I been minimizing?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Complete this sentence honestly: “The truth I most need to face is ...”
- Ask a trusted person, “Where do you hear me minimizing or making excuses?”
- Use a Feelings-versus-Facts list before acting on a strong emotion.
- Attend a meeting or group and speak with someone before leaving.
- Name your part in one problem and identify one action to repair it.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- Denial is the absence of rigorous honesty.
- Truth may be uncomfortable, but denial is more costly.
- Connection is protection.
- I am not responsible for everything, but I am responsible for my part.

Takeaway Truth: Face reality with rigorous honesty, responsibility, and grace.

Closing Truth: Light does not shame me; it shows me the way out.

FEATURED SCRIPTURE

“Whoever conceals their sins does not prosper.” — Proverbs 28:13 (NIV)

Closing Thought: Come as you are and take the next right step. Face reality with rigorous honesty, responsibility, and grace. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of DENIAL today and take the next faithful step. Amen.

† FEAR †

Fear may be present, but faith can lead the response.

FEAR focuses on this message: Fear may be present, but faith can lead the response. Each letter in FEAR offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through FEAR. Help us take one faithful step with You today. Amen.*

F — Face Fear with Faith

Courage does not mean fear disappears. It means fear no longer makes the decision because we choose to trust God's presence and promises.

"When I am afraid, I put my trust in you." — Psalm 56:3 (NIV)

Truth: Fear can speak, but faith gets the final word.

E — Entrust the Outcome

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

A — Ask God for Courage

Courage is moving toward what is right while fear is still present. God's presence gives us the strength to act with wisdom rather than avoidance.

"Be strong and courageous ... for the Lord your God will be with you." — Joshua 1:9 (NIV)

Truth: Courage is faith taking the next right action.

R — Rest in His Presence

God's presence is not limited by our emotions. Even when we feel alone or uncertain, He remains near and walks with us.

"Never will I leave you; never will I forsake you." — Hebrews 13:5 (NIV)

Truth: I may feel alone, but I am never abandoned by God.

FEAR calls us to remember: Face Fear with Faith; Entrust the Outcome; Ask God for Courage; Rest in His Presence. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What fear is making decisions for me, and what would a faith-filled response look like?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Name the fear, name one fact, and take one safe faith-filled step.
- List three qualities of God that are stronger than your current problem.
- Do one safe thing today that fear has kept you from doing.
- Slow your breathing and repeat: “God is here. I am not alone.”

Takeaways — Something to Remember

- Fear can speak, but faith gets the final word.
- I can trust God because His character does not change.
- Courage is faith taking the next right action.
- I may feel alone, but I am never abandoned by God.

Takeaway Truth: Fear may be present, but faith can lead the response.

Closing Truth: I may feel alone, but I am never abandoned by God.

FEATURED SCRIPTURE

“When I am afraid, I put my trust in you.” — Psalm 56:3 (NIV)

Closing Thought: Come as you are and take the next right step. Fear may be present, but faith can lead the response. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of FEAR today and take the next faithful step. Amen.

† FREE †

Christ frees us from shame and old patterns so we can live in truth.

FREE focuses on this message: Christ frees us from shame and old patterns so we can live in truth. Each letter in FREE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through FREE. Help us take one faithful step with You today. Amen.*

F — Forgiven in Christ

Forgiveness does not call harm acceptable or remove wise boundaries. It releases revenge to God so bitterness does not keep controlling our hearts.

"Forgive as the Lord forgave you." — Colossians 3:13 (NIV)

Truth: Forgiveness frees my heart while wisdom protects my boundaries.

R — Release the Past

Letting go means releasing people, outcomes, and old pain from our grip and placing them in God's care. We may need to repeat that choice many times.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7 (NIV)

Truth: What I release to God no longer has to rule me.

E — Embrace the Truth

Truth separates facts from fear, excuses, and denial. God's truth may challenge us, but it also gives us a solid place to stand.

"Guide me in your truth and teach me." — Psalm 25:5 (NIV)

Truth: Truth may be uncomfortable, but denial is more costly.

E — Experience Real Freedom

Christ-centered freedom is not permission to return to destructive choices. It is freedom from slavery to sin, shame, fear, and old patterns.

"If the Son sets you free, you will be free indeed." — John 8:36 (NIV)

Truth: Jesus frees me so I can live in truth and purpose.

FREE calls us to remember: Forgiven in Christ; Release the Past; Embrace the Truth; Experience Real Freedom. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What old label or behavior is Christ inviting me to release?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Pray for willingness to forgive; begin with willingness if the feeling is not there yet.
- Write what you are holding onto; underneath it write, “God, this belongs to You.”
- Use a Feelings-versus-Facts list before acting on a strong emotion.
- Identify one old pattern and choose the opposite healthy action today.

Takeaways — Something to Remember

- Forgiveness frees my heart while wisdom protects my boundaries.
- What I release to God no longer has to rule me.
- Truth may be uncomfortable, but denial is more costly.
- Jesus frees me so I can live in truth and purpose.

Takeaway Truth: Christ frees us from shame and old patterns so we can live in truth.

Closing Truth: Jesus frees me so I can live in truth and purpose

“It is for freedom that Christ has set us free.” — Galatians 5:1 (NIV)

Closing Thought: Come as you are and take the next right step. Christ frees us from shame and old patterns so we can live in truth. With help from God and others, Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of FREE today and take the next faithful step. Amen.

† GIFT †

Grace, identity, purpose, and thanksgiving are gifts from God.

GIFT focuses on this message: Grace, identity, purpose, and thanksgiving are gifts from God. Each letter in GIFT offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through GIFT. Help us take one faithful step with You today. Amen.*

G — Grace Is Free

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

I — Identity in Christ

Our deepest identity is not addict, failure, victim, or mistake. In Christ, we are loved, known, and invited into a new way of living.

"See what great love the Father has lavished on us, that we should be called children of God!" — 1 John 3:1 (NIV)

Truth: My struggle describes part of my experience; it does not define my worth.

F — Faithfully Use Your Gifts

Our abilities, recovery story, time, and resources are gifts entrusted to us. Stewardship asks how we can use them responsibly for God's purpose.

"Use whatever gift you have received to serve others." — 1 Peter 4:10 (NIV)

Truth: What God gives me can become a blessing to someone else.

T — Thank God Daily

Gratitude does not deny pain; it keeps pain from becoming the only thing we see. Thankfulness trains our attention toward God's daily gifts.

"Give thanks in all circumstances." — 1 Thessalonians 5:18 (NIV)

Truth: Gratitude changes my focus before it changes my circumstances.

GIFT calls us to remember: Grace Is Free; Identity in Christ; Faithfully Use Your Gifts; Thank God Daily. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Which gift from God do I need to receive, use, or appreciate more fully?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Write “I am a loved child of God” above one old negative label.
- Choose one ability or experience you can use to help another person.
- Write three specific gifts from today and thank God for each one.

Takeaways — Something to Remember

- Grace gives me strength where self-effort runs out.
- My struggle describes part of my experience; it does not define my worth.
- What God gives me can become a blessing to someone else.
- Gratitude changes my focus before it changes my circumstances.

Takeaway Truth: Grace, identity, purpose, and thanksgiving are gifts from God.

Closing Truth: Gratitude changes my focus before it changes my circumstances.

FEATURED SCRIPTURE

“My grace is sufficient for you.” — 2 Corinthians 12:9 (NIV)

Closing Thought: Come as you are and take the next right step. Grace, identity, purpose, and thanksgiving are gifts from God. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of GIFT today and take the next faithful step. Amen.

† GIVE †

Gratitude becomes visible when we give what God has entrusted to us.

GIVE focuses on this message: Gratitude becomes visible when we give what God has entrusted to us. Each letter in GIVE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through GIVE. Help us take one faithful step with You today. Amen.

G — Give Thanks

Gratitude does not deny pain; it keeps pain from becoming the only thing we see. Thankfulness trains our attention toward God's daily gifts.

"Give thanks in all circumstances." — 1 Thessalonians 5:18 (NIV)

Truth: Gratitude changes my focus before it changes my circumstances.

I — Invest in Others

Encouragement reminds people that they are seen, valued, and not alone. A sincere word can strengthen someone who is close to giving up.

"Encourage one another daily." — Hebrews 3:13 (NIV)

Truth: A few hopeful words can help someone take another step.

V — Volunteer Your Gifts

Our abilities, recovery story, time, and resources are gifts entrusted to us. Stewardship asks how we can use them responsibly for God's purpose.

"Use whatever gift you have received to serve others." — 1 Peter 4:10 (NIV)

Truth: What God gives me can become a blessing to someone else.

E — Expect God to Multiply

Generosity shares time, attention, resources, and hope. We give from gratitude rather than pressure because God has first been generous with us.

"God loves a cheerful giver." — 2 Corinthians 9:7 (NIV)

Truth: Generosity turns gratitude into something another person can feel.

GIVE calls us to remember: Give Thanks; Invest in Others; Volunteer Your Gifts; Expect God to Multiply. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What gift of time, attention, experience, or resources can I share this week?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write three specific gifts from today and thank God for each one.
- Send one specific message of encouragement today.
- Choose one ability or experience you can use to help another person.
- Give one practical gift of time, attention, or resources this week.

Takeaways — Something to Remember

- Gratitude changes my focus before it changes my circumstances.
- A few hopeful words can help someone take another step.
- What God gives me can become a blessing to someone else.
- Generosity turns gratitude into something another person can feel.

Takeaway Truth: Gratitude becomes visible when we give what God has entrusted to us.

Closing Truth: Generosity turns gratitude into something another person can feel.

FEATURED SCRIPTURE

"Give thanks in all circumstances." — 1 Thessalonians 5:18 (NIV)

Closing Thought: Come as you are and take the next right step. Gratitude becomes visible when we give what God has entrusted to us. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of GIVE today and take the next faithful step. Amen.

† GOD †

I can't do everything—but God can do what I cannot.

GOD focuses on this message: I can't do everything—but God can do what I cannot. Each letter in GOD offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through GOD. Help us take one faithful step with You today. Amen.*

G — God Goes Before Me

God's presence is not limited by our emotions. Even when we feel alone or uncertain, He remains near and walks with us.

"Never will I leave you; never will I forsake you." — Hebrews 13:5 (NIV)

Truth: I may feel alone, but I am never abandoned by God.

O — Opens a Way

God's direction may come one step at a time rather than as a complete map. Our part is to stay close enough to recognize His guidance and willing enough to follow it.

"Whether you turn to the right or to the left ... 'This is the way; walk in it.'" — Isaiah 30:21 (NIV)

Truth: God gives enough light for the next faithful step.

D — Does What I Cannot

Spiritual strength is not pretending we are never weak. It is relying on God's power precisely where our own strength is insufficient.

"I can do all this through him who gives me strength." — Philippians 4:13 (NIV)

Truth: God's strength is available where mine runs out.

GOD calls us to remember: God Goes Before Me; Opens a Way; Does What I Cannot. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What am I trying to do in my own strength that I need to surrender to God?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Slow your breathing and repeat: “God is here. I am not alone.”
- Write the decision you face, then list what Scripture, prayer, and wise counsel are showing you.
- Name one weakness and ask God and another person for specific help.
- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Thank God specifically for one consequence He helped you survive and learn from.

Takeaways — Something to Remember

- I may feel alone, but I am never abandoned by God.
- God gives enough light for the next faithful step.
- God’s strength is available where mine runs out.
- Grace gives me strength where self-effort runs out.
- My failure is not greater than God’s mercy.

Takeaway Truth: I can’t do everything—but God can do what I cannot.

Closing Truth: I can trust God because His character does not change.

FEATURED SCRIPTURE

“Never will I leave you; never will I forsake you.” — Hebrews 13:5 (NIV)

Closing Thought: Come as you are and take the next right step. I can’t do everything—but God can do what I cannot. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of GOD today and take the next faithful step. Amen.

† GPS †

God provides direction for the next faithful step.

GPS focuses on this message: God provides direction for the next faithful step. Each letter in GPS offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through GPS. Help us take one faithful step with You today. Amen.

G — God Gives Direction

God's direction may come one step at a time rather than as a complete map. Our part is to stay close enough to recognize His guidance and willing enough to follow it.

"Whether you turn to the right or to the left ... 'This is the way; walk in it.'" — Isaiah 30:21 (NIV)

Truth: God gives enough light for the next faithful step.

P — Pause and Pray

Prayer is our first response, not our last resort. It slows us down, reconnects us with God, and helps us choose His direction over an impulsive reaction.

"In every situation, by prayer and petition ... present your requests to God." — Philippians 4:6 (NIV)

Truth: A pause for prayer can change my next decision.

S — Scripture Shows the Way

God's Word gives truth when feelings, cravings, or circumstances become confusing. Scripture helps us correct our course and remember who God is.

"Your word is a lamp for my feet, a light on my path." — Psalm 119:105 (NIV)

Truth: Feelings can change; God's truth remains.

GPS calls us to remember: God Gives Direction; Pause and Pray; Scripture Shows the Way. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What decision needs God's direction
instead of my impulsive reaction?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write the decision you face, then list what Scripture, prayer, and wise counsel are showing you.
- Before your next important decision, stop and pray: “Jesus, lead my next step.”
- Choose one verse from this handout to read morning and evening for seven days.

Takeaways — Something to Remember

- God gives enough light for the next faithful step.
- A pause for prayer can change my next decision.
- Feelings can change; God's truth remains.

Takeaway Truth: God provides direction for the next faithful step.

Closing Truth: Feelings can change; God's truth remains.

FEATURED SCRIPTURE

“Whether you turn to the right or to the left ... ‘This is the way; walk in it.’” — Isaiah 30:21 (NIV)

Closing Thought: Come as you are and take the next right step. God provides direction for the next faithful step. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of GPS today and take the next faithful step. Amen.

† GRACE †

Grace gives strength for a new way.

GRACE focuses on this message: Mercy meets our failure; grace gives strength for a new way. Each letter in GRACE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through GRACE. Help us take one faithful step with You today. Amen.*

G — Grace Is a Gift

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

R — Receive, Don't Earn

Jesus saves us by grace, not by our ability to repair ourselves. We surrender, receive His forgiveness, and begin a new life of trust and obedience.

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Truth: I am saved by Christ's grace, not by my performance.

A — Accept Forgiveness

Forgiveness does not call harm acceptable or remove wise boundaries. It releases revenge to God so bitterness does not keep controlling our hearts.

"Forgive as the Lord forgave you." — Colossians 3:13 (NIV)

Truth: Forgiveness frees my heart while wisdom protects my boundaries.

C — Change Through Grace

Change asks us to release familiar patterns and practice a healthier way before it feels natural. God meets willingness with guidance and strength.

"Forget the former things ... See, I am doing a new thing!" — Isaiah 43:18-19 (NIV)

Truth: New beginnings require new choices.

E — Extend Grace to Others

Compassion notices pain without judgment and responds with care. We offer others the patience and kindness Christ has shown us.

"Clothe yourselves with compassion, kindness, humility, gentleness and patience." — Colossians 3:12 (NIV)

Truth: Compassion makes room for truth and healing.

GRACE calls us to remember: Grace Is a Gift; Receive, Don't Earn; Accept Forgiveness; Change Through Grace; Extend Grace to Others. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where do I need to receive God's mercy and then extend grace to someone else?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thank God specifically for one consequence He helped you survive and learn from.
- Write three specific gifts from today and thank God for each one.
- When shame says “I am bad,” replace it with “I made a harmful choice, and I can make a new one.”
- Name what you need to turn from and the opposite action you will take.
- At midday, pause and ask: “Am I following God's will or forcing my own?”

Takeaways — Something to Remember

- My failure is not greater than God's mercy.
- Gratitude changes my focus before it changes my circumstances.
- Grace tells the truth about my choices without destroying my hope.
- A changed direction is stronger than another empty promise.
- Willingness turns surrender into action.

Takeaway Truth: Grace gives strength for a new way.

Closing Truth: Grace is received from Christ and extended to others.

FEATURED SCRIPTURE

“My grace is sufficient for you.” — 2 Corinthians 12:9 (NIV)

Closing Thought: Come as you are and take the next right step. Grace gives strength for a new way. Receive Christ's grace, let it change you, and extend it to others. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of GRACE today and take the next faithful step. Amen.

† GROW †

Stay rooted in Christ and trust the daily process of change.

GROW focuses on this message: Stay rooted in Christ and trust the daily process of change. Each letter in GROW offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through GROW. Help us take one faithful step with You today. Amen.

G — Give God Control

Surrender is not giving up; it is giving God control. We stop demanding our own way and become willing to follow His wisdom one decision at a time.

“Whoever wants to be my disciple must deny themselves ... and follow me.” — Matthew 16:24 (NIV)

Truth: Freedom begins when self-will is surrendered to Christ.

R — Root in His Word

God’s Word gives truth when feelings, cravings, or circumstances become confusing. Scripture helps us correct our course and remember who God is.

“Your word is a lamp for my feet, a light on my path.” — Psalm 119:105 (NIV)

Truth: Feelings can change; God’s truth remains.

O — Obey One Step at a Time

Obedience means following God’s direction even when it is uncomfortable. We do not wait for perfect feelings before doing what is right.

“If you love me, keep my commands.” — John 14:15 (NIV)

Truth: Obedience today can bring freedom tomorrow.

W — Wait with Hope

Waiting on God is active trust, not passive avoidance. We keep praying and doing what is ours to do while refusing to force the timing.

“Those who hope in the Lord will renew their strength.” — Isaiah 40:31 (NIV)

Truth: Waiting with God is not wasted time.

GROW calls us to remember: Give God Control; Root in His Word; Obey One Step at a Time; Wait with Hope. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Which daily practice will help me grow stronger in Christ and recovery?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Open your hands and pray: “Jesus, I release my will, my plans, and this outcome to You.”
- Choose one verse from this handout to read morning and evening for seven days.
- Identify one clear instruction from Scripture and practice it today.
- List what you can do faithfully while leaving the timing and outcome with God.

Takeaways — Something to Remember

- Freedom begins when self-will is surrendered to Christ.
- Feelings can change; God's truth remains.
- Obedience today can bring freedom tomorrow.
- Waiting with God is not wasted time.

Takeaway Truth: Stay rooted in Christ and trust the daily process of change.

Closing Truth: Waiting with God is not wasted time.

FEATURED SCRIPTURE

“Whoever wants to be my disciple must deny themselves ... and follow me.” — Matthew 16:24 (NIV)

Closing Thought: Come as you are and take the next right step. Stay rooted in Christ and trust the daily process of change. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of GROW today and take the next faithful step. Amen.

† HALT †

Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem.

HALT focuses on this message: Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem. Each letter in HALT offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through HALT. Help us take one faithful step with You today. Amen.

H — Hungry

Physical hunger can lower patience and cloud judgment. A HALT check reminds us that caring for the body can protect the mind, spirit, and recovery.

"Your bodies are temples of the Holy Spirit." — 1 Corinthians 6:19 (NIV)

Truth: Meeting a basic need can prevent an unnecessary crisis.

A — Angry

Anger is information, not permission to harm. We pause long enough to identify what is underneath it and choose a response that honors God and others.

"Be quick to listen, slow to speak and slow to become angry." — James 1:19 (NIV)

Truth: I can feel anger without letting anger make my decisions.

L — Lonely

Loneliness can make old behaviors look comforting. Connection with God and safe people interrupts isolation before it grows into hopelessness or relapse risk.

"God sets the lonely in families." — Psalm 68:6 (NIV)

Truth: Isolation is a signal to connect, not a sentence to endure alone.

T — Tired

Fatigue reduces judgment and emotional tolerance. Rest, sleep, and a slower pace are practical forms of stewardship, not signs of laziness.

"In peace I will lie down and sleep." — Psalm 4:8 (NIV)

Truth: Rest is part of recovery, not a reward for perfection.

HALT calls us to remember: Hungry; Angry; Lonely; Tired. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Which HALT condition is affecting me most, and what healthy action can I take now?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Keep a simple healthy snack and water available for high-risk times.
- Use STAR: Stop, Think, Assess, Respond before speaking or sending a message.
- When loneliness rises, contact someone before withdrawing further.
- Protect a realistic bedtime and postpone nonurgent decisions when exhausted.

Takeaways — Something to Remember

- Meeting a basic need can prevent an unnecessary crisis.
- I can feel anger without letting anger make my decisions.
- Isolation is a signal to connect, not a sentence to endure alone.
- Rest is part of recovery, not a reward for perfection.

Takeaway Truth: Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem.

Closing Truth: Rest is part of recovery, not a reward for perfection.

FEATURED SCRIPTURE

“Your bodies are temples of the Holy Spirit.” — 1 Corinthians 6:19 (NIV)

Closing Thought: Come as you are and take the next right step. Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of HALT today and take the next faithful step. Amen.

† HEAL †

Christ brings hope and healing to a hopeless state of mind and body.

HEAL focuses on this message: Recovery literature describes addiction as a hopeless state of mind and body. The mind becomes trapped in obsession, denial, and distorted thinking. It forgets past consequences, believes using will be different this time, and returns to the substance despite sincere promises to stop. The body may experience powerful craving, withdrawal, illness, and difficulty stopping once use begins. Hopeless does not mean the person is beyond God's help or recovery; it means knowledge and willpower alone have not been enough. Christ meets the whole person with hope, while recovery teaches us to accept spiritual, emotional, relational, medical, and physical help one day at a time.

Opening Prayer: Lord Jesus, meet us in the places where our minds and bodies have felt hopeless. Give us hope, willingness, and strength for the next healing step. Amen.

H — Hope Replaces Hopelessness

Hopelessness tells us that nothing will change. Christian hope does not deny the damage; it trusts that God can begin something new and give strength for today.

"May the God of hope fill you with all joy and peace as you trust in him." — Romans 15:13 (NIV)

Truth: Hopelessness is a feeling and a condition—not the final word.

E — Examine Mind and Body

Healing requires an honest look at the whole person. We notice distorted thinking, cravings, emotions, sleep, nutrition, pain, medication needs, and warning signs without shame or denial.

"Search me, God, and know my heart; test me and know my anxious thoughts." — Psalm 139:23 (NIV)

Truth: Honest awareness helps me respond before a warning sign becomes a crisis.

A — Accept Help

We do not heal alone. God often works through meetings, sponsors, counselors, medical professionals, pastors, supportive family, and other people who help us carry what has become too heavy.

"Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28 (NIV)

Truth: Accepting help is an act of courage, wisdom, and faith.

L — Live a New Way

Healing becomes visible through new daily choices. Prayer, truth, healthy routines, accountability, service, and appropriate professional care help build a life that supports recovery.

"Be transformed by the renewing of your mind." — Romans 12:2 (NIV)

Truth: A renewed life is built one healthy choice at a time.

HEAL calls us to remember: Hope Replaces Hopelessness; Examine Mind and Body; Accept Help; Live a New Way. Healing from a hopeless state of mind and body begins when hope returns, denial gives way to honesty, help is accepted, and new choices are practiced one day at a time.

REFLECTION QUESTION

What part of my mind or body most needs hope, honesty, and a healing next step today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Complete a brief check: What am I thinking, feeling, and noticing in my body?
- Tell a sponsor, counselor, doctor, or trusted person about one concern you have been minimizing.
- Choose one physical recovery action today: rest, nutrition, hydration, movement, or following medical guidance.
- Replace “Nothing will change” with: “With God and help, I can take the next right step.”

Takeaways — Something to Remember

- A hopeless state is not a hopeless future.
- Healing includes the mind, body, relationships, and spirit.
- Accepting professional help can be part of faithful recovery.
- New life is built one honest and healthy choice at a time.

Takeaway Truth: Christ brings hope and healing to a hopeless state of mind and body.

Closing Truth: God can restore hope while I practice the actions that support healing.

FEATURED SCRIPTURE

“May the God of hope fill you with all joy and peace as you trust in him.” — Romans 15:13 (NIV)

Closing Summary: HEAL reminds us that a hopeless state of mind and body does not have to become a hopeless future. Christ restores hope, and recovery gives us practical ways to care for the whole person. Accept help, practice the next healthy action, and remember: Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of HEAL today and take the next faithful step. Amen.

† HIDE †

Healing begins when we stop hiding and step into God's light.

HIDE focuses on this message: Healing begins when we stop hiding and step into God's light. Each letter in HIDE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through HIDE. Help us take one faithful step with You today. Amen.*

H — Honesty Begins Healing

Healing begins when we stop hiding and tell the truth to God, ourselves, and safe people. Honesty opens the door that denial tries to keep closed.

"The truth will set you free." — John 8:32 (NIV)

Truth: What I bring into the light can begin to heal.

I — Invite Christ In

Jesus will not force His way into the places we protect. We invite Him into our fear, pain, habits, and decisions so nothing has to remain hidden from His care.

"Here I am! I stand at the door and knock." — Revelation 3:20 (NIV)

Truth: Christ can heal the places I am willing to open to Him.

D — Don't Recover Alone

Recovery was never meant to be a solo journey. Asking for help is an act of wisdom and courage, not weakness.

"Two are better than one." — Ecclesiastes 4:9 (NIV)

Truth: I become stronger when I stop trying to recover alone.

E — Enter the Light of Grace

God's grace is greater than what we have hidden. When truth reaches the dark places, shame loses power and healing can begin.

"If we walk in the light ... we have fellowship with one another." — 1 John 1:7 (NIV)

Truth: God's light exposes what hurts and shows the way to healing.

HIDE calls us to remember: Honesty Begins Healing; Invite Christ In; Don't Recover Alone; Enter the Light of Grace. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What am I ready to bring out of hiding and share with God and a safe person?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Tell God and one trusted person one truth you have been avoiding.
- Name one guarded area of your life and invite Jesus into it in prayer.
- Call a sponsor, leader, counselor, or trusted friend before the day ends.
- Write one hidden burden on paper, pray over it, and share it safely.

Takeaways — Something to Remember

- What I bring into the light can begin to heal.
- Christ can heal the places I am willing to open to Him.
- I become stronger when I stop trying to recover alone.
- God's light exposes what hurts and shows the way to healing.

Takeaway Truth: Healing begins when we stop hiding and step into God's light.

Closing Truth: God's light exposes what hurts and shows the way to healing.

FEATURED SCRIPTURE

"The truth will set you free." — John 8:32 (NIV)

Closing Thought: Come as you are and take the next right step. Healing begins when we stop hiding and step into God's light. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of HIDE today and take the next faithful step. Amen.

† HOLD †

When everything feels unsteady, hold on to Jesus—and remember He is holding you.

HOLD focuses on this message: When everything feels unsteady, hold on to Jesus—and remember He is holding you. Each letter in HOLD offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through HOLD. Help us take one faithful step with You today. Amen.

H — Hold On to Hope

Hope is not pretending everything is easy. It is trusting that God is still present, still working, and still able to lead us forward.

“May the God of hope fill you with all joy and peace as you trust in him.” — Romans 15:13 (NIV)

Truth: My circumstances may change, but my hope in Christ remains.

O — Open Your Heart to God

God does not ask us to arrive perfect. He invites us to open our hearts honestly so His comfort, correction, and healing can reach us.

“The Lord is close to the brokenhearted.” — Psalm 34:18 (NIV)

Truth: I do not have to hide; God meets me where I am.

L — Lean on the Lord

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

“The Lord is trustworthy in all he promises.” — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

D — Don’t Let Go

Holding fast means staying connected to Christ and healthy support when emotions say to quit. A weak grip on a strong Savior is still a place of hope.

“Let us hold unswervingly to the hope we profess.” — Hebrews 10:23 (NIV)

Truth: I can keep holding on because God is holding me.

HOLD calls us to remember: Hold On to Hope; Open Your Heart to God; Lean on the Lord; Don’t Let Go. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where do I need to hold on to hope and reach for support instead of giving up?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write Romans 15:13 where you can see it and name one reason for hope today.
- Pray for five honest minutes without trying to sound polished or perfect.
- List three qualities of God that are stronger than your current problem.
- Use a short prayer during stress: "Jesus, hold me steady for this next moment."

Takeaways — Something to Remember

- My circumstances may change, but my hope in Christ remains.
- I do not have to hide; God meets me where I am.
- I can trust God because His character does not change.
- I can keep holding on because God is holding me.

Takeaway Truth: When everything feels unsteady, hold on to Jesus—and remember He is holding you.

Closing Truth: I can keep holding on because God is holding me.

FEATURED SCRIPTURE

"May the God of hope fill you with all joy and peace as you trust in him." — Romans 15:13 (NIV)

Closing Thought: Come as you are and take the next right step. When everything feels unsteady, hold on to Jesus—and remember He is holding you. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of HOLD today and take the next faithful step. Amen.

† HOLY †

Holiness is not perfection; it is belonging to Christ and choosing His way.

HOLY focuses on this message: God does not wait for us to become perfect before calling us close. He sets us apart for a new purpose and teaches us to live differently through grace, obedience, and daily surrender.

Opening Prayer: *Lord Jesus, make our hearts willing, teach us Your ways, and help us live as people who belong to You. Amen.*

H — Honor God

We honor God by placing Him first and letting our choices reflect gratitude, reverence, and love. Honor is shown through action, not merely words.

“Those who honor me I will honor.” — 1 Samuel 2:30 (NIV)

Truth: I honor God when my choices match my faith.

O — Obey His Word

Obedience is not a way to earn God's love. It is our response to being loved, rescued, and given a new direction.

“If you love me, keep my commands.” — John 14:15 (NIV)

Truth: Obedience turns belief into daily action.

L — Live Set Apart

Being set apart does not mean acting superior. It means leaving destructive patterns and choosing a life that reflects Christ's character.

“Just as he who called you is holy, so be holy in all you do.” — 1 Peter 1:15 (NIV)

Truth: Grace calls me out of the old life and into a new way of living.

Y — Yield Daily

Holiness grows through daily surrender. We yield our plans, reactions, relationships, and recovery to Christ one choice at a time.

“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.” — Luke 9:23 (NIV)

Truth: Daily surrender keeps my life pointed toward Christ.

HOLY calls us to remember: Honor God, Obey His Word, Live Set Apart, and Yield Daily. Holiness is a grace-filled direction, not a claim of perfection.

REFLECTION QUESTION

What choice would help my life reflect Christ more clearly today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Begin the day by asking, “Jesus, what would honor You today?”
- Choose one clear instruction from Scripture and practice it.
- Remove one influence that repeatedly pulls you toward an old pattern.
- End the day with an honest inventory and surrender tomorrow to Christ.

Takeaways — Something to Remember

- Holiness is direction, not perfection.
- Obedience turns belief into action.
- Being set apart means living with a new purpose.
- Daily surrender keeps me close to Christ.

Takeaway Truth: Holiness is not perfection; it is belonging to Christ and choosing His way.

Closing Truth: God's grace teaches us to belong to Christ and live differently.

FEATURED SCRIPTURE

“Just as he who called you is holy, so be holy in all you do.” — 1 Peter 1:15 (NIV)

Closing Summary: HOLY reminds us that Christ calls us close before He calls us forward. We do not become holy by pretending to be perfect; we grow by receiving grace, obeying truth, and yielding again today.

Closing Prayer: Lord Jesus, help me live the truth of HOLY today and take the next faithful step. Amen.

† HONOR †

Honor begins with how we treat God, others, and ourselves.

HONOR focuses on this message: Honor begins with how we treat God, others, and ourselves. Each letter in HONOR offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through HONOR. Help us take one faithful step with You today. Amen.

H — Humility

Humility is the willingness to be teachable, admit mistakes, and ask for help. It is not thinking less of ourselves; it is seeing ourselves honestly before God.

"Humble yourselves before the Lord, and he will lift you up." — James 4:10 (NIV)

Truth: Humility opens the door to healing.

O — Obedience

Obedience means following God's direction even when it is uncomfortable. We do not wait for perfect feelings before doing what is right.

"If you love me, keep my commands." — John 14:15 (NIV)

Truth: Obedience today can bring freedom tomorrow.

N — New Life

In Christ, the past is part of our story but it is not our identity. God gives us a new beginning and teaches us to live differently today.

"If anyone is in Christ, the new creation has come." — 2 Corinthians 5:17 (NIV)

Truth: My past does not have to define my future.

O — Others First

Service moves us beyond self-centered thinking and turns gratitude into action. Helping others strengthens connection, purpose, and recovery.

"Serve one another humbly in love." — Galatians 5:13 (NIV)

Truth: When I help someone else, God also changes me.

R — Respect

Respect treats God, others, and ourselves with care and dignity. It shows in our tone, boundaries, honesty, and willingness to listen.

"Be devoted to one another in love. Honor one another above yourselves." — Romans 12:10 (NIV)

Truth: Respect builds trust, healing, and stronger relationships.

HONOR calls us to remember: Humility; Obedience; New Life; Others First; Respect. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What is one way I can become more like the person God created me to be?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Admit one mistake without defending, blaming, or adding an excuse.
- Identify one clear instruction from Scripture and practice it today.
- Replace one old label with this truth: “In Christ, I am becoming new.”
- Do one quiet act of service today without expecting recognition.
- Pause before responding and choose words that protect dignity without avoiding truth.

Takeaways — Something to Remember

- Humility opens the door to healing.
- Obedience today can bring freedom tomorrow.
- My past does not have to define my future.
- When I help someone else, God also changes me.
- Respect builds trust, healing, and stronger relationships.

Takeaway Truth: Honor begins with how we treat God, others, and ourselves.

Closing Truth: Respect builds trust, healing, and stronger relationships.

FEATURED SCRIPTURE

“Humble yourselves before the Lord, and he will lift you up.” — James 4:10 (NIV)

Closing Thought: Come as you are and take the next right step. Honor begins with how we treat God, others, and ourselves. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of HONOR today and take the next faithful step. Amen.

† HOPE †

Hold on to Christ when the future is unclear.

HOPE is the focus of this Acrostic with Christ. Hold on to Christ when the future is unclear. Each letter in this Acrostic with Christ offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness. Willingness just to get started and take the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through HOPE. Help us take one faithful step with You today. Amen.

H — Hold On to Hope

Hope is not pretending everything is easy. It is trusting that God is still present, still working, and still able to lead us forward.

“May the God of hope fill you with all joy and peace as you trust in him.” — Romans 15:13 (NIV)

Truth: My circumstances may change, but my hope in Christ remains.

O — Open Your Heart

God does not ask us to arrive perfect. He invites us to open our hearts honestly so His comfort, correction, and healing can reach us.

“The Lord is close to the brokenhearted.” — Psalm 34:18 (NIV)

Truth: I do not have to hide; God meets me where I am.

P — Pray and Persevere

Prayer is our first response, not our last resort. It slows us down, reconnects us with God, and helps us choose His direction over an impulsive reaction.

“In every situation, by prayer and petition ... present your requests to God.” — Philippians 4:6 (NIV)

Truth: A pause for prayer can change my next decision.

E — Expect God’s Faithfulness

Healthy expectation is confidence in God’s character, not a demand that life happen our way. We can expect His love, wisdom, and presence even when outcomes are uncertain.

“He who began a good work in you will carry it on to completion.” — Philippians 1:6 (NIV)

Truth: Even when I cannot see it, God is still working.

HOPE calls us to remember: Hold On to Hope; Open Your Heart; Pray and Persevere; Expect God’s Faithfulness. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where does my Hope come from today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write Romans 15:13 where you can see it and name one reason for hope today.
- Pray for five honest minutes without trying to sound polished or perfect.
- Before your next important decision, stop and pray: “Jesus, lead my next step.”
- Write down one place where you need to trust God's unseen work.

Takeaways — Something to Remember

- My circumstances may change, but my hope in Christ remains.
- I do not have to hide; God meets me where I am.
- A pause for prayer can change my next decision.
- Even when I cannot see it, God is still working.

Takeaway Truth: Hold on to Christ when the future is unclear.

Closing Truth: Even when I cannot see it, God is still working.

FEATURED SCRIPTURE

“May the God of hope fill you with all joy and peace as you trust in him.” — Romans 15:13 (NIV)

Closing Thought: Come as you are and take the next right step. Hold on to Christ when the future is unclear. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of HOPE today and take the next faithful step. Amen.

† I CAN †

I can't do this alone. Christ can. I will let Him lead the next step.

I CAN focuses on this message: I can't do this alone. Christ can. I will let Him lead the next step. Each letter in I CAN offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through I CAN. Help us take one faithful step with You today. Amen.

I — I Can't Do It Alone

Recovery was never meant to be a solo journey. Asking for help is an act of wisdom and courage, not weakness.

"Two are better than one." — Ecclesiastes 4:9 (NIV)

Truth: I become stronger when I stop trying to recover alone.

C — Christ Can

Spiritual strength is not pretending we are never weak. It is relying on God's power precisely where our own strength is insufficient.

"I can do all this through him who gives me strength." — Philippians 4:13 (NIV)

Truth: God's strength is available where mine runs out.

A — Allow Him to Lead

We do not have to see the whole road before taking the next step. Christ leads through Scripture, prayer, wise counsel, and daily obedience.

"In all your ways submit to him, and he will make your paths straight." — Proverbs 3:6 (NIV)

Truth: I need direction more than I need control.

N — Next Right Step

We often become overwhelmed by trying to solve the entire future. God asks for faithfulness today: one honest choice, one call, one meeting, and one next right step.

"Do not worry about tomorrow." — Matthew 6:34 (NIV)

Truth: I do not need the whole plan to take the next right step.

I CAN calls us to remember: I Can't Do It Alone; Christ Can; Allow Him to Lead; Next Right Step. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What becomes possible when I stop saying "I can't" alone and start relying on Christ and others?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Call a sponsor, leader, counselor, or trusted friend before the day ends.
- Name one weakness and ask God and another person for specific help.
- Ask, “Is this choice leading me closer to Christ or farther away?”
- Write one action you can complete in the next 24 hours and do it first.

Takeaways — Something to Remember

- I become stronger when I stop trying to recover alone.
- God's strength is available where mine runs out.
- I need direction more than I need control.
- I do not need the whole plan to take the next right step.

Takeaway Truth: I can't do this alone. Christ can. I will let Him lead the next step.

Closing Truth: I do not need the whole plan to take the next right step.

FEATURED SCRIPTURE

“Two are better than one.” — Ecclesiastes 4:9 (NIV)

Closing Thought: Come as you are and take the next right step. I can't do this alone. Christ can. I will let Him lead the next step. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of I CAN today and take the next faithful step. Amen.

† LAKE †

Stay connected to Christ and reflect His love, peace, and hope.

LAKE focuses on this message: Stay connected to Christ and reflect His love, peace, and hope. Each letter in LAKE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through LAKE. Help us take one faithful step with You today. Amen.

L — Listen

Jesus wants us to recognize His voice and follow His direction. Slowing down helps us hear the guidance, comfort, and wisdom He offers.

“My sheep listen to my voice; I know them, and they follow me.” — John 10:27 (NIV)

Truth: God often speaks most clearly when I am willing to be still and listen.

A — Abide

To abide means to remain connected to Christ. Just as a branch receives life from the vine, we receive strength, peace, and purpose by staying close to Him.

“Remain in me, as I also remain in you.” — John 15:4 (NIV)

Truth: Lasting recovery and spiritual growth come from staying connected to Jesus.

K — Keep Looking Up

Challenges and uncertainty can narrow our attention until we see only the problem. Looking up reminds us that our help and hope come from God.

“My help comes from the Lord, the Maker of heaven and earth.” — Psalm 121:2 (NIV)

Truth: Focusing on God gives me perspective and strength.

E — Expect Growth

Healthy expectation is confidence in God's character, not a demand that life happen our way. We can expect His love, wisdom, and presence even when outcomes are uncertain.

“He who began a good work in you will carry it on to completion.” — Philippians 1:6 (NIV)

Truth: Even when I cannot see it, God is still working.

LAKE calls us to remember: Listen; Abide; Keep Looking Up; Expect Growth. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

If my life were like a lake, what would it currently reflect?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Spend five quiet minutes listening after you pray instead of filling every moment with words.
- Create one daily connection point with Christ through prayer and Scripture.
- When worry rises, ask: "What would Jesus have me focus on right now?"
- Write down one place where you need to trust God's unseen work.

Takeaways — Something to Remember

- God often speaks most clearly when I am willing to be still and listen.
- Lasting recovery and spiritual growth come from staying connected to Jesus.
- Focusing on God gives me perspective and strength.
- Even when I cannot see it, God is still working.

Takeaway Truth: Stay connected to Christ and reflect His love, peace, and hope.

Closing Truth: Even when I cannot see it, God is still working.

FEATURED SCRIPTURE

"My sheep listen to my voice; I know them, and they follow me." — John 10:27 (NIV)

Closing Thought: Come as you are and take the next right step. Stay connected to Christ and reflect His love, peace, and hope. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of LAKE today and take the next faithful step. Amen.

† LET GOD †

Release control and make room for God to lead.

LET GOD focuses on this message: Release control and make room for God to lead. Each letter in LET GOD offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through LET GOD. Help us take one faithful step with You today. Amen.

L — Lay It Down

Letting go means releasing people, outcomes, and old pain from our grip and placing them in God's care. We may need to repeat that choice many times.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7 (NIV)

Truth: What I release to God no longer has to rule me.

E — Entrust the Outcome

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

T — Trust God's Timing

Waiting on God is active trust, not passive avoidance. We keep praying and doing what is ours to do while refusing to force the timing.

"Those who hope in the Lord will renew their strength." — Isaiah 40:31 (NIV)

Truth: Waiting with God is not wasted time.

G — Give Up Control

Surrender is not giving up; it is giving God control. We stop demanding our own way and become willing to follow His wisdom one decision at a time.

"Whoever wants to be my disciple must deny themselves ... and follow me." — Matthew 16:24 (NIV)

Truth: Freedom begins when self-will is surrendered to Christ.

O — Open Your Hands

God does not ask us to arrive perfect. He invites us to open our hearts honestly so His comfort, correction, and healing can reach us.

"The Lord is close to the brokenhearted." — Psalm 34:18 (NIV)

Truth: I do not have to hide; God meets me where I am.

D — Do It One Day at a Time

Today is the day we can actually live. We receive today's grace, do today's work, and leave tomorrow in God's hands.

"This is the day the Lord has made." — Psalm 118:24 (NIV)

Truth: Recovery Is Possible Today.

LET GOD calls us to remember: Lay It Down; Entrust the Outcome; Trust God's Timing; Give Up Control; Open Your Hands; Do It One Day at a Time. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What person, outcome, or fear do I need to place in God's hands today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write what you are holding onto; underneath it write, “God, this belongs to You.”
- List three qualities of God that are stronger than your current problem.
- List what you can do faithfully while leaving the timing and outcome with God.
- Open your hands and pray: “Jesus, I release my will, my plans, and this outcome to You.”
- Pray for five honest minutes without trying to sound polished or perfect.

Takeaways — Something to Remember

- What I release to God no longer has to rule me.
- I can trust God because His character does not change.
- Waiting with God is not wasted time.
- Freedom begins when self-will is surrendered to Christ.
- I do not have to hide; God meets me where I am.

Takeaway Truth: Release control and make room for God to lead.

Closing Truth: Recovery Is Possible Today.

FEATURED SCRIPTURE

“Cast all your anxiety on him because he cares for you.” — 1 Peter 5:7 (NIV)

Closing Thought: Come as you are and take the next right step. Release control and make room for God to lead. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of LET GOD today and take the next faithful step. Amen.

† LIGHT †

Let Christ's truth expose darkness and make hope visible.

LIGHT focuses on this message: Let Christ's truth expose darkness and make hope visible. Each letter in LIGHT offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through LIGHT. Help us take one faithful step with You today. Amen.*

L — Let Christ Lead

We do not have to see the whole road before taking the next step. Christ leads through Scripture, prayer, wise counsel, and daily obedience.

"In all your ways submit to him, and he will make your paths straight." — Proverbs 3:6 (NIV)

Truth: I need direction more than I need control.

I — Illuminate the Darkness

Christ's light reveals danger, truth, and the next step. We do not have to remain confused when His Word and Spirit bring clarity.

"I am the light of the world." — John 8:12 (NIV)

Truth: Jesus brings light where fear and confusion once ruled.

G — Grow in Truth

Truth separates facts from fear, excuses, and denial. God's truth may challenge us, but it also gives us a solid place to stand.

"Guide me in your truth and teach me." — Psalm 25:5 (NIV)

Truth: Truth may be uncomfortable, but denial is more costly.

H — Hope Shines

Hope is not pretending everything is easy. It is trusting that God is still present, still working, and still able to lead us forward.

"May the God of hope fill you with all joy and peace as you trust in him." — Romans 15:13 (NIV)

Truth: My circumstances may change, but my hope in Christ remains.

T — Tell What God Has Done

Light is meant to be seen. We point to Christ through changed behavior, honest words, compassion, and the hope we share with others.

"Let your light shine before others." — Matthew 5:16 (NIV)

Truth: A changed life can make God's hope visible.

LIGHT calls us to remember: Let Christ Lead; Illuminate the Darkness; Grow in Truth; Hope Shines; Tell What God Has Done. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What area needs Christ's light, and how can my life share that light with someone else?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Ask, “Is this choice leading me closer to Christ or farther away?”
- Ask God to show you one truth you need to see clearly today.
- Use a Feelings-versus-Facts list before acting on a strong emotion.
- Write Romans 15:13 where you can see it and name one reason for hope today.
- Let one action today quietly demonstrate honesty, kindness, or faith.

Takeaways — Something to Remember

- I need direction more than I need control.
- Jesus brings light where fear and confusion once ruled.
- Truth may be uncomfortable, but denial is more costly.
- My circumstances may change, but my hope in Christ remains.
- A changed life can make God's hope visible.

Takeaway Truth: Let Christ's truth expose darkness and make hope visible.

Closing Truth: A changed life can make God's hope visible.

FEATURED SCRIPTURE

“In all your ways submit to him, and he will make your paths straight.” — Proverbs 3:6 (NIV)

Closing Thought: Come as you are and take the next right step. Let Christ's truth expose darkness and make hope visible. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of LIGHT today and take the next faithful step. Amen.

† LOVE †

Receive Christ's love and practice it with truth, grace, and boundaries.

LOVE focuses on this message: Receive Christ's love and practice it with truth, grace, and boundaries. Each letter in LOVE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through LOVE. Help us take one faithful step with You today. Amen.*

L — Love God First

Love for God becomes the center that orders every other love. We grow closer to Him through worship, obedience, Scripture, and prayer.

"Love the Lord your God with all your heart." — Matthew 22:37 (NIV)

Truth: When God is first, every other relationship finds healthier direction.

O — Offer Grace

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

V — Value Others

Every person carries God-given dignity, including people we disagree with and the person we see in the mirror. Respectful treatment helps rebuild trust.

"Show proper respect to everyone." — 1 Peter 2:17 (NIV)

Truth: Respect is love expressed through behavior.

E — Extend Forgiveness

Forgiveness does not call harm acceptable or remove wise boundaries. It releases revenge to God so bitterness does not keep controlling our hearts.

"Forgive as the Lord forgave you." — Colossians 3:13 (NIV)

Truth: Forgiveness frees my heart while wisdom protects my boundaries.

LOVE calls us to remember: Love God First; Offer Grace; Value Others; Extend Forgiveness. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What would loving, honest, and healthy action look like in one relationship today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Give God the first five quiet minutes of your day.
- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Use calm, respectful words in one conversation that could become difficult.
- Pray for willingness to forgive; begin with willingness if the feeling is not there yet.

Takeaways — Something to Remember

- When God is first, every other relationship finds healthier direction.
- Grace gives me strength where self-effort runs out.
- Respect is love expressed through behavior.
- Forgiveness frees my heart while wisdom protects my boundaries.

Takeaway Truth: Receive Christ’s love and practice it with truth, grace, and boundaries.

Closing Truth: Forgiveness frees my heart while wisdom protects my boundaries.

FEATURED SCRIPTURE

“Love the Lord your God with all your heart.” — Matthew 22:37 (NIV)

Closing Thought: Come as you are and take the next right step. Receive Christ’s love and practice it with truth, grace, and boundaries. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of LOVE today and take the next faithful step. Amen.

† ONE †

One Savior. New creation. Eternal life.

ONE focuses on this message: One Savior. New creation. Eternal life. Each letter in ONE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through ONE. Help us take one faithful step with You today. Amen.

O — Only One Savior

Jesus saves us by grace, not by our ability to repair ourselves. We surrender, receive His forgiveness, and begin a new life of trust and obedience.

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Truth: I am saved by Christ's grace, not by my performance.

N — New Creation in Christ

In Christ, the past is part of our story but it is not our identity. God gives us a new beginning and teaches us to live differently today.

"If anyone is in Christ, the new creation has come." — 2 Corinthians 5:17 (NIV)

Truth: My past does not have to define my future.

E — Eternal Life Through Him

Jesus offers more than temporary relief. Eternal hope changes how we live today because our future is held securely in Him.

"The gift of God is eternal life in Christ Jesus our Lord." — Romans 6:23 (NIV)

Truth: In Christ, my hope reaches beyond today's circumstances.

ONE calls us to remember: Only One Savior; New Creation in Christ; Eternal Life Through Him. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What is one step I can take this week to keep Christ at the center of my recovery?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thank Jesus for what He has done instead of trying to earn what He freely gives.
- Replace one old label with this truth: “In Christ, I am becoming new.”
- Choose one decision today that reflects the person you want to become in Christ.

Takeaways — Something to Remember

- I am saved by Christ's grace, not by my performance.
- My past does not have to define my future.
- In Christ, my hope reaches beyond today's circumstances.

Takeaway Truth: One Savior. New creation. Eternal life.

Closing Truth: In Christ, my hope reaches beyond today's circumstances.

FEATURED SCRIPTURE

“It is by grace you have been saved, through faith.” — Ephesians 2:8 (NIV)

Closing Thought: Come as you are and take the next right step. One Savior. New creation. Eternal life. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of ONE today and take the next faithful step. Amen.

† PATH †

Pray, ask, trust, and hold the course as Christ leads.

PATH focuses on this message: Pray, ask, trust, and hold the course as Christ leads. Each letter in PATH offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through PATH. Help us take one faithful step with You today. Amen.*

P — Pray Before You Proceed

Prayer is our first response, not our last resort. It slows us down, reconnects us with God, and helps us choose His direction over an impulsive reaction.

"In every situation, by prayer and petition ... present your requests to God." — Philippians 4:6 (NIV)

Truth: A pause for prayer can change my next decision.

A — Ask for Direction

God's direction may come one step at a time rather than as a complete map. Our part is to stay close enough to recognize His guidance and willing enough to follow it.

"Whether you turn to the right or to the left ... 'This is the way; walk in it.'" — Isaiah 30:21 (NIV)

Truth: God gives enough light for the next faithful step.

T — Trust the Guide

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

H — Hold the Course

Perseverance means continuing one faithful step at a time, especially when progress feels slow. God can use steady obedience to build lasting change.

"Let us run with perseverance the race marked out for us." — Hebrews 12:1 (NIV)

Truth: Slow progress is still progress when I keep walking with God.

PATH calls us to remember: Pray Before You Proceed; Ask for Direction; Trust the Guide; Hold the Course. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What part of my path needs prayer, wise direction, or renewed trust?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Before your next important decision, stop and pray: “Jesus, lead my next step.”
- Write the decision you face, then list what Scripture, prayer, and wise counsel are showing you.
- List three qualities of God that are stronger than your current problem.
- Choose one small recovery action you can repeat every day this week.

Takeaways — Something to Remember

- A pause for prayer can change my next decision.
- God gives enough light for the next faithful step.
- I can trust God because His character does not change.
- Slow progress is still progress when I keep walking with God.

Takeaway Truth: Pray, ask, trust, and hold the course as Christ leads.

Closing Truth: Slow progress is still progress when I keep walking with God.

FEATURED SCRIPTURE

“In every situation, by prayer and petition ... present your requests to God.” — Philippians 4:6 (NIV)

Closing Thought: Come as you are and take the next right step. Pray, ask, trust, and hold the course as Christ leads. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of PATH today and take the next faithful step. Amen.

† RAIN †

God's grace cleanses, refreshes, and brings new growth.

RAIN focuses on this message: God's grace cleanses, refreshes, and brings new growth. Each letter in RAIN offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through RAIN. Help us take one faithful step with You today. Amen.*

R — Receive His Grace

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

A — Allow God to Cleanse

Like rain washing dust from the earth, confession and grace cleanse the heart. We bring sin and shame to God and receive forgiveness rather than continuing to hide.

"Wash me, and I will be whiter than snow." — Psalm 51:7 (NIV)

Truth: God can cleanse what I am willing to confess.

I — Invite New Growth

Growth is usually gradual, like roots developing before anything appears above the ground. God uses daily practices and patient faithfulness to mature us.

"Grow in the grace and knowledge of our Lord and Savior Jesus Christ." — 2 Peter 3:18 (NIV)

Truth: Growth happens one faithful practice at a time.

N — New Life Springs Forth

In Christ, the past is part of our story but it is not our identity. God gives us a new beginning and teaches us to live differently today.

"If anyone is in Christ, the new creation has come." — 2 Corinthians 5:17 (NIV)

Truth: My past does not have to define my future.

RAIN calls us to remember: Receive His Grace; Allow God to Cleanse; Invite New Growth; New Life Springs Forth. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where do I need God to wash away shame and water new growth?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Use Psalm 51 as a prayer of honest confession and renewed willingness.
- Measure progress by one healthy practice you repeated, not by perfection.
- Replace one old label with this truth: “In Christ, I am becoming new.”

Takeaways — Something to Remember

- Grace gives me strength where self-effort runs out.
- God can cleanse what I am willing to confess.
- Growth happens one faithful practice at a time.
- My past does not have to define my future.

Takeaway Truth: God’s grace cleanses, refreshes, and brings new growth.

Closing Truth: My past does not have to define my future.

FEATURED SCRIPTURE

“My grace is sufficient for you.” — 2 Corinthians 12:9 (NIV)

Closing Thought: Come as you are and take the next right step. God’s grace cleanses, refreshes, and brings new growth. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of RAIN today and take the next faithful step. Amen.

† REDEEM †

God can reclaim what sin, pain, and harmful choices tried to destroy.

REDEEM focuses on this message: God can reclaim what sin, pain, and harmful choices tried to destroy. Each letter in REDEEM offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through REDEEM. Help us take one faithful step with You today. Amen.

R — Restored by Grace

Redemption means God can reclaim a life damaged by sin, loss, and harmful choices. He does not waste surrendered pain; He can give it purpose.

"In him we have redemption through his blood, the forgiveness of sins." — Ephesians 1:7 (NIV)

Truth: What is broken is not beyond God's redeeming power.

E — Every Sin Can Be Forgiven

Forgiveness does not call harm acceptable or remove wise boundaries. It releases revenge to God so bitterness does not keep controlling our hearts.

"Forgive as the Lord forgave you." — Colossians 3:13 (NIV)

Truth: Forgiveness frees my heart while wisdom protects my boundaries.

D — Delivered from Darkness

Jesus brings light into shame, confusion, and secrecy. His light shows us what needs attention and reminds us that we are not beyond restoration.

"The light shines in the darkness." — John 1:5 (NIV)

Truth: Light does not shame me; it shows me the way out.

E — Embraced by Christ

God does not ask us to arrive perfect. He invites us to open our hearts honestly so His comfort, correction, and healing can reach us.

"The Lord is close to the brokenhearted." — Psalm 34:18 (NIV)

Truth: I do not have to hide; God meets me where I am.

E — Equipped for Purpose

God does not merely pull us out of an old life; He leads us into meaningful service and growth. Our experiences can become part of how we encourage others.

"We are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10 (NIV)

Truth: My recovery has a purpose larger than myself.

M — Made New

In Christ, the past is part of our story but it is not our identity. God gives us a new beginning and teaches us to live differently today.

"If anyone is in Christ, the new creation has come." — 2 Corinthians 5:17 (NIV)

Truth: My past does not have to define my future.

REDEEM calls us to remember: Restored by Grace; Every Sin Can Be Forgiven; Delivered from Darkness; Embraced by Christ; Equipped for Purpose; Made New. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What part of my story am I ready to place in God's redeeming hands?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write one way God has already brought purpose from a painful part of your story.
- Pray for willingness to forgive; begin with willingness if the feeling is not there yet.
- Bring one struggle into the light through prayer, confession, or safe accountability.
- Pray for five honest minutes without trying to sound polished or perfect.
- Ask where your experience can become empathy, service, or encouragement.

Takeaways — Something to Remember

- What is broken is not beyond God's redeeming power.
- Forgiveness frees my heart while wisdom protects my boundaries.
- Light does not shame me; it shows me the way out.
- I do not have to hide; God meets me where I am.
- My recovery has a purpose larger than myself.

Takeaway Truth: God can reclaim what sin, pain, and harmful choices tried to destroy.

Closing Truth: In Christ, my hope reaches beyond today's circumstances.

FEATURED SCRIPTURE

"In him we have redemption through his blood, the forgiveness of sins." — Ephesians 1:7 (NIV)

Closing Thought: Come as you are and take the next right step. God can reclaim what sin, pain, and harmful choices tried to destroy. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of REDEEM today and take the next faithful step. Amen.

† REVIVE †

Return to God and invite Him to renew your heart, purpose, and community.

REVIVE focuses on this message: Return to God and invite Him to renew your heart, purpose, and community. Each letter in REVIVE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through REVIVE. Help us take one faithful step with You today. Amen.*

R — Return to God

Revival begins when hearts return to God with humility and hunger. It is renewed spiritual life that changes how we pray, love, obey, and serve.

“Will you not revive us again, that your people may rejoice in you?” — Psalm 85:6 (NIV)

Truth: Revival starts in a surrendered heart before it spreads through a community.

E — Examine Your Heart

A regular heart check helps us notice motives, resentments, fears, and warning signs before they control our actions. God searches us to restore us, not to shame us.

“Search me, God, and know my heart.” — Psalm 139:23 (NIV)

Truth: An honest inventory turns awareness into growth.

V — Value His Presence

God’s presence is not limited by our emotions. Even when we feel alone or uncertain, He remains near and walks with us.

“Never will I leave you; never will I forsake you.” — Hebrews 13:5 (NIV)

Truth: I may feel alone, but I am never abandoned by God.

I — Invite the Holy Spirit

The Holy Spirit comforts, convicts, teaches, and empowers us. We invite His guidance instead of depending only on willpower.

“The Holy Spirit ... will teach you all things.” — John 14:26 (NIV)

Truth: God’s Spirit supplies guidance and power I cannot create alone.

V — Victory Through Christ

Victory in Christ may look like one temptation resisted, one honest conversation, or one day lived faithfully. Lasting victory is built through daily dependence.

“Thanks be to God! He gives us the victory through our Lord Jesus Christ.” — 1 Corinthians 15:57 (NIV)

Truth: Victory is received from Christ and practiced one day at a time.

E — Embrace Your Purpose

God does not merely pull us out of an old life; He leads us into meaningful service and growth. Our experiences can become part of how we encourage others.

“We are God’s handiwork, created in Christ Jesus to do good works.” — Ephesians 2:10 (NIV)

Truth: My recovery has a purpose larger than myself.

REVIVE calls us to remember: Return to God; Examine Your Heart; Value His Presence; Invite the Holy Spirit; Victory Through Christ; Embrace Your Purpose. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What needs to come alive again in my relationship with God?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Pray for personal revival before asking God to change anyone else.
- Ask: “What am I feeling, what are the facts, and what is my next right action?”
- Slow your breathing and repeat: “God is here. I am not alone.”
- Begin the day praying: “Holy Spirit, guide my thoughts, words, and choices.”
- Celebrate one healthy choice and thank God for the strength to make it.

Takeaways — Something to Remember

- Revival starts in a surrendered heart before it spreads through a community.
- An honest inventory turns awareness into growth.
- I may feel alone, but I am never abandoned by God.
- God’s Spirit supplies guidance and power I cannot create alone.
- Victory is received from Christ and practiced one day at a time.

Takeaway Truth: Return to God and invite Him to renew your heart, purpose, and community.

Closing Truth: A renewed mind supports a changed life.

FEATURED SCRIPTURE

“Will you not revive us again, that your people may rejoice in you?” — Psalm 85:6 (NIV)

Closing Thought: Come as you are and take the next right step. Return to God and invite Him to renew your heart, purpose, and community. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of REVIVE today and take the next faithful step. Amen.

† RISK †

Step out in faith with prayer, wisdom, counsel, and responsibility.

RISK focuses on this message: Step out in faith with prayer, wisdom, counsel, and responsibility. Each letter in RISK offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through RISK. Help us take one faithful step with You today. Amen.*

R — Rely on God

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

“The Lord is trustworthy in all he promises.” — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

I — Identify a Wise Risk

Faith sometimes requires leaving what is familiar, but biblical courage is not recklessness. We pray, seek counsel, consider consequences, and move when God leads.

“Plans fail for lack of counsel, but with many advisers they succeed.” — Proverbs 15:22 (NIV)

Truth: A wise risk combines faith, prayer, counsel, and responsibility.

S — Step Out in Faith

Walking by faith means moving with God when the entire path is not visible. We use the light He gives today and trust Him with what is ahead.

“We live by faith, not by sight.” — 2 Corinthians 5:7 (NIV)

Truth: Faith takes the step that sight cannot yet explain.

K — Keep Godly Counsel

Accountability gives trusted people permission to ask honest questions and remind us of our commitments. It protects us from secrecy and self-deception.

“As iron sharpens iron, so one person sharpens another.” — Proverbs 27:17 (NIV)

Truth: Accountability protects what isolation puts at risk.

RISK calls us to remember: Rely on God; Identify a Wise Risk; Step Out in Faith; Keep Godly Counsel. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Is the risk before me faithful and wise, or impulsive and avoidant?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- List three qualities of God that are stronger than your current problem.
- Before a major risk, ask a trusted person to help you examine motives and consequences.
- Take one prayerful step without demanding certainty about every future step.
- Tell a trusted person your goal and when you will report back.

Takeaways — Something to Remember

- I can trust God because His character does not change.
- A wise risk combines faith, prayer, counsel, and responsibility.
- Faith takes the step that sight cannot yet explain.
- Accountability protects what isolation puts at risk.

Takeaway Truth: Step out in faith with prayer, wisdom, counsel, and responsibility.

Closing Truth: Accountability protects what isolation puts at risk.

FEATURED SCRIPTURE

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Closing Thought: Come as you are and take the next right step. Step out in faith with prayer, wisdom, counsel, and responsibility. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of RISK today and take the next faithful step. Amen.

† ROCK †

Build recovery and faith on the steady foundation of Christ.

ROCK focuses on this message: Build recovery and faith on the steady foundation of Christ. Each letter in ROCK offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through ROCK. Help us take one faithful step with You today. Amen.*

R — Rely on Christ

Spiritual strength is not pretending we are never weak. It is relying on God's power precisely where our own strength is insufficient.

"I can do all this through him who gives me strength." — Philippians 4:13 (NIV)

Truth: God's strength is available where mine runs out.

O — Obey His Word

Obedience means following God's direction even when it is uncomfortable. We do not wait for perfect feelings before doing what is right.

"If you love me, keep my commands." — John 14:15 (NIV)

Truth: Obedience today can bring freedom tomorrow.

C — Courage in the Storm

Courage is moving toward what is right while fear is still present. God's presence gives us the strength to act with wisdom rather than avoidance.

"Be strong and courageous ... for the Lord your God will be with you." — Joshua 1:9 (NIV)

Truth: Courage is faith taking the next right action.

K — Keep Standing

Standing on Scripture means using God's truth as our foundation when emotions or pressure try to move us. We return to what is true before deciding what to do.

"Stand firm ... with the belt of truth buckled around your waist." — Ephesians 6:14 (NIV)

Truth: God's truth gives me stable ground.

ROCK calls us to remember: Rely on Christ; Obey His Word; Courage in the Storm; Keep Standing. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What area of my life is built on shifting feelings rather than Christ's truth?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Name one weakness and ask God and another person for specific help.
- Identify one clear instruction from Scripture and practice it today.
- Do one safe thing today that fear has kept you from doing.
- Choose a promise of God and speak it aloud when your thoughts begin to spiral.

Takeaways — Something to Remember

- God's strength is available where mine runs out.
- Obedience today can bring freedom tomorrow.
- Courage is faith taking the next right action.
- God's truth gives me stable ground.

Takeaway Truth: Build recovery and faith on the steady foundation of Christ.

Closing Truth: God's truth gives me stable ground.

FEATURED SCRIPTURE

"I can do all this through him who gives me strength." — Philippians 4:13 (NIV)

Closing Thought: Come as you are and take the next right step. Build recovery and faith on the steady foundation of Christ. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of ROCK today and take the next faithful step. Amen.

† SAVE †

Surrender to the Savior, accept grace, and live from Christ's victory.

SAVE focuses on this message: Surrender to the Savior, accept grace, and live from Christ's victory. Each letter in SAVE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through SAVE. Help us take one faithful step with You today. Amen.*

S — Surrender to the Savior

Jesus saves us by grace, not by our ability to repair ourselves. We surrender, receive His forgiveness, and begin a new life of trust and obedience.

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Truth: I am saved by Christ's grace, not by my performance.

A — Accept His Grace

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

V — Victory in Christ

Victory in Christ may look like one temptation resisted, one honest conversation, or one day lived faithfully. Lasting victory is built through daily dependence.

"Thanks be to God! He gives us the victory through our Lord Jesus Christ." — 1 Corinthians 15:57 (NIV)

Truth: Victory is received from Christ and practiced one day at a time.

E — Eternal Hope

Jesus offers more than temporary relief. Eternal hope changes how we live today because our future is held securely in Him.

"The gift of God is eternal life in Christ Jesus our Lord." — Romans 6:23 (NIV)

Truth: In Christ, my hope reaches beyond today's circumstances.

SAVE calls us to remember: Surrender to the Savior; Accept His Grace; Victory in Christ; Eternal Hope. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where am I still trying to save myself instead of receiving what Jesus offers?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thank Jesus for what He has done instead of trying to earn what He freely gives.
- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Celebrate one healthy choice and thank God for the strength to make it.
- Choose one decision today that reflects the person you want to become in Christ.

Takeaways — Something to Remember

- I am saved by Christ’s grace, not by my performance.
- Grace gives me strength where self-effort runs out.
- Victory is received from Christ and practiced one day at a time.
- In Christ, my hope reaches beyond today’s circumstances.

Takeaway Truth: Surrender to the Savior, accept grace, and live from Christ’s victory.

Closing Truth: In Christ, my hope reaches beyond today’s circumstances.

FEATURED SCRIPTURE

“It is by grace you have been saved, through faith.” — Ephesians 2:8 (NIV)

Closing Thought: Come as you are and take the next right step. Surrender to the Savior, accept grace, and live from Christ’s victory. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SAVE today and take the next faithful step. Amen.

† SEEDS †

Small faithful choices can grow into a changed life.

SEEDS focuses on this message: Small faithful choices can grow into a changed life. Each letter in SEEDS offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through SEEDS. Help us take one faithful step with You today. Amen.

S — Sow Truth

Every repeated choice plants a seed. Truth, prayer, meetings, service, and healthy relationships may seem small, but God can grow them into a changed life.

“A man reaps what he sows.” — Galatians 6:7 (NIV)

Truth: Today’s choices become tomorrow’s harvest.

E — Encourage Growth

Encouragement reminds people that they are seen, valued, and not alone. A sincere word can strengthen someone who is close to giving up.

“Encourage one another daily.” — Hebrews 3:13 (NIV)

Truth: A few hopeful words can help someone take another step.

E — Expect a Process

Seeds do not become fruit overnight. Patience allows God’s process to unfold while we continue doing the daily work that supports growth.

“Let perseverance finish its work.” — James 1:4 (NIV)

Truth: I can trust the process without rushing the harvest.

D — Do the Daily Work

Insight becomes change when it is followed by action. Faith takes the truth we know and puts it into practice today.

“Do not merely listen to the word ... Do what it says.” — James 1:22 (NIV)

Truth: The next right action is where willingness becomes change.

S — Share the Harvest

What God teaches and heals in us can become hope for someone else. We share with humility, remembering that our story points to His grace rather than our greatness.

“Tell how much God has done for you.” — Luke 8:39 (NIV)

Truth: My honest story can become someone else’s hope.

SEEDS calls us to remember: Sow Truth; Encourage Growth; Expect a Process; Do the Daily Work; Share the Harvest. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What seed am I planting today, and what kind of harvest could it produce?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Plant one healthy seed today through prayer, service, or connection.
- Send one specific message of encouragement today.
- Notice one area of progress that would have been easy to miss a month ago.
- Turn one good intention into a scheduled action with a time and place.
- Share one lesson from your journey without giving advice or pretending perfection.

Takeaways — Something to Remember

- Today's choices become tomorrow's harvest.
- A few hopeful words can help someone take another step.
- I can trust the process without rushing the harvest.
- The next right action is where willingness becomes change.
- My honest story can become someone else's hope.

Takeaway Truth: Small faithful choices can grow into a changed life.

Closing Truth: My honest story can become someone else's hope.

FEATURED SCRIPTURE

"A man reaps what he sows." — Galatians 6:7 (NIV)

Closing Thought: Come as you are and take the next right step. Small faithful choices can grow into a changed life. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SEEDS today and take the next faithful step. Amen.

† SELF †

Move from self-will toward a Christ-led life.

SELF focuses on this message: Move from self-will toward a Christ-led life. Each letter in SELF offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through SELF. Help us take one faithful step with You today. Amen.*

S — Surrender Self-Will

Surrender is not giving up; it is giving God control. We stop demanding our own way and become willing to follow His wisdom one decision at a time.

“Whoever wants to be my disciple must deny themselves ... and follow me.” — Matthew 16:24 (NIV)

Truth: Freedom begins when self-will is surrendered to Christ.

E — Examine Your Heart

A regular heart check helps us notice motives, resentments, fears, and warning signs before they control our actions. God searches us to restore us, not to shame us.

“Search me, God, and know my heart.” — Psalm 139:23 (NIV)

Truth: An honest inventory turns awareness into growth.

L — Let Christ Lead

We do not have to see the whole road before taking the next step. Christ leads through Scripture, prayer, wise counsel, and daily obedience.

“In all your ways submit to him, and he will make your paths straight.” — Proverbs 3:6 (NIV)

Truth: I need direction more than I need control.

F — Find Freedom in Service

Service moves us beyond self-centered thinking and turns gratitude into action. Helping others strengthens connection, purpose, and recovery.

“Serve one another humbly in love.” — Galatians 5:13 (NIV)

Truth: When I help someone else, God also changes me.

SELF calls us to remember: Surrender Self-Will; Examine Your Heart; Let Christ Lead; Find Freedom in Service. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where is self-will creating struggle, and what would surrender look like today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Open your hands and pray: “Jesus, I release my will, my plans, and this outcome to You.”
- Ask: “What am I feeling, what are the facts, and what is my next right action?”
- Ask, “Is this choice leading me closer to Christ or farther away?”
- Do one quiet act of service today without expecting recognition.

Takeaways — Something to Remember

- Freedom begins when self-will is surrendered to Christ.
- An honest inventory turns awareness into growth.
- I need direction more than I need control.
- When I help someone else, God also changes me.

Takeaway Truth: Move from self-will toward a Christ-led life.

Closing Truth: When I help someone else, God also changes me.

FEATURED SCRIPTURE

“Whoever wants to be my disciple must deny themselves ... and follow me.” — Matthew 16:24 (NIV)

Closing Thought: Come as you are and take the next right step. Move from self-will toward a Christ-led life. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SELF today and take the next faithful step. Amen.

† SERVE †

Use what God has given you to encourage and help others.

SERVE focuses on this message: Use what God has given you to encourage and help others. Each letter in SERVE offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through SERVE. Help us take one faithful step with You today. Amen.

S — See the Need

Compassion notices pain without judgment and responds with care. We offer others the patience and kindness Christ has shown us.

"Clothe yourselves with compassion, kindness, humility, gentleness and patience." — Colossians 3:12 (NIV)

Truth: Compassion makes room for truth and healing.

E — Encourage Others

Encouragement reminds people that they are seen, valued, and not alone. A sincere word can strengthen someone who is close to giving up.

"Encourage one another daily." — Hebrews 3:13 (NIV)

Truth: A few hopeful words can help someone take another step.

R — Reach Out

Jesus moved toward people rather than waiting for them to become perfect. We reach out with humility, healthy boundaries, and a willingness to be present.

"I was a stranger and you invited me in." — Matthew 25:35 (NIV)

Truth: Love becomes visible when I reach beyond myself.

V — Value Every Person

Every person carries God-given dignity, including people we disagree with and the person we see in the mirror. Respectful treatment helps rebuild trust.

"Show proper respect to everyone." — 1 Peter 2:17 (NIV)

Truth: Respect is love expressed through behavior.

E — Expect Nothing in Return

Service moves us beyond self-centered thinking and turns gratitude into action. Helping others strengthens connection, purpose, and recovery.

"Serve one another humbly in love." — Galatians 5:13 (NIV)

Truth: When I help someone else, God also changes me.

SERVE calls us to remember: See the Need; Encourage Others; Reach Out; Value Every Person; Expect Nothing in Return. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Who can I serve today in a way that is helpful, humble, and healthy?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Listen to someone for five minutes without interrupting or fixing.
- Send one specific message of encouragement today.
- Contact someone who may be isolated and offer a practical form of support.
- Use calm, respectful words in one conversation that could become difficult.
- Do one quiet act of service today without expecting recognition.

Takeaways — Something to Remember

- Compassion makes room for truth and healing.
- A few hopeful words can help someone take another step.
- Love becomes visible when I reach beyond myself.
- Respect is love expressed through behavior.
- When I help someone else, God also changes me.

Takeaway Truth: Use what God has given you to encourage and help others.

Closing Truth: When I help someone else, God also changes me.

FEATURED SCRIPTURE

“Clothe yourselves with compassion, kindness, humility, gentleness and patience.” — Colossians 3:12 (NIV)

Closing Thought: Come as you are and take the next right step. Use what God has given you to encourage and help others. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SERVE today and take the next faithful step. Amen.

† SHAME †

Shame keeps us hidden; Christ's grace brings truth, forgiveness, and a new direction.

SHAME focuses on this message: Shame says, 'I am my worst mistake.' Recovery and faith teach us to tell the truth about what we did without believing we are beyond hope. Christ does not excuse harmful choices; He offers forgiveness, responsibility, healing, and a new identity. Each letter in SHAME gives us one practical step out of hiding and toward restoration.

Opening Prayer: Lord Jesus, help us face the truth without being crushed by shame. Give us courage to receive Your grace, make things right, and live from the new identity You give us. Amen.

S — Separate Identity from Behavior

Shame turns a harmful action into an identity: 'I failed, so I am a failure.' Christ helps us name our choices honestly without confusing them with our worth. We are responsible for what we do, but we are not beyond redemption.

"Therefore, there is now no condemnation for those who are in Christ Jesus." — Romans 8:1 (NIV)

Truth: My failure is part of my story, not my identity.

H — Be Honest About the Harm

Healing begins when we stop minimizing, blaming, or hiding. Honest confession names what happened, who was affected, and what must change. Truth may be uncomfortable, but secrecy gives shame more power.

"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy." — Proverbs 28:13 (NIV)

Truth: Honesty opens the door to mercy and change.

A — Accept Grace

Grace is not pretending the harm did not matter. It is receiving Christ's forgiveness and strength so guilt can lead to repentance instead of hopelessness. We cannot earn grace, but we can respond to it with a changed life.

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Truth: Grace does not excuse my choices; it gives me strength to change.

M — Make Amends

Healthy remorse moves us toward repair. With guidance from God, a sponsor, counselor, or trusted leader, we take responsibility and make amends when doing so is safe and will not cause more harm.

"First go and be reconciled to them." — Matthew 5:24 (NIV)

Truth: Amends turn regret into responsible action.

E — Embrace a New Identity

Recovery is more than stopping an old behavior; it is learning to live as someone being made new in Christ. We practice honesty, humility, boundaries, service, and the next right action one day at a time.

"If anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17 (NIV)

Truth: In Christ, I can live differently today.

SHAME calls us to remember: Separate Identity from Behavior; Be Honest About the Harm; Accept Grace; Make Amends; Embrace a New Identity. Shame loses power when truth, responsibility, grace, and safe connection replace secrecy and self-condemnation.

REFLECTION QUESTION

Where is shame keeping me hidden, and what honest, grace-filled next step can I take today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write two columns: 'What I did' and 'Who Christ says I am.' Keep behavior separate from identity.
- Tell one safe, trusted person the truth you have been hiding.
- With a sponsor, counselor, or leader, identify one amends step that is safe and appropriate.
- When shame says, 'I am hopeless,' read Romans 8:1 aloud and pray for the next right action.
- Practice compassionate accountability: name the choice, the consequence, and what you will do differently.

Takeaways — Something to Remember

- Shame attacks identity; conviction points toward change.
- Honesty and grace can exist together.
- Forgiveness does not erase responsibility; it makes repair possible.
- Amends turn regret into action.
- My past can inform me without defining me.

Takeaway Truth: Shame loses power when truth, grace, and responsible action replace hiding.

Closing Truth: In Christ, I can face what I did without becoming what I did.

FEATURED SCRIPTURE

"Therefore, there is now no condemnation for those who are in Christ Jesus." — Romans 8:1 (NIV)

Closing Thought: Shame says to hide, but Christ invites us into truth and grace. Name what happened, accept responsibility, receive forgiveness, and take the next right step toward repair. Your past is part of your story, but it does not have to be the end of your story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SHAME today and take the next faithful step. Amen.

† SHARE †

Sharing gives us support, healing, and freedom—and helps us lose isolation, unforgiveness, and inflated false pride.

SHARE focuses on this message: When we share honestly with God and safe people, we gain three things: support, healing, and freedom. Support means we no longer carry the burden alone; safe people can listen, pray, encourage, guide, and hold us accountable. Healing begins when hidden pain is named, understood, and brought into God's light. Freedom grows as secrecy, shame, and fear lose their control. At the same time, sharing helps us lose three things that keep us stuck: a sense of isolation, unwillingness to forgive, and inflated false pride. Isolation says, "No one understands me, and I must do this alone." Unwillingness to forgive keeps us tied to the hurt and resistant to releasing it to God. Forgiveness does not excuse harm, erase boundaries, or automatically restore trust; it begins with willingness to stop letting resentment control us. Inflated false pride is the mask that says, "I can handle this myself, I do not need help, and no one can see my weakness." Sharing replaces that mask with humility—the honest strength to admit our need for God and others.

Opening Prayer: Lord Jesus, give us courage to share honestly, wisdom to choose safe people, and grace to receive support, healing, and freedom. Amen.

S — Support Replaces Isolation

A sense of isolation makes us feel separate, misunderstood, and alone even when people are nearby. Safe sharing breaks that isolation by giving others the opportunity to listen, pray, guide, and stand with us. Support does not remove every problem, but it reminds us that we do not have to face the problem alone.

"Therefore confess your sins to each other and pray for each other so that you may be healed." — James 5:16 (NIV)

Truth: When I share safely, isolation gives way to support and connection.

H — Healing Softens Unforgiveness

Hidden hurt can harden into resentment and unwillingness to forgive. Sharing with a safe person helps us name what happened, grieve honestly, receive prayer, and become willing to release the burden to God. Forgiveness is not approval, forgetting, instant reconciliation, or restored trust; it is freedom from letting the injury keep ruling our heart.

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3 (NIV)

Truth: Healing can begin before forgiveness feels complete; willingness is the first step.

A — Ask for Support

Asking for help turns sharing into practical support. Sponsors, recovery partners, counselors, leaders, meetings, medical professionals, and healthy friends can provide listening, prayer, wisdom, resources, and accountability.

"Carry each other's burdens, and in this way you will fulfill the law of Christ." — Galatians 6:2 (NIV)

Truth: Support becomes available when I become willing to ask.

R — Release Inflated False Pride

Inflated false pride is not healthy confidence or God-given dignity. It is a protective mask that says we should already know, never struggle, and never need help. Sharing releases the need to look strong and replaces self-sufficiency with humility, honesty, and teachability.

"Everything exposed by the light becomes visible." — Ephesians 5:13 (NIV)

Truth: Humility is not humiliation; it is the freedom to tell the truth and receive help.

E — Experience Freedom

Freedom grows when secrecy, isolation, resentment, and false pride no longer control our choices. The past still matters, but it no longer has to dictate today. Truth helps us accept responsibility, receive grace, maintain healthy boundaries, and choose a new direction.

"Then you will know the truth, and the truth will set you free." — John 8:32 (NIV)

Truth: Truth shared with grace turns secrecy into freedom.

SHARE calls us to remember: Support Replaces Isolation; Healing Softens Unforgiveness; Ask for Support; Release Inflated False Pride; Experience Freedom. When we share safely and honestly, we gain support, healing, and freedom while losing the isolation, resentment, and false pride that keep us recovering alone.

REFLECTION QUESTION

What do I need to share, and which barrier— isolation, unforgiveness, or false pride—makes sharing difficult?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Choose one safe person: a sponsor, counselor, leader, recovery partner, or trusted friend.
- Use this sentence starter: "What I need you to know is ..."
- Ask clearly for the support you need: listening, prayer, advice, accountability, resources, or professional help.
- Name the barrier: "I am isolating," "I am unwilling to forgive," or "My pride is keeping me from asking for help."
- After sharing, write down what changed in your isolation, resentment, pride, healing, support, or freedom.

Takeaways — Something to Remember

- I gain support when I stop isolating and allow safe people to help.
- I gain healing when I name the hurt and become willing to forgive.
- I gain freedom when truth replaces secrecy and inflated false pride.
- Forgiveness can include strong boundaries and does not require restored trust.
- Humility is the honest strength to need God and other people.

Takeaway Truth: Sharing gives us support, healing, and freedom while helping us lose isolation, unwillingness to forgive, and inflated false pride.

Closing Truth: I do not have to protect with isolation, resentment, or pride what God wants to heal through truth and connection.

FEATURED SCRIPTURE

"Therefore confess your sins to each other and pray for each other so that you may be healed." — James 5:16 (NIV)

Closing Summary: SHARE reminds us that honesty is not meant to leave us exposed and alone. Safe sharing brings support, allows healing to begin, and leads toward freedom. As we share, isolation gives way to connection, unwillingness to forgive can become willingness, and inflated false pride gives way to humility. Stay connected, stay honest, and take the next right step.

Closing Prayer: Lord Jesus, help me live the truth of SHARE today and take the next faithful step. Amen.

† SOUL †

Care for the inner life God knows, loves, and is restoring.

SOUL focuses on this message: Care for the inner life God knows, loves, and is restoring. Each letter in SOUL offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through SOUL. Help us take one faithful step with You today. Amen.*

S — Seek God

Seeking God means turning our attention toward Him again and again. We look for His presence, wisdom, and will rather than allowing distraction to lead us.

"You will seek me and find me when you seek me with all your heart." — Jeremiah 29:13 (NIV)

Truth: God meets the heart that honestly seeks Him.

O — Open Your Heart

God does not ask us to arrive perfect. He invites us to open our hearts honestly so His comfort, correction, and healing can reach us.

"The Lord is close to the brokenhearted." — Psalm 34:18 (NIV)

Truth: I do not have to hide; God meets me where I am.

U — Understand Your Worth

Our soul is the inner life God knows completely and values deeply. Caring for it means paying attention to spiritual, emotional, and relational health.

"What good is it for someone to gain the whole world, yet forfeit their soul?" — Mark 8:36 (NIV)

Truth: My inner life deserves honest attention and godly care.

L — Live from the Inside Out

God changes us from the inside out by renewing how we think. New thoughts make room for new choices, habits, and responses.

"Be transformed by the renewing of your mind." — Romans 12:2 (NIV)

Truth: A renewed mind supports a changed life.

SOUL calls us to remember: Seek God; Open Your Heart; Understand Your Worth; Live from the Inside Out. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What does my soul need today: truth, rest, connection, confession, or encouragement?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Spend ten quiet minutes seeking God without a phone or other distraction.
- Pray for five honest minutes without trying to sound polished or perfect.
- Ask what your soul needs today: truth, rest, connection, confession, or encouragement.
- Replace one repeated negative thought with a specific truth from Scripture.

Takeaways — Something to Remember

- God meets the heart that honestly seeks Him.
- I do not have to hide; God meets me where I am.
- My inner life deserves honest attention and godly care.
- A renewed mind supports a changed life.

Takeaway Truth: Care for the inner life God knows, loves, and is restoring.

Closing Truth: A renewed mind supports a changed life.

FEATURED SCRIPTURE

“You will seek me and find me when you seek me with all your heart.” — Jeremiah 29:13 (NIV)

Closing Thought: Come as you are and take the next right step. Care for the inner life God knows, loves, and is restoring. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SOUL today and take the next faithful step. Amen.

† SPIRIT †

Walk with the Holy Spirit and let His power guide your recovery.

SPIRIT focuses on this message: We do not have to rely on willpower alone. The Holy Spirit gives guidance, strength, conviction, comfort, and the power to make new choices. We begin with willingness and learn to follow His direction one day at a time.

Opening Prayer: *Holy Spirit, guide our thoughts, strengthen our hearts, and help us follow Your direction today. Amen.*

S — Surrender to the Spirit

Surrender means releasing control and becoming willing to follow God's direction instead of every impulse, fear, or feeling.

"Since we live by the Spirit, let us keep in step with the Spirit." — Galatians 5:25 (NIV)

Truth: Surrender makes room for the Spirit to lead.

P — Pray for Guidance

Prayer slows us down and helps us listen. We can ask for direction before acting instead of asking God to repair an impulsive decision afterward.

"In the same way, the Spirit helps us in our weakness." — Romans 8:26 (NIV)

Truth: The Spirit helps me when I do not have the answers.

I — Invite His Presence

God is already near, but an honest invitation makes us attentive to His presence in our pain, choices, relationships, and recovery.

"Do not cast me from your presence or take your Holy Spirit from me." — Psalm 51:11 (NIV)

Truth: I do not have to face today without God's presence.

R — Renew Your Mind

Recovery requires new thinking. The Spirit uses Scripture, prayer, wise counsel, and honest inventory to replace old patterns with God's truth.

"Be transformed by the renewing of your mind." — Romans 12:2 (NIV)

Truth: A renewed mind makes room for a changed life.

I — Identify the Fruit

Spiritual growth becomes visible through character. Love, patience, self-control, and the other fruit of the Spirit show that God is changing us from the inside out.

"The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." — Galatians 5:22–23 (NIV)

Truth: The Spirit's work becomes visible in how I live and treat others.

T — Trust His Power

Lasting change is bigger than human determination. The Holy Spirit supplies power to tell the truth, resist temptation, repair harm, and serve others.

"You will receive power when the Holy Spirit comes on you." — Acts 1:8 (NIV)

Truth: God's power can do what willpower alone cannot.

SPIRIT calls us to remember: Surrender, Pray, Invite, Renew, Identify, and Trust. We walk in freedom by staying close to the Holy Spirit and following His direction one faithful choice at a time.

REFLECTION QUESTION

Where do I most need the Holy Spirit's guidance and power today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Pause and pray before one important decision today.
- Read Galatians 5:22–23 and choose one fruit of the Spirit to practice.
- Ask a trusted person where they see growth—and where you still need support.
- When tempted, pray: “Holy Spirit, guide my next right step.”

Takeaways — Something to Remember

- Surrender makes room for the Spirit to lead.
- The Spirit helps me in my weakness.
- A renewed mind supports a changed life.
- God’s power can do what willpower alone cannot.

Takeaway Truth: Walk with the Holy Spirit and let His power guide your recovery.

Closing Truth: The Holy Spirit gives guidance and power for the next faithful step.

FEATURED SCRIPTURE

“Since we live by the Spirit, let us keep in step with the Spirit.” — Galatians 5:25 (NIV)

Closing Summary: SPIRIT reminds us that recovery and discipleship are not powered by willpower alone. Stay close to the Holy Spirit, listen for His direction, and take the next right step. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of SPIRIT today and take the next faithful step. Amen.

† STRONG †

God's strength meets us in weakness and teaches us to endure faithfully.

STRONG focuses on this message: God's strength meets us in weakness and teaches us to endure faithfully. Each letter in STRONG offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through STRONG. Help us take one faithful step with You today. Amen.

S — Surrender

Surrender is not giving up; it is giving God control. We stop demanding our own way and become willing to follow His wisdom one decision at a time.

"Whoever wants to be my disciple must deny themselves ... and follow me." — Matthew 16:24 (NIV)

Truth: Freedom begins when self-will is surrendered to Christ.

T — Trust

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

R — Rely on Grace

Grace is God's undeserved favor and strength. We cannot earn it, but we can receive it and let it teach us a new way to live.

"My grace is sufficient for you." — 2 Corinthians 12:9 (NIV)

Truth: Grace gives me strength where self-effort runs out.

O — Overcome with Endurance

Endurance is faithful movement through hard seasons. God uses trials, support, and repeated right choices to build character and hope.

"Suffering produces perseverance; perseverance, character; and character, hope." — Romans 5:3-4 (NIV)

Truth: Hard seasons can strengthen me without defining me.

N — Never Walk Alone

Christ walks with us, and He places people around us for encouragement and accountability. Isolation feeds old patterns; connection protects recovery.

"Encourage one another and build each other up." — 1 Thessalonians 5:11 (NIV)

Truth: Connection is protection.

G — God Gives Strength

Spiritual strength is not pretending we are never weak. It is relying on God's power precisely where our own strength is insufficient.

"I can do all this through him who gives me strength." — Philippians 4:13 (NIV)

Truth: God's strength is available where mine runs out.

STRONG calls us to remember: Surrender; Trust; Rely on Grace; Overcome with Endurance; Never Walk Alone; God Gives Strength. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where do I need God's strength and the support of others today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Open your hands and pray: “Jesus, I release my will, my plans, and this outcome to You.”
- List three qualities of God that are stronger than your current problem.
- When shame speaks, answer it aloud: “God’s grace is sufficient for me today.”
- Break today’s challenge into the next hour and the next healthy action.
- Attend a meeting or group and speak with someone before leaving.

Takeaways — Something to Remember

- Freedom begins when self-will is surrendered to Christ.
- I can trust God because His character does not change.
- Grace gives me strength where self-effort runs out.
- Hard seasons can strengthen me without defining me.
- Connection is protection.

Takeaway Truth: God’s strength meets us in weakness and teaches us to endure faithfully.

Closing Truth: I can keep holding on because God is holding me.

FEATURED SCRIPTURE

“Whoever wants to be my disciple must deny themselves ... and follow me.” — Matthew 16:24 (NIV)

Closing Thought: Come as you are and take the next right step. God’s strength meets us in weakness and teaches us to endure faithfully. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of STRONG today and take the next faithful step. Amen.

† THE WAY †

Jesus is the Way; follow His voice one faithful step at a time.

THE WAY focuses on this message: Jesus is the Way; follow His voice one faithful step at a time. Each letter in THE WAY offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through THE WAY. Help us take one faithful step with You today. Amen.*

T — Turn to Jesus

Jesus saves us by grace, not by our ability to repair ourselves. We surrender, receive His forgiveness, and begin a new life of trust and obedience.

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Truth: I am saved by Christ's grace, not by my performance.

H — Hear His Voice

Jesus wants us to recognize His voice and follow His direction. Slowing down helps us hear the guidance, comfort, and wisdom He offers.

"My sheep listen to my voice; I know them, and they follow me." — John 10:27 (NIV)

Truth: God often speaks most clearly when I am willing to be still and listen.

E — Entrust the Path

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

W — Walk by Faith

Walking by faith means moving with God when the entire path is not visible. We use the light He gives today and trust Him with what is ahead.

"We live by faith, not by sight." — 2 Corinthians 5:7 (NIV)

Truth: Faith takes the step that sight cannot yet explain.

A — Abide in Christ

To abide means to remain connected to Christ. Just as a branch receives life from the vine, we receive strength, peace, and purpose by staying close to Him.

"Remain in me, as I also remain in you." — John 15:4 (NIV)

Truth: Lasting recovery and spiritual growth come from staying connected to Jesus.

Y — Yield Your Will

Yielding means making room for Christ to direct our attitude, words, and actions. We become willing to obey even when our feelings want another way.

"Not my will, but yours be done." — Luke 22:42 (NIV)

Truth: Willingness turns surrender into action.

THE WAY calls us to remember: Turn to Jesus; Hear His Voice; Entrust the Path; Walk by Faith; Abide in Christ; Yield Your Will. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where is Jesus asking me to follow instead of forcing my own direction?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thank Jesus for what He has done instead of trying to earn what He freely gives.
- Spend five quiet minutes listening after you pray instead of filling every moment with words.
- List three qualities of God that are stronger than your current problem.
- Take one prayerful step without demanding certainty about every future step.
- Create one daily connection point with Christ through prayer and Scripture.

Takeaways — Something to Remember

- I am saved by Christ's grace, not by my performance.
- God often speaks most clearly when I am willing to be still and listen.
- I can trust God because His character does not change.
- Faith takes the step that sight cannot yet explain.
- Lasting recovery and spiritual growth come from staying connected to Jesus.

Takeaway Truth: Jesus is the Way; follow His voice one faithful step at a time.

Closing Truth: Willingness turns surrender into action.

FEATURED SCRIPTURE

"It is by grace you have been saved, through faith." — Ephesians 2:8 (NIV)

Closing Thought: Come as you are and take the next right step. Jesus is the Way; follow His voice one faithful step at a time. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of THE WAY today and take the next faithful step. Amen.

† TODAY †

Receive today's grace and do today's work.

TODAY focuses on this message: Receive today's grace and do today's work. Each letter in TODAY offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through TODAY. Help us take one faithful step with You today. Amen.

T — Thank God for Today

Gratitude does not deny pain; it keeps pain from becoming the only thing we see. Thankfulness trains our attention toward God's daily gifts.

"Give thanks in all circumstances." — 1 Thessalonians 5:18 (NIV)

Truth: Gratitude changes my focus before it changes my circumstances.

O — One Day at a Time

Today is the day we can actually live. We receive today's grace, do today's work, and leave tomorrow in God's hands.

"This is the day the Lord has made." — Psalm 118:24 (NIV)

Truth: Recovery Is Possible Today.

D — Do the Next Right Thing

We often become overwhelmed by trying to solve the entire future. God asks for faithfulness today: one honest choice, one call, one meeting, and one next right step.

"Do not worry about tomorrow." — Matthew 6:34 (NIV)

Truth: I do not need the whole plan to take the next right step.

A — Ask for Help

God often answers prayer through people. Reaching out before a crisis grows is a practical expression of humility and wisdom.

"Carry each other's burdens." — Galatians 6:2 (NIV)

Truth: Asking early for help is a strength, not a failure.

Y — Yield to Christ

Yielding means making room for Christ to direct our attitude, words, and actions. We become willing to obey even when our feelings want another way.

"Not my will, but yours be done." — Luke 22:42 (NIV)

Truth: Willingness turns surrender into action.

TODAY calls us to remember: Thank God for Today; One Day at a Time; Do the Next Right Thing; Ask for Help; Yield to Christ. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What is the next right thing God is asking me to do today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Write three specific gifts from today and thank God for each one.
- Ask each morning: "What does faithfulness look like for me today?"
- Write one action you can complete in the next 24 hours and do it first.
- Create a three-person call list and keep it in your phone.
- At midday, pause and ask: "Am I following God's will or forcing my own?"

Takeaways — Something to Remember

- Gratitude changes my focus before it changes my circumstances.
- Recovery Is Possible Today.
- I do not need the whole plan to take the next right step.
- Asking early for help is a strength, not a failure.
- Willingness turns surrender into action.

Takeaway Truth: Receive today's grace and do today's work.

Closing Truth: Willingness turns surrender into action.

FEATURED SCRIPTURE

"Give thanks in all circumstances." — 1 Thessalonians 5:18 (NIV)

Closing Thought: Come as you are and take the next right step. Receive today's grace and do today's work. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of TODAY today and take the next faithful step. Amen.

† TRUST †

Trust God's character, release control, and take the next right step.

TRUST focuses on this message: Trust God's character, release control, and take the next right step. Each letter in TRUST offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through TRUST. Help us take one faithful step with You today. Amen.

T — Turn to God First

Prayer is our first response, not our last resort. It slows us down, reconnects us with God, and helps us choose His direction over an impulsive reaction.

"In every situation, by prayer and petition ... present your requests to God." — Philippians 4:6 (NIV)

Truth: A pause for prayer can change my next decision.

R — Release Control

Letting go means releasing people, outcomes, and old pain from our grip and placing them in God's care. We may need to repeat that choice many times.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7 (NIV)

Truth: What I release to God no longer has to rule me.

U — Understand His Character

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

S — Stand on Scripture

Standing on Scripture means using God's truth as our foundation when emotions or pressure try to move us. We return to what is true before deciding what to do.

"Stand firm ... with the belt of truth buckled around your waist." — Ephesians 6:14 (NIV)

Truth: God's truth gives me stable ground.

T — Take the Next Right Step

We often become overwhelmed by trying to solve the entire future. God asks for faithfulness today: one honest choice, one call, one meeting, and one next right step.

"Do not worry about tomorrow." — Matthew 6:34 (NIV)

Truth: I do not need the whole plan to take the next right step.

TRUST calls us to remember: Turn to God First; Release Control; Understand His Character; Stand on Scripture; Take the Next Right Step. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where is God asking me to trust Him without having every answer?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Before your next important decision, stop and pray: “Jesus, lead my next step.”
- Write what you are holding onto; underneath it write, “God, this belongs to You.”
- List three qualities of God that are stronger than your current problem.
- Choose a promise of God and speak it aloud when your thoughts begin to spiral.
- Write one action you can complete in the next 24 hours and do it first.

Takeaways — Something to Remember

- A pause for prayer can change my next decision.
- What I release to God no longer has to rule me.
- I can trust God because His character does not change.
- God's truth gives me stable ground.
- I do not need the whole plan to take the next right step.

Takeaway Truth: Trust God's character, release control, and take the next right step.

Closing Truth: I do not need the whole plan to take the next right step.

FEATURED SCRIPTURE

“In every situation, by prayer and petition ... present your requests to God.” — Philippians 4:6 (NIV)

Closing Thought: Come as you are and take the next right step. Trust God's character, release control, and take the next right step. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of TRUST today and take the next faithful step. Amen.

† TRUTH †

Rigorous honesty breaks denial and leads toward freedom.

TRUTH focuses on this message: Rigorous honesty breaks denial and leads toward freedom. Each letter in TRUTH offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through TRUTH. Help us take one faithful step with You today. Amen.

T — Tell the Truth

Healing begins when we stop hiding and tell the truth to God, ourselves, and safe people. Honesty opens the door that denial tries to keep closed.

“The truth will set you free.” — John 8:32 (NIV)

Truth: What I bring into the light can begin to heal.

R — Practice Rigorous Honesty

Rigorous honesty goes beyond avoiding obvious lies. It means facing motives, minimizing, omissions, excuses, and the real effect of our choices.

“Each of you must put off falsehood and speak truthfully.” — Ephesians 4:25 (NIV)

Truth: Denial is the absence of rigorous honesty.

U — Understand Denial

Denial protects us from discomfort for a moment but keeps us trapped in the long run. Naming what is real makes responsibility and change possible.

“Whoever conceals their sins does not prosper.” — Proverbs 28:13 (NIV)

Truth: I cannot change what I refuse to face.

T — Turn from Old Patterns

Repentance is more than regret. It is turning from an old direction and returning to God with honesty, willingness, and changed action.

“Repent, then, and turn to God.” — Acts 3:19 (NIV)

Truth: A changed direction is stronger than another empty promise.

H — Heal in the Light

Jesus brings light into shame, confusion, and secrecy. His light shows us what needs attention and reminds us that we are not beyond restoration.

“The light shines in the darkness.” — John 1:5 (NIV)

Truth: Light does not shame me; it shows me the way out.

TRUTH calls us to remember: Tell the Truth; Practice Rigorous Honesty; Understand Denial; Turn from Old Patterns; Heal in the Light. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What truth do I need to face so God can begin changing it?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Tell God and one trusted person one truth you have been avoiding.
- Ask a trusted person, “Where do you hear me minimizing or making excuses?”
- Complete this sentence honestly: “The truth I most need to face is ...”
- Name what you need to turn from and the opposite action you will take.
- Bring one struggle into the light through prayer, confession, or safe accountability.

Takeaways — Something to Remember

- What I bring into the light can begin to heal.
- Denial is the absence of rigorous honesty.
- I cannot change what I refuse to face.
- A changed direction is stronger than another empty promise.
- Light does not shame me; it shows me the way out.

Takeaway Truth: Rigorous honesty breaks denial and leads toward freedom.

Closing Truth: Light does not shame me; it shows me the way out.

FEATURED SCRIPTURE

“The truth will set you free.” — John 8:32 (NIV)

Closing Thought: Come as you are and take the next right step. Rigorous honesty breaks denial and leads toward freedom. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of TRUTH today and take the next faithful step. Amen.

† UNITY †

Different stories become one community when Christ is at the center.

UNITY focuses on this message: Different stories become one community when Christ is at the center. Each letter in UNITY offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through UNITY. Help us take one faithful step with You today. Amen.

U — United in Christ

Unity does not require identical stories or opinions. It grows when Christ becomes more important than pride and we work toward the same purpose.

“Make every effort to keep the unity of the Spirit.” — Ephesians 4:3 (NIV)

Truth: We are stronger together when Christ is at the center.

N — No One Walks Alone

Christ walks with us, and He places people around us for encouragement and accountability. Isolation feeds old patterns; connection protects recovery.

“Encourage one another and build each other up.” — 1 Thessalonians 5:11 (NIV)

Truth: Connection is protection.

I — Include Others

Healthy groups make room for the newcomer, the quiet person, and the person whose story is different. Christ-centered community says, “You belong here.”

“Accept one another, then, just as Christ accepted you.” — Romans 15:7 (NIV)

Truth: Welcome can become the first step toward healing.

T — Together We Are Stronger

Recovery was never meant to be a solo journey. Asking for help is an act of wisdom and courage, not weakness.

“Two are better than one.” — Ecclesiastes 4:9 (NIV)

Truth: I become stronger when I stop trying to recover alone.

Y — Yield Personal Pride

Humility is the willingness to be teachable, admit mistakes, and ask for help. It is not thinking less of ourselves; it is seeing ourselves honestly before God.

“Humble yourselves before the Lord, and he will lift you up.” — James 4:10 (NIV)

Truth: Humility opens the door to healing.

UNITY calls us to remember: United in Christ; No One Walks Alone; Include Others; Together We Are Stronger; Yield Personal Pride. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

What can I do to strengthen unity without giving up honesty or healthy boundaries?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Look for one shared goal before focusing on a disagreement.
- Attend a meeting or group and speak with someone before leaving.
- Introduce yourself to someone new and help them feel included.
- Call a sponsor, leader, counselor, or trusted friend before the day ends.
- Admit one mistake without defending, blaming, or adding an excuse.

Takeaways — Something to Remember

- We are stronger together when Christ is at the center.
- Connection is protection.
- Welcome can become the first step toward healing.
- I become stronger when I stop trying to recover alone.
- Humility opens the door to healing.

Takeaway Truth: Different stories become one community when Christ is at the center.

Closing Truth: Humility opens the door to healing.

FEATURED SCRIPTURE

"Make every effort to keep the unity of the Spirit." — Ephesians 4:3 (NIV)

Closing Thought: Come as you are and take the next right step. Different stories become one community when Christ is at the center. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of UNITY today and take the next faithful step. Amen.

† VOICE †

Listen for Christ's voice and use your voice for truth, hope, and healing.

VOICE focuses on this message: Many voices compete for our attention—fear, shame, cravings, other people, and our own feelings. Recovery and faith teach us to recognize the voice of Christ, respond with obedience, and use our own voice to speak truth and encouragement.

Opening Prayer: Lord Jesus, quiet the voices that pull us away from You. Help us recognize Your voice and use our words to bring truth, hope, and healing. Amen.

V — Value Christ's Voice

Jesus speaks with truth, love, and direction. We learn His voice through Scripture, prayer, and a growing relationship with Him.

"My sheep listen to my voice; I know them, and they follow me." — John 10:27 (NIV)

Truth: Christ's voice leads me toward truth, freedom, and life.

O — Obey What You Hear

Hearing truth without acting on it leaves us unchanged. Obedience means taking the next right step even when it is uncomfortable.

"Do not merely listen to the word, and so deceive yourselves. Do what it says." — James 1:22 (NIV)

Truth: Obedience turns God's direction into daily change.

I — Identify the Other Voices

Fear, shame, cravings, resentment, and unhealthy people can sound convincing. We test every message against Scripture and wise counsel instead of automatically believing it.

"Do not believe every spirit, but test the spirits to see whether they are from God." — 1 John 4:1 (NIV)

Truth: Not every thought, feeling, or voice deserves my agreement.

C — Choose Truth Over Feelings

Feelings are real, but they are not always facts. God's truth helps us respond wisely instead of letting a temporary emotion make a permanent decision.

"Then you will know the truth, and the truth will set you free." — John 8:32 (NIV)

Truth: Feelings can change; God's truth remains.

E — Encourage with Your Voice

Our words can strengthen recovery or weaken it. We use our voice to tell the truth, ask for help, make amends, pray, and build others up.

"Only what is helpful for building others up according to their needs." — Ephesians 4:29 (NIV)

Truth: My voice can become an instrument of truth, hope, and healing.

VOICE calls us to remember: Value Christ's Voice, Obey What You Hear, Identify the Other Voices, Choose Truth Over Feelings, and Encourage with Your Voice. The voice we follow shapes the direction we travel.

REFLECTION QUESTION

Which voice has been influencing me most, and what is Christ inviting me to believe or do today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Read John 10:27 slowly and ask, “Does this voice sound like Jesus?”
- Write down one troubling thought, then compare it with Scripture and the facts.
- Call a sponsor, leader, counselor, or trusted person before acting impulsively.
- Use your voice to encourage one person with truth and hope today.

Takeaways — Something to Remember

- The voice I follow shapes the direction I travel.
- Not every thought or feeling deserves my agreement.
- Obedience turns God’s direction into change.
- My voice can bring truth, hope, and healing.

Takeaway Truth: Listen for Christ’s voice and use your voice for truth, hope, and healing.

Closing Truth: Christ’s voice leads toward truth, freedom, and the next faithful step.

FEATURED SCRIPTURE

“My sheep listen to my voice; I know them, and they follow me.” — John 10:27 (NIV)

Closing Summary: VOICE reminds us to slow down, test what we hear, and follow the voice of Christ. Listen for truth, obey the next right direction, and use your own voice to encourage someone today.

Closing Prayer: Lord Jesus, help me live the truth of VOICE today and take the next faithful step. Amen.

† WALK †

Walk with Christ every day, one faithful step at a time.

WALK focuses on this message: Walk with Christ every day, one faithful step at a time. Each letter offers a Christ-centered truth and a practical direction for recovery and everyday life. Begin with willingness and take the next right step.

Opening Prayer: Lord Jesus, open our hearts to Your truth through WALK. Help us take one faithful step with You today. Amen.

W — Walk with Jesus

True direction begins by following Jesus rather than our own plans.

"Jesus answered, 'I am the way and the truth and the life...' — John 14:6 (NIV)

Truth: Jesus is the only sure guide for life's journey.

A — Act in Obedience

Each step of obedience strengthens our faith and trust in God.

"Blessed rather are those who hear the word of God and obey it." — Luke 11:28 (NIV)

Truth: Obedience keeps us on God's path.

L — Lean on Grace

We do not walk this journey by our own strength but by God's grace.

"My grace is sufficient for you, for my power is made perfect in weakness." — 2 Corinthians 12:9 (NIV)

Truth: God's grace carries us every day.

K — Keep Going with Christ

Keep following Christ even when the road becomes difficult.

"Let us run with perseverance the race marked out for us." — Hebrews 12:1 (NIV)

Truth: Faithfulness is measured over a lifetime.

WALK calls us to remember: Walk with Jesus; Act in Obedience; Lean on Grace; Keep Going with Christ. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where are you in your journey with Christ today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Pray daily and ask God to direct your steps.
- Read God's Word and let Scripture guide one decision today.
- Stay connected through church, meetings, and trusted people.
- Take the next right step instead of carrying tomorrow's worries.

Takeaways — Something to Remember

- Recovery and discipleship are lifelong journeys, not quick fixes.
- God is more interested in your direction than your speed.
- Jesus promises to walk with you and never leave you.
- Obedience today leads to transformation tomorrow.

Takeaway Truth: Walk with Christ every day, one faithful step at a time.

Closing Truth: God's grace carries me as I keep taking the next faithful step.

FEATURED SCRIPTURE

“Let us run with perseverance the race marked out for us.” — Hebrews 12:1 (NIV)

Closing Thought: WALK reminds us that Jesus leads, obedience matters, grace carries us, and we never walk alone. Walk with Christ every day and take the next faithful step.

Closing Prayer: Lord Jesus, help me live the truth of WALK today and take the next faithful step. Amen.

† WATER †

Jesus is living water who refreshes us and helps us refresh others.

WATER focuses on this message: Jesus is living water who refreshes us and helps us refresh others. Each letter in WATER offers a Christ-centered truth and a practical step for recovery and everyday life. You do not have to practice every part perfectly; begin with willingness and the next right step.

Opening Prayer: *Lord Jesus, open our hearts to Your truth through WATER. Help us take one faithful step with You today. Amen.*

W — Walk with Jesus

Walking by faith means moving with God when the entire path is not visible. We use the light He gives today and trust Him with what is ahead.

"We live by faith, not by sight." — 2 Corinthians 5:7 (NIV)

Truth: Faith takes the step that sight cannot yet explain.

A — Abide in Living Water

To abide means to remain connected to Christ. Just as a branch receives life from the vine, we receive strength, peace, and purpose by staying close to Him.

"Remain in me, as I also remain in you." — John 15:4 (NIV)

Truth: Lasting recovery and spiritual growth come from staying connected to Jesus.

T — Trust His Provision

Trust grows when we remember who God is: loving, truthful, wise, and faithful. His character is steadier than our changing circumstances.

"The Lord is trustworthy in all he promises." — Psalm 145:13 (NIV)

Truth: I can trust God because His character does not change.

E — Experience Renewal

God restores tired hearts through His presence, Word, people, and creation. Receiving renewal allows us to encourage others without running empty.

"He refreshes my soul." — Psalm 23:3 (NIV)

Truth: God's presence can steady and refresh me.

R — Refresh Others

Jesus offers living water for the deepest thirst of the soul. Staying connected to Him renews us and gives us something life-giving to share.

"Rivers of living water will flow from within them." — John 7:38 (NIV)

Truth: Christ refreshes my soul so His love can flow through me.

WATER calls us to remember: Walk with Jesus; Abide in Living Water; Trust His Provision; Experience Renewal; Refresh Others. Together, these letters create a simple, memorable, and shareable message we can practice one moment, one day, and one faithful step at a time.

REFLECTION QUESTION

Where is my soul thirsty, and how can I reconnect with Christ today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Take one prayerful step without demanding certainty about every future step.
- Create one daily connection point with Christ through prayer and Scripture.
- List three qualities of God that are stronger than your current problem.
- Take a quiet walk and thank God for three signs of His care.
- Drink a glass of water slowly and use it as a reminder to ask Jesus to refresh your soul.

Takeaways — Something to Remember

- Faith takes the step that sight cannot yet explain.
- Lasting recovery and spiritual growth come from staying connected to Jesus.
- I can trust God because His character does not change.
- God's presence can steady and refresh me.
- Christ refreshes my soul so His love can flow through me.

Takeaway Truth: Jesus is living water who refreshes us and helps us refresh others.

Closing Truth: Christ refreshes my soul so His love can flow through me.

FEATURED SCRIPTURE

"We live by faith, not by sight." — 2 Corinthians 5:7 (NIV)

Closing Thought: Come as you are and take the next right step. Jesus is living water who refreshes us and helps us refresh others. With help from God and others, you can—end of story. Recovery Is Possible Today.

Closing Prayer: Lord Jesus, help me live the truth of WATER today and take the next faithful step. Amen.