



"You have shown me the path of life." – Psalms 16:11



A Ministry of the Health Department of the Seventh-day Adventist Church in North America.



**There is Christ-centered help
for all addictions!**
Find freedom from unhealthy habits.



NAD ADVENTIST HEALTH MINISTRIES

www.AdventistRecovery.org



WE WELCOME ANYONE WHO:

- Has a desire to stay clean and sober
- Has a hope to rise above the pain and turmoil engendered by the addiction of a loved one
- Wishes to break the bondage of compulsive behavior
- who is clean and sober and
- who has a family member or loved one suffering
- who is living with the struggles of emotional or mental health challenges - depression - bipolar - mood disorders ADHD
- who is powerless over people, places (situations) and things (MENTAL HEALTH, cancer physical health)

We are dedicated to the principles of anonymity and confidentiality, and share our experiences, strength and hope in a safe place. Browse our new website and find resources, learn more about our ministry, schedule events, give back and more!



MISSION

"Promote healing and freedom from harmful practices by providing resources and training to facilitate recovery."

ABOUT US

The Regeneration program has been a blessing to many parts of the World Church for more than

two decades. Over the past decade, Health Ministries at the General Conference has focused on breaking the silence on this issue right within our own Church and throughout the world field.

Regeneration in the North American Division has transitioned to Adventist Recovery Ministries (ARMin) and is set to play a pivotal role in modeling a grace-filled, powerful and much needed ministry so that we as a Church may experience wholeness despite our brokenness.

Adventist Recovery Ministries believes that our churches need to promote healing both individually and corporately. Our churches can only be as healthy as the members who comprise them. If one of us is hurting, all of us hurt (1 Corinthians 12:26). Therefore, Adventist Recovery Ministries will educate church leadership around topics such as emotional healing, healthy relationships, and the process of forgiveness as well as the 12 Steps program Journey to Wholeness.

RESOURCES

- **Journey to Wholeness Materials:** A series that can be used in support groups or small groups as a resource to facilitate recovery of breaking away from harmful practices and strengthening an intimate relationship with God in the Journey to an abundant life. Facilitator guides and participant guides can be purchased in our online store at www.Adventist-Recovery.org
- **Journey to Life Newsletter:** This bi-monthly newsletter is available in English and as needed also available in Spanish, French, etc. Print a free pdf copy, download, or register to subscribe and receive it via email at www.AdventistRecovery.org
- **Useful Links:** Find links to addiction recovery programs, support groups, or other helpful links to facilitate recovery and your journey to wholeness
- **Health Ministries and Recovery Store:** Purchase Materials: Browse through our online store and find books, journey to wholeness materials, and resources.

Journey to Wholeness

Groups are instructed to follow the 12 Steps, 12 Traditions, and 12 Concepts as modified from Alcoholics Anonymous. It is designed to provide on-going help, not to be a week-end "hit-and-run accident."

When in an atmosphere of Christian love and acceptance, people meet each week and become openly honest with each other, in a "safe place," where anonymity and confidentiality are respected.

Participants are asked to share their experience, strength, and hope without "cross-talk" and judgmentalism.

They are not to try to fix each other, rather they are to "let go and let God" do for them what they cannot do for themselves.

Most important, they are invited to recognize that Jesus Christ is the Highest Power.

Recovery and freedom from obsessive thoughts, compulsive actions, habitual behaviors and spiritual separation is the hoped for result.



The Twelve Steps <i>(Adapted from the Twelve Steps of Alcoholics Anonymous)</i>		Biblical Comparisons <i>(NIV)</i>
1	We admitted that we were powerless over our addictions, that our lives had become unmanageable.	I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but cannot carry it out. – <i>Romans 7:18</i>
2	We came to believe that a Power greater than ourselves could restore us to sanity.	So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. – <i>Isaiah 41:10</i>
3	We made a decision to turn our will and our lives over to the care of God as we understood Him. “Jesus Christ is the Highest Power.”	Then He said to them all, “If anyone would come after Me, he must deny himself and take up his cross daily and follow Me.” – <i>Luke 9:23</i>
4	We made a searching and fearless moral inventory of ourselves.	Let us examine our ways and test them, and let us return to the Lord. – <i>Lamentations 3:40</i>
5	We admitted to God, to ourselves and to another human being the exact nature of our wrongs.	Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. – <i>James 5:16</i>
6	We were entirely ready to have God remove all these defects of character.	If you are willing and obedient, you will eat the best from the land. – <i>Isaiah 1:19</i>
7	We humbly asked Him to remove all our shortcomings.	Humble yourselves before the Lord, and He shall lift you up. – <i>James 4:10</i>
8	We made a list of all persons we had harmed and became willing to make amends to them all.	Leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. – <i>Matthew 5:23</i>
9	We made direct amends to such people wherever possible, except when to do so would injure them or others.	Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. – <i>Luke 6:38</i>
10	We continued to take personal inventory and when we were wrong, promptly admitted it.	For by the grace given to me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. – <i>Romans 12:3</i>
11	We sought, through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock, and my Redeemer. – <i>Psalms 19:14</i>
12	Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.	Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. – <i>Galatians 6:1</i>



STEPS COMPARISON

Steps To Christ Chapters <i>Ellen G. White</i>	Christian Principles
"The Sinner's Need of Christ"	<p>Surrender (1-3): These steps bring the addict to a relationship with their Higher Power by recognizing that he/she is unable to continue an unmanageable life, but that there is hope in surrender.</p>
"Repentance"	
"Confession"	
"Confession"	<p>Confession and Repentance (4-7): By self-examination, the addict recognizes where they have harmed themselves and others. They acknowledge their own defects of character, making them real. Then they decide to turn these specific problems over to their Higher Power and ask God to take control to remove them.</p>
"Confession"	
"Consecration"	
"Faith and Acceptance"	
"The Test of Discipleship"	<p>Reconciliation and Restoration (8-9): In these steps, the addict begins to relate honestly and appropriately to others and to rebuild the human relationships which have been broken by addiction.</p>
"Growing Up into Christ"	
"The Work and the Life"	<p>Continual Growth (10-11): By a daily program of applying the Twelve Steps, emotional balance is maintained, a crucial requirement for maintaining sobriety. As this "one day at a time" program is lived, power is drawn from feeding the spiritual self through improving conscious contact with God.</p>
"A Knowledge of God"	
"The Privilege of Prayer" "What to Do With Doubt"	
"Rejoicing in the Lord"	<p>Sharing and Serving (12): As a result of the spiritual awakening occurring in steps 1-11, the addict seeks to share what has been learned with others.</p>



■ Awareness Weekends:

Conducted by Adventist Recovery Ministries coordinators, Awareness Weekends are designed to raise awareness of the need for recovery ministries within the church and community.

After receiving church approval, plan for a Congregational Awareness Day. This may include:

- ❖ A 12 Steps Sabbath School Lesson Study
- ❖ Worship Service (invite your pastor or a guest to preach a Christ-centered recovery sermon)
- ❖ Fellowship Dinner
- ❖ Workshop on "The 12 Steps," "How the Program Works" or some related subject

Travel and related expenses for the presenter are to be covered by the host.

Contact your area coordinator or ARMin Director to arrange for an Awareness Weekend.

■ "Journey to Wholeness" Leadership Training:

Adventist Recovery Ministries offers training to persons willing to be part of a team to facilitate a recovery ministry in their local church(es). These two-day training workshops are designed for health ministry leaders, pastors, members, and other interested individuals.

Typical training includes:

- ❖ Powerpoint presentations of the basic principles based on the Bible, Spirit of Prophecy, and the 12 Steps (adapted from Alcoholics Anonymous)
- ❖ Simulated meetings for catching the flavor of people sharing their experience, strength and hope
- ❖ Distribution of training resources/instructional materials

Contact our division ARMin's office at 301-680-6733 or email us at recover@NAD.adventist.org, or use "contact us" on our website at www.AdventistRecovery.org

Next training will take place at the NAD Health Summit (www.NADhealthsummit.org)



■ Recovery Retreats:

The Celebration of Family Recovery Weekend Retreats are a spiritual retreat focusing on the Twelve Steps, their biblical principles and personal stories reflecting God's work in their lives. These retreats bring a new dimension of hope to anyone struggling with sin. It provides individuals and families the assurance of continuing recovery. They are Christ-centered, focusing on the constant need for divine power to enjoy a healthy life. A church-sponsored event such as this encourages those in the process of recovery to view the church as a healing, comforting and nurturing community, fulfilling the invitation of Christ Himself, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." (Matt 11:28)

Weekend retreats are sometimes described as a mini-campmeeting for persons in recovery and their friends. Some of the weekend's activities include:

- ❖ Open speaker meetings along with profiles in recovery are shared by presenters and participants.
- ❖ Workshops deal with various aspects of recovery
- ❖ Prayer, music, and other planned activities often include children
- ❖ Some retreats include activities especially planned for the children
- ❖ Saturday evening is usually a time to celebrate recovery anniversaries with tokens representing the amount of time since the individual's recovery beginning date

For more information visit our website www.AdventistRecovery.org

SERVICES

■ Referral Services:

Very few churches are prepared to make credible referrals to members and neighbors seeking or needing professional help. For Christian practitioner referrals, contact one of the recovery resources listed below.

- ❖ American Association of Christian Counselors (AACC) Christian Care Network (CCN) Christian counselors are located in every state and province— find one near you today.
- ❖ The North American Division Family Ministries Department of the Seventh-day Adventist church is willing to assist you in locating an Adventist counselor in your area.
- ❖ Pastors both in the Seventh-day Adventist Church and other area Christian churches in the community are often helpful in locating Christian counselors.
- ❖ Hospitals, especially Christian hospitals, may also be helpful. Contact their chaplaincy department.
- ❖ Adventist Recovery Ministries Contact us directly for additional referral services such as Christian Recovery (Rehab) Centers.

Remember no two people are the same and no two counselors will be the same - professional Christian counselors will not undermine a person's fundamental beliefs.



"But He said to me, My grace is enough for you; for My strength and power are made perfect and show themselves most effective in weakness. Therefore, I will all the more gladly glory in my weaknesses and infirmities, that the strength and power of Christ may rest upon me!" – 2 Corinthians 12:9

CONTACT US



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"They will turn to the Lord, and He will respond to their pleas and heal them." – Isaiah 19:22



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