

Healing and Recovery NEW HEART



NewHeart *Ministries*



GROUP LEADER'S GUIDE

022211



**“I will give you a
New Heart
with
New and Right Desires
and I will put a
New Spirit
in you.”
Ezekiel 36:26 (TLB)**

It's an amazing promise: a new heart with new and right desires, and a new spirit.

Too many in the “recovery world” offer the broken and hurting panaceas for the broken, wounded and dark hearts. Valiant though the effort is, sustainable freedom from addiction is only possible as a direct result of a new heart.

Suddenly, it's not about “clean and sober.” It's about healing: a new heart available only through Jesus Christ!

Beyond Twelve Steps

Since the 30's, “clean and sober” has been the standard of success for any recovery program or ministry. The philosophy is simple: work the program. Go to meetings. Stay close to your sponsor.

As valuable as *Alcoholics Anonymous'* Twelve Step model is, living life “under the cloak” of “once-an-alcoholic-always-an-alcoholic” is a self-imposed, restrictive label unnecessary for the disciple of Jesus Christ.

New Heart Healing and Recovery offers the broken and hurting an opportunity to take God at His word: to “by grace through faith” experience the sheer wonder of hungering after God instead of craving the substance or behavior that often has been “worshipped” in place of God.

Our standard is not “clean and sober.” Rather, it is healing and wholeness and sustainable freedom: a new heart with new and right desires and a new spirit.

Healing and Recovery

The Healing and Recovery Group

In the traditional usages of the terms, the New Heart Healing and Recovery Group is not:

- **A Support Group**
While we offer support to those seeking healing, our goal is not support; it's healing.
- **A Class**
Each Healing and Recovery Group includes a teaching component. But, the groups are not classes in the traditional sense of didactic teaching. More than a transmission of information, our goal is an encounter – a clash – of faulty beliefs with the truth that heals and transforms.
- **A Bible Study**
The value of inductive Bible Study notwithstanding, the Healing and Recovery Group is not a traditional Bible study. The NHHR group encounter of the Word is designed to bring healing; to breakthrough old strongholds and faulty belief systems.

The Healing and Recovery Group offers lasting freedom and hope through an encounter with Jesus.

Group Modules

Module 1: Pre-Ministry Preparation

- Prayer
- Study evening's topic
- Prepare curriculum hand-outs
- Prepare media (as applies)
- Prepare questions
- Plan evening format

Module 2: Checking-In

- 10 Minutes
- Team Leader
- Prompt question:
"How did it go this past week?"

Module 3: Gratitude and Prayer

- 10 Minutes
- Prayer Leader
- Prompt:
"Let's give thanks to the Lord for His protection, strength to overcome, and grace to trust Him for healing."

Module 4: "The Truth and the Issue"

- 30 Minutes
- Assigned Team Member
- Format
 - Approach question | activity
 - Teach the Truth
 - Apply the Issue
 - Personal Application

Module 5: Prayer for Group Members

- 10 Minutes
- Small Groups:
Each member of the team leads a prayer group.

Questions

Asking the Right Questions

Learning how to ask questions is one of the Healing and Recovery Group Leader's most valued skills. When used under the guidance of the Holy Spirit, the simple, yet provocative, skill of asking questions helps the group participant to think and wrestle with the truth and the issue affecting his healing.

Like a surgeon's instrument, a question can often touch the place of deepest pain; the source of the spiritual and emotional cancer that often drives the need to self-medicate with alcohol and drugs.

Prepare your questions carefully. Ask the Holy Spirit for guidance in asking the questions that move the group process below the trite, clichéd answers to genuine responses of the heart.

John 5 records an encounter Jesus has with a lame man who had been lying beside a pool for 38 years; a pool renowned for its healing. Jesus asked a question: "Do you want to be healed?"

Levels of Questions

If a leader asks a probing, personal question at the opening of a group he/she will likely receive an awkward silence as each member waits for another to respond. People must feel safe in a group. The feeling of safety is not only the result of the relational bond formed within the group, but the sense of value each member feels as they participate.

Level 1: Personal Opinion

Example: "How important is breaking through denial to our healing and recovery?"

Level 2: Personal Knowledge of the Topic

Example: "What does denial sound like? What are some examples of what the one in denial might say to concerned family and friends?"

Level 3: Response to the "The Truth and the Issue"

Example: "What "truth" needs to be "owned" by an addict before he or she can break through their denial?"

Level 4: Personal Response to the "The Truth and the Issue"

Example: "What does your denial sound like? What truth do you need to embrace to be free (John 8)?"

Level 5: Decision Point

Example: "What decision do you need to make right here, right now to break through your denial?"

Addictions

Understanding the Alcoholic-Addict

By the time the alcoholic or drug addict has appeared in your Healing and Recovery Group, he/she has experienced enough of the consequences of their lifestyle to begin the search for a way out.

But, addicts are in love – not with their spouse, friends, or family. They are love with their “drug of choice.” They are worshippers of an idol; the “god of this world.”

Alcoholics and addicts live in an “upside-down” world wherein the abnormal has become normal. Their chaotic, nocturnal lifestyles have been reduced to “doing whatever it takes” to get the next hit. Truth is optional. Family and friends are resources to be used. Their conflicted soul causes them to make promises they cannot keep, try to “get clean and sober” on their own, and emotionally abuse those they love.

Yet, it is to that alcoholic-addict, the Father speaks:

“I have seen his ways, but I will heal him.” – Isaiah 57:18

Alcohol, Drugs, Gambling

Themes

“I Can Quit Anytime”

- The Truth: John 8:32
- The Issue: Denial

“Do You Want to Be Healed?”

- The Truth: John 5:1-14
- The Issue: Surrender

“Turning From - Turning To”

- The Truth: Matthew 4:18-22
- The Issue: Repentance

“Walking Out of the Tunnel”

- The Truth: 2 Corinthians 6:14-18
- The Issue: Triggers

“Can’t Go It Alone”

- The Truth: Galatians 6:1-5
- The Issue: Prayer-Accountability

“What Are You Thinking?”

- The Truth: Romans 8:5-9
- The Issue: Relapse

“Clean and Sober or Healing?”

- The Truth: 2 Kings 5 | Mark 8:22-26
- The Issue: Control

“Peeling the Onion”

- The Truth: Proverbs 4:23-27
- The Issue: Layers of Healing

Toward Healing and Wholeness

The ten (10) themes listed for your Addictions groups are the primary topics essential for a year of New Heart Healing and Recovery curriculum.

Each theme has the potential of being developed into the curriculum for four (4) or more group sessions.

Remember, our standard is not clean and sober; but rather, healing and wholeness.

**“Grace + Truth + Time
= Healing”***

Grace has often been described as “God doing for you what you cannot do for yourself.” Truth is the penetrating reality of all that God is and all that we are with or without Him. Time is the frame of hours and days God has given us in which He gently unfolds His gracious healing.

* Henry Cloud | John Townsend, *Changes that Heal*.

Themes (continued)

“Light in the Core”

- The Truth: Psalm 51
- The Issue: Core Issues (Unforgiveness, Rejection, Abuse, Anger, Shame and Guilt)

“Standing Strong – Walking Free”

- The Truth: Ephesians 6
- The Issue: Spiritual Warfare

Curriculum

Truth and Issue Series

The Truth and the Issue Series will be available to the New Heart Ministries Network in 2011.

Published Resources

- The Search for Significance
Robert McGee
- Addiction and Grace
Gerald May
- The Heart of Addiction
Mark E. Shaw
- Love is a Choice
Hemfelt, Minirth, Meier

This list is not exhaustive. It is offered only as an example of the types of published resources available.

Men's Issues

Understanding the Broken and Wounded Man

Culturally, it is rare to find a man that has not been raised to believe:

- “Boys (men) are tough”
- “Boys (men) don’t cry”
- “It’s a sign of weakness to show emotion, or talk about your feelings.”

From childhood, men have been presented with strong, tough, competent role models (e.g. football players, pugilists, fighter pilots, etc.). Sensitivity and gentleness too often have been reserved for women.

When the emotional trauma occurs (e.g. divorce, abuse, rejection, abandonment, etc.), it is these very men who are left feeling alone, isolated and without hope.

New Heart Healing and Recovery offers the broken and wounded man a place to heal; a safe place wherein he is free to express and understand his own feelings.

New Heart Healing and Recovery invites the broken and wounded man to find hope and healing in Jesus; to experience the joy of discovering his identity in Christ and the freedom to be a man after God’s own heart.

Themes

“I Don’t Need Anyone!”

- The Truth: Galatians 6:1-3
- The Issue: Independence | Isolation

“How Did I Get Here?”

- The Truth: Judges 6 (Gideon)
- The Issue: Battle-Scarred Insecurity

“Back to Square One”

- The Truth: 2 Corinthians 5:17
- The Issue: Identity in Christ

“I Am So Angry!”

- The Truth: Ephesians 4:26
- The Issue: Anger

“Look At What I’ve Achieved”

- The Truth: Galatians 2:20-21
- The Issue: Performance for Approval

“Women”

- The Truth: 1 Corinthians 13
- The Issue: Love | Lust

“Secrets”

- The Truth: 2 Corinthians 10:3-5
- The Issue: Strongholds

“Never Again!”

- The Truth: Ephesians 4:32
- The Issue: Forgiveness

Toward Healing and Wholeness

The twelve (12) themes listed for your Men's Issues Group are the primary topics essential for a year of New Heart Healing and Recovery curriculum.

Each theme has the potential of being developed into the curriculum for four (4) or more group sessions.

Remember, our goal for the men who access New Heart Healing and Recovery is healing and wholeness. Our prayer is that each one discovers his identity in Christ and lives his life according to the Spirit.

“Grace + Truth + Time = Healing”*

Grace has often been described as “God doing for you what you cannot do for yourself.” Truth is the penetrating reality of all that God is and all that we are with or without Him. Time is the frame of hours and days God has given us in which He gently unfolds His gracious healing.

Themes (continued)

“I Am So Ashamed”

- The Truth: Romans 8:1-2
- The Issue: Shame

“Dad”

- The Truth: Romans 13:1-2
- The Issue: Rejection | Rebellion

“Standing Strong and Free”

- The Truth: Ephesians 6
- The Issue: Spiritual Warfare

“Making It All Work”

- The Truth: 2 Peter 1:3-8
- The Issue: Maturity

Curriculum

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Published Resources

- The Search for Significance
Robert McGee
- The Plumbline
Bruce Thompson
- Every Man's Battle
Steve Arterburn
- The Bondage Breaker
Neil Anderson

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Women's Issues

Understanding the Broken and Wounded Woman

Barbie and Ken, playhouses, and tea sets: learning tools of a little girl. American toy manufacturers have capitalized on the innate desire of little girl to “nest; “ to “play house” and be mommies to dolls that walk and cry and need to be fed and changed.

But, little girls grow up, and with that journey from childhood through their teenage years into womanhood they discover that life is not exactly as they had pretended it to be so many years ago. Their “Ken” cheated on them. They lost their “playhouse” in the divorce. The men that should have kept them safe ended up violating their trust and often, abusing their bodies in an effort to satisfy their own selfishness.

New Heart Healing and Recovery offers that woman a safe, warm, caring environment wherein the healing available through relationship with Jesus can be discovered.

Themes

“Help Me, I’m Drowning!”

- The Truth: Psalm 61:2
- The Issue: Overwhelmed

“I Never Imagined”

- The Truth: Psalm 13
- The Issue: Brokenness | Grief | Loss

“Am I Pretty?”

- The Truth: Galatians 2:20
- The Issue: Identity in Christ

“I Have a Right”

- The Truth: 1 Corinthians 1:26-31
- The Issue: Entitlement

“Will You Love Me Now?”

- The Truth: Galatians 2:20-21
- The Issue: Performance
for Approval

“I Can Fix Him”

- The Truth: 1 Corinthians 13
- The Issue: Love | Manipulation

“Theater of the Mind”

- The Truth: 2 Corinthians 10:3-5
- The Issue: Strongholds

“Never Again!”

- The Truth: Ephesians 4:32
- The Issue: Forgiveness

Toward Healing and Wholeness

The twelve (12) themes listed for your Women's Issues Group are the primary topics essential for a year of New Heart Healing and Recovery curriculum.

Each theme has the potential of being developed into the curriculum for four (4) or more group sessions.

Our heart for each woman who chooses to access the ministry available at New Heart Healing and Recovery would emerge healed and whole.

“Grace + Truth + Time = Healing”*

Grace has often been described as “God doing for you what you cannot do for yourself.” Truth is the penetrating reality of all that God is and all that we are with or without Him. Time is the frame of hours and days God has given us in which He gently unfolds His gracious healing.

Themes (continued)

“I Am So Ashamed”

- The Truth: Romans 8:1-2
- The Issue: Shame

“Dad”

- The Truth: Romans 13:1-2
- The Issue: Rejection | Rebellion

“Standing Strong and Free”

- The Truth: Ephesians 6
- The Issue: Spiritual Warfare

“Woman of God”

- The Truth: 2 Peter 1:3-8
- The Issue: Maturity

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Families of the Addicted

Understanding the Family of the Alcoholic-Addict

Families are designed by God to be the warm, caring relational “nests” in which we are nurtured and taught, mentored and disciplined to become healthy, mature men and women.

But, not all families offer a child a safe, nurturing environment in which Godly relationships are modeled and Biblical patterns for life are learned. Too many families are “dysfunctional” leaving a child to stumble through his developmental years coping with the repressive rules of “don’t talk, don’t trust, don’t feel.”

The family of the alcoholic or drug addict may or may not be dysfunctional. All too frequently, children raised in warm, caring, godly families choose to break with their family’s values and norms to pursue experimentation with drugs, alcohol and sex. The results produce a family confused, angry, disoriented and frustrated.

New Heart Healing and Recovery offers the family of an alcoholic-addict a caring environment in which to heal and learn how to cooperate with the Holy Spirit for their family member.

Themes

“He’s (She’s) a Good Boy (Girl)”

- The Truth: Romans 1:25
- The Issue: Enabling

“He’s (She’s) Not an Alcoholic-Addict”

- The Truth: John 8:32
- The Issue: Denial (Minimization)

“It’s Just Oxycodone”

- The Truth: 2 Timothy 4:4
- The Issue: Ignorance of Addictions

“I Give Up!!”

- The Truth: Psalm 31:24; 42:5
- The Issue: Hopelessness | Despair

“Where Did I Go Wrong?”

- The Truth: Romans 8:1-2
- The Issue: Guilt and Shame

“Woulda – Shoulda - Coulda”

- The Truth: Isaiah 43:18
- The Issue: Regret

“How Could He (She) Do This to Us?”

- The Truth: Ephesians 4:26
- The Issue: Anger

“Never Again!”

- The Truth: Ephesians 4:32
- The Issue: Forgiveness

Toward Healing and Wholeness

The thirteen (13) themes listed for your Families of the Addicted Group are the primary topics essential for a year of New Heart Healing and Recovery curriculum.

Each theme has the potential of being developed into the curriculum for four (4) or more group sessions.

Our heart for each family member who chooses to access the ministry available at New Heart Healing and Recovery would emerge filled with hope, faith and encouragement.

“Grace + Truth + Time = Healing”*

Grace has often been described as “God doing for you what you cannot do for yourself.” Truth is the penetrating reality of all that God is and all that we are with or without Him. Time is the frame of hours and days God has given us in which He gently unfolds His gracious healing.

Themes

“There’s Not Going to Be a Next Time”

- The Truth: 1 Corinthians 13:7
- The Issue: Trust

“Just Tell Me the Truth for Once”

- The Truth: Proverbs 15:4
- The Issue: Lies and Manipulation

“Strength in Weakness”

- The Truth: 2 Corinthians 12:9
- The Issue: My Strength or His Strength?

“Holding On Until”

- The Truth: Exodus 17:8-15
- The Issue: Weariness

“You Can’t Have Him (Her)!”

- The Truth: Ephesians 6
- The Issue: The Battle

Curriculum

Truth and Issue Series

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Published Resources

- The Search for Significance
Robert McGee
- Boundaries
Henry Cloud | John Townsend
- Spiritual Warfare for Every Christian
Dean Sherman

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"I Can Stop Anytime!"

Leader's Notes

The Issue: Denial

Denial is a protective mechanism. It is a defense. It keeps us from feeling the painful and uncomfortable truth about both our powerlessness and the consequences or unmanageability of our addictions.

We all want everything to "be fine." We have denial to protect us from pain. However, to stay in denial is to die.

To heal, our denial must be confronted with the Truth.

Common Defenses:

- **Simple Denial**
"You're an addict. I am not an addict. I can quit anytime."
- **Minimizing**
"Yes, I drink. But, not a lot."
- **Rationalizing**
"I'm stressed. Drinking relaxes me."
- **Blaming**
"If it were not for the boss I have, I wouldn't drink."
- **Intellectualizing or Generalizing**
"I have a genetic predisposition to alcoholism. My whole family are alcoholics."
- **Diversion**
"I drink too much. You eat too much."

Group Guide

1 – "Welcome | Settle-In | Check-In"

- 15 minutes
- Welcome new participants
- Question: "How was your week?"

2 – Thanksgiving | Prayer

- 5 minutes
- Encourage group to offer prayers of thanksgiving to the Lord.
- Ask for God's presence to fill the room.
- Ask the Holy Spirit to speak to each life.

3 – Approach

- 10 Minutes
- "Tonight, we want to take some time to look at denial."
- Level One Question:
"How would you define denial?"
"Why is dealing with denial so important to healing and recovery?"

4 – The Truth

- 15 minutes
- Write John 8:32 on a white board; or distribute the verse on a hand-out.
- Someone read John 8:32 aloud.

Leader's Notes

(continued)

Common Defenses (continued)

- **Passivity | Ignoring | Being a Victim**
“I’ve tried to quit. I can’t.”
- **Hostility**
“Get off my back. I’m going to work. I’m paying the bills. Leave me alone”

The Truth: Truth Sets Free

- **John 8:32**
“Then you will know the truth and the truth will set you free.”
- **The Context of John 8:31-41**
 - The Jews were in denial about the need to be free of their religious bondage.
 - The Jews were in denial about their need of Jesus. They were “children of Abraham.”
 - Jesus explained it is His teaching – not the law – that would bring freedom to the souls.
- **“Knowing”**
 - To the ancient Greeks, “knowing” was simply an intellectual or cognitive exercise.
 - To the ancient Hebrews, “knowing” was not only an intellectual process, but an experiential one as well.
- **“Versions of the Truth”**
 - **Legendary Truth**
Santa Claus, Sasquatch
 - **Pop Cultural Truth**
To be “hip” or “cool,” you need to cut your hair very short, shave your head and wear jeans.

Group Guide

4 – The Truth (continued)

- **Level Two Question:**
“Have you ever experienced freedom as a direct result of truth?”
(Share a personal example)
- **Teach John 8:32**
Reference Leader’s Notes

5 – The Issue

- 15 minutes
- The issue in the context of John 8:32 tonight is denial.
 - The Jews were in denial about Jesus.
 - They didn’t need Jesus. They were “children of Abraham.”
- **Teach on Denial**
Reference Leader’s Notes

6 – Response to the Truth and the Issue

- 5 minutes
- So, the questions tonight are:
 - *“Have you accepted the truth about your addiction?”*
 - *“Are you willing to admit you cannot manage this addiction any longer?”*
 - *“Are you willing to place your trust in Jesus Christ as THE HIGHER POWER?”*
- I am not asking for an intellectual response to the information.
- This is a heart response. You can’t break through the denial without Jesus. It’s time to trust Him to set you free.

Leader's Notes

(continued)

The Truth: Truth Sets Free

- Versions of the Truth (continued)
 - Superstitious Truth
“If the palm of my hand itches, I am going to receive money.”
 - Heretical Truth
“There are many ways to God”
 - Perceptive Truth
UFO's, Imaginary Things in the Dark
- Absolute Truth
Jesus said: “I am the way, the truth and the life. No man comes to the Father but by me.” – John 14:6
 - Any “truth” that is not rooted in Jesus is to be questioned.
 - He is the Creator God.
John 1:1-3
 - He has created you. No one knows you like He knows you... not even you!
Psalm 139
- Only Jesus can set you free from the denial that holds you bound to a myth (your denial).

Group Guide

7 – Decision Point

- 5 minutes
- Level Three Question:
 - “What do you want to do, right now?”
 - You need to make a decision.
 - To not decide to give up control to Jesus is to continue in your denial.”

8 – Prayer Groups

- 15 minutes

The amount of time indicated for each component of the group is offered only as a guide. As the Holy Spirit leads the Group Leadership, more time may be needed in a specific component.

