

## **PURPOSE AND USE OF THE ONE STEP TO FREEDOM CURRICULUM**

The purpose of this curriculum is more than merely to free persons from their addiction. It is to bring people into a saving relationship with Jesus Christ and to help them become true and spiritually healthy disciples of Jesus.

This curriculum is intended for use by a Christian church, or Christian church-related ministry, especially churches affiliated with Calvary Chapel. It can also be used for support and discipleship ministries. The lessons can be taught one-on-one or in a group setting.

With proper oversight, the lessons can form the basis of a program that qualifies for use with persons the court places on probation after being found guilty of a misdemeanor or felony.

It must be understood by all that the One Step To Freedom curriculum is a Christian-based program teaching biblical principles. The Holy Bible is the true syllabus for these lessons. Second Timothy 3:16 reads, "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness."

The One Step To Freedom curriculum in itself cannot free a person from an addiction without the help of the Holy Spirit and God's Word, the Bible. The person who desires to have victory over their addiction must first have a faith in Jesus Christ as their Savior and most importantly, as Lord of their life.

To be most effective, the place of meeting, materials used, and all persons involved in the One Step To Freedom ministry should be continuously covered in prayer.

## **MINISTRY GOALS**

### **Leader Goals for Teaching**

1. Teach the Word of God using the curriculum as a guideline.
2. Study the curriculum before the group meets. Ask the Lord for scriptural support.
3. Share beforehand with support people, things that God has impressed about the study.
4. Involve all persons in the group, using questions or encouraging them to read certain Scriptures (ask for volunteers).
5. Talk with the support people after the study.

### **Support Person Goals**

1. Listen to the leader.
2. Observe all responses to the leader. Do people understand the leader?
3. Assist the leader with expounding upon a certain point that may be misunderstood.
4. Talk with the leader after the study, briefly discussing your group sharing. If it is not possible to talk face-to-face, converse later by telephone, e-mail or text.

### **One-on-One Goals**

1. Encourage people to share how they came to the study.
2. Listen and discern the causes of problems (for example, not a believer, anger, etc.).
3. Watch for times and places where God may have been doing a work in their life (i.e., miraculous escape from drunk driving accident, etc.).
4. Be patient and sensitive as to where and when to begin sharing with them.
5. Share the simplicity and hope of the gospel message.
6. Get their names, telephone numbers, and e-mails to encourage them later.
7. Pray with them before the study is finished.

### **Prayer Goals**

1. Write down prayer requests for each person in the group.
2. Pray for newcomers.
3. Pray for every group.
4. Pray for the needs in the group.

## **COUNSELING GUIDELINES**

The purpose of a One Step To Freedom counselor is to share the love of Jesus with those who need comfort, encouragement, exhortation, and direction in their walk with God.

### **Keys to Counseling**

#### **Listen**

1. To be able to minister, first listen to find out what their needs are.
2. It may take time for a person to share what is on their heart. Be sensitive.
3. Establish good eye contact to show real concern.
4. Be patient when listening. Try not to interrupt or to become distracted.
5. Many people just want someone to listen. They are not asking for advice or counsel, but just for you to listen. That's okay.

#### **Use God's Word and Gifts**

1. Use God's Word in love as it applies to the person's needs.
2. Pray for God's wisdom and the gift of discernment to share in love.
3. Pray with the person concerning their needs, seeking God's direction and His will.
4. Always thank God in your prayer.
5. If applicable, share briefly your own experiences of how God helped you.
6. Encourage them to look to the Lord for their needs.
7. Use Scripture for answers. If you do not have any biblical insight, admit that you don't know. Seek additional help from other leaders or let them know you'll get back to them.

#### **The Do Not's of Counseling**

1. Do not give advice about their particular situation. Only use Scripture or pray with them.
2. Do not contradict God's Word.
3. Do not quote or use Scripture out of context.
4. Do not argue about the authority of God's Word.
5. Do not try to second-guess God's will for someone's life.

#### **Qualifications**

1. Be blameless: Read 1 Timothy 3:8-13
2. Be humble: Read 1 Peter 5:1-4
3. Be a servant: Read Acts 6:2-3
4. Be Jesus' disciple: Read Matthew 4:19-20
5. Be willing and available: Read Isaiah 6:8

*For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart (Hebrews 4:12).*



## PRESENTING THE GOSPEL TO SOMEONE WITH ADDICTIONS

*"And you shall know the truth, and the truth shall make you free" (John 8:32).*

### **Idolatry, Not A Disease**

In listening to someone with addiction, you'll soon discover that he or she follows a regular ritual (or pattern) of sin in his or her daily life. Whatever they're addicted to has become that person's idol. An idol is anything that has ultimate priority in a person's life, other than the God of the Bible.

The addict lives for their next "high." They become a slave to that idol and their entire lifestyle is built around allegiance to that substance or habit. Many will even become acute liars to cover their tracks.

The first thing the person needs to see is that he or she is an idolater, an addict—not a victim of a disease—and that he or she is worshiping and serving their desires, rather than the One and only true God, who alone deserves our worship.

Jesus said, "Whoever commits sin is a slave of sin" (John 8:34). Therefore, repentance is needed—not "treatment" for a disease. The person must switch their allegiance from this life-dominating sin (their addiction, "idol") to the living God. The person must turn from the sins that control them by allowing the Holy Spirit to control every area of their life. This is done by obeying God's Word.

### **Gathering Data**

In presenting the gospel, it is important to find out as much about the person as you can. Proverbs 20:5 tells us, "Counsel in the heart of man is like deep water, but a man of understanding will draw it out." And Proverbs 18:13 exhorts us, "He who answers a matter before he hears it, it is folly and shame to him." So it is wise to gather as much information before presenting the Gospel.

Questions that ask about their struggles are good. Ask for how long they've been having this issue. Who knows about their habit? How is it affecting their family? How is it affecting their job? What prompted them to begin in the first place—to get friends, because they enjoyed it, or was it because of something they were trying to escape; such as a bad relationship? Or was it because they wanted to make money?

When asking questions about the person and their lifestyle, you begin to find out what is motivating them—what are their idols? You may also discover a multiplicity of other sinful patterns in the person's life, such as lying, stealing, adultery, fornication, pornography, uncontrolled outbursts of anger, physical abuse, bitterness, etc.

### **Presenting the Truth**

Once you have obtained this information, pray and ask the Lord to give you wisdom, discernment and clarity on how to minister. After prayerful consideration, it may be time to present the truth to an individual. Truth, by its very nature, confronts a person with the reality of their sin and helps the person to see the effects of sin upon their life. As stated earlier in John 8:34, it's necessary for them to see that they have become enslaved, not only to their habit, but to sin in general. Their life is revolving around escaping reality into an altered state of consciousness because of their sin.

Present how their addiction is an idol in their life and point out the "rituals" associated with the idol they worship, like waking up every morning and lighting a cigarette, or drinking when they get off work. They may have other issues that need to be dealt with, but start with the greatest and most obvious one. Discuss how this idol is temporary and finite—it cannot solve their problem or save them. No matter how good or right it seems, the end of that path is destruction. Use these helpful Scripture references for clarification:

Proverbs 14:12: There is a way that seems right to a man, but its end is the way of death.

Proverbs 12:15: The way of a fool is right in his own eyes, but he who heeds counsel is wise.

Romans 6:21: What fruit did you have then in the things of which you are now ashamed? For the end of those things is death.

Galatians 5:19-21: Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

James 1:22: But be doers of the word, and not hearers only, deceiving yourselves.

### **Consequences**

Sometimes it is necessary to use the truth to show someone the consequences of following the path they have chosen. Help them to realize that their sin will catch up to them, if it has not already done so. This is using the gospel to persuade sinners. Paul said, "Knowing therefore the terror of the Lord, we **persuade** men ..." (2 Corinthians 5:11).

### **The God of Hope**

God's Word says that His truth can set a person free (see John 8:32). This is not to say that a physical, bodily dependence has occurred, possibly withdrawal symptoms; nevertheless, if a person is willing to admit their sin and ask God to forgive them, this cycle of sin can be broken. Once that occurs, a person's real need now is to turn from their false god (their idol of addiction) and to obey God's Word.



It is a matter of personal choice. God wants to break a sinful lifestyle and build a new one from the foundation. He is a jealous God who wants a person's total devotion (worship). If a person worships God and accepts Jesus as their Savior, He will make that person a new creation, completely doing away with the old. This is the good news.

"To open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me. (Acts 26:18)

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (2 Corinthians 5:17)

### **True Repentance**

Second Corinthians 7:10 says godly sorrow produces repentance leading to salvation, not to be regretted. This is always the first issue at the One Step to Freedom ministry. We cannot help those who will not turn their allegiance from idols to the living God. This must always be emphasized to the individual. God cannot help them if they willfully ignore or reject God's method of total change and repentance.

## QUICK ADDICTION ASSESSMENT TOOL

The following information was provided by The National Council on Alcoholism and Drug Dependence, Inc.

### **Warning Signs:**

The use and abuse of drugs are serious issues that should not be ignored or minimized and we should not sit back and hope they just go away. If left untreated, use and abuse can develop into drug dependence. As a result, it is important to recognize the signs and symptoms of drug abuse early. If you're worried that a friend or family member might be abusing drugs, here are some of the warning signs to look for:

#### **1. Physical and health warning signs of drug abuse**

- Eyes that are bloodshot or pupils that are smaller or larger than normal.
- Frequent nosebleeds—could be related to snorted drugs (meth or cocaine).
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Seizures without a history of epilepsy.
- Deterioration in personal grooming or physical appearance.
- Injuries/accidents and person won't or can't tell you how they got hurt.
- Unusual smells on breath, body, or clothing.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.

#### **2. Behavioral signs of drug abuse**

- Drop in attendance and performance at work or school; loss of interest in extracurricular activities, hobbies, sports or exercise; decreased motivation.
- Complaints from co-workers, supervisors, teachers or classmates.
- Unusual or unexplained need for money or financial problems; borrowing or stealing; missing money or valuables.
- Silent, withdrawn, engaging in secretive or suspicious behaviors.
- Sudden change in relationships, friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (arguments, fights, accidents, illegal activities).

#### **3. Psychological warning signs of drug abuse**

- Unexplained change in personality or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation.
- Lack of motivation; inability to focus, appearing lethargic or "spaced out."
- Appearing fearful, withdrawn, anxious, or paranoid, with no apparent reason.

### **Signs and symptoms of Drug Dependence:**

Drug dependence involves all the symptoms of drug abuse, but also involves another element: physical dependence.

**1. Tolerance:** Tolerance means that, over time, you need more drugs to feel the same effects. Do they use more drugs now than they used before? Do they use more drugs than other people without showing obvious signs of intoxication?

**2. Withdrawal:** As the effect of the drugs wear off, the person may experience withdrawal symptoms: anxiety or jumpiness; shakiness or trembling; sweating, nausea and vomiting; insomnia; depression; irritability; fatigue or loss of appetite and headaches. Do they use drugs to steady the nerves, stop the shakes in the morning?

Drug use to relieve or avoid withdrawal symptoms is a sign of addiction. In severe cases, withdrawal from drugs can be life-threatening and involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous and should be managed by a physician specifically trained and experienced in dealing with addiction.

**3. Loss of Control:** Using more drugs than they wanted to, for longer than they intended, or despite telling themselves that they wouldn't do it this time.

**4. Desire to Stop, But Can't:** They have a persistent desire to cut down or stop their drug use, but all efforts to stop and stay stopped, have been unsuccessful.

**5. Neglecting Other Activities:** They are spending less time on activities that used to be important to them (hanging out with family and friends, exercising or going to the gym, pursuing hobbies or other interests) because of the use of drugs.

**6. Drugs Take Up Greater Time, Energy and Focus:** They spend a lot of time using drugs, thinking about it, or recovering from its effects. They have few, if any, interests, social or community involvements that don't revolve around the use of drugs.

**7. Continued Use Despite Negative Consequences:** They continue to use drugs even though they know it's causing problems. As an example, a person may realize that their drug use is interfering with ability to do their job, is damaging their marriage, making problems worse, or causing health problems, but they continue to use.

After you've had enough dialog to determine that alcohol or drugs are currently part of the person's life, the following questions will help assess if there is an actual addiction to a substance (substance abuse).

1. Think about a typical day / week. On how many days do you engage in this substance or behavior? How many times per day?
2. Over the past year, tell me about the times you have tried to stop. How has that gone?
3. How are things going at work/school? Has your use been disruptive?
4. Are you able to function daily without using? Tell me about your mornings. Do you need to use to get going?
5. So, I know these two guys named Guilt and Shame. Sometimes they help people and sometimes they push people around. Do you know them? Tell me about your relationship with them.



6. Can you recall a time when you blacked-out or you had a hard time remembering what happened the night before?

7. Tell me about a time when you took an unusual risk to get your drugs or alcohol? Maybe a time when a harmful situation was caused by your use?

8. Have you progressively needed more of the substance? Or use more often?

9. Has anyone ever commented that they think you need to stop using or cut-down drinking?

10. How well are your relationships going with your family or longtime friends?

*If you are getting answers to these questions that further confirms that the addiction is current and acute, there is a strong indication that this person needs additional help. If they are currently under the influence, detox treatment may also be required. (For treatment additional resources call 1-800-NO ABUSE)*

## **ACCOUNTABILITY FOR RESTORATION (Go over with participant)**

Is there a person close to you that you can ask to be your accountability partner to help you pray when you are tempted to sin? When you first come to the realization that you have an addiction, tell someone close to you. The Bible teaches the wisdom in confessing your sin to another, so that another person can encourage you and help you in times of temptation. Choose someone you can trust and who loves you—who will be stern enough to put the following guidelines in place for you. **If you are a man, choose a man. If you are a woman, choose a woman as your accountability partner.**

**Give the name and contact information of your accountability partner to your Bible study group leader.**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Give your Bible study group leader's name and contact information to your accountability partner.**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

### **Accountability Observations**

*"As iron sharpens iron, so a man sharpens the countenance of his friend" (Proverbs 27:17).*

Be sure your accountability partner is observing you to make certain you have not been doing things related to your addiction—24 hours a day, 7 days a week. Encourage your accountability partner to keep you stable and responsible. Also, make sure they are aware of your present and past associations to make sure you do not contact previous relationships that enabled your addiction.

Tell your accountability partner that there is zero tolerance for your addiction. This is a life-or-death situation—physically and spiritually.

"The wages of sin brings death" (Rom. 6:23).

"Sin, when it is full-grown, brings forth death" (James 1:15).

### **Curfew**

*"Now the works of the flesh are evident...revelries...those who practice such things will not inherit the kingdom of God" (Galatians 5:19-21).*

The word "revelry" means late-night partying or according to the dictionary, "lively and noisy festivities, especially when these involve drinking a large amount of alcohol." Staying out late could be a temptation for you to socialize with people who may be involved with drinking alcohol.

A good curfew is 10 pm unless it's absolutely necessary (i.e., working, family, church function). Why? Staying out later than 10 pm leaves you open to temptation and situations that are not beneficial to overcoming your addiction. In the same way, if you need prayer, send a text instead of calling. Answering phone calls (for the accountability partner) after 10 pm could be enabling to the addict.

Ask your accountability partner to wait up for you and talk to you when you come home at night. Why? To make certain that you have not jeopardized your plan for victory that leads to restoration and wholeness.

### **Schedule**

*"A little sleep, a little slumber, a little folding of the hands to sleep, so shall your poverty come on you like a prowler" (Proverbs 6:10-11).*

Write a daily schedule each week and give it to your accountability partner. Why? To keep you accountable to go to work or school. This will also encourage you to go to places and meet with people who will benefit your restoration—and discourage you from going to places that will enable and prolong your addiction.

### **Bible Study**

*"Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth" (2 Timothy 2:15).*

Replace the time that you spent on your addictions with Bible study. Grab a church bulletin and note the days and times you can attend each week. Getting addicted to Jesus will overcome your struggles.

## **PRACTICAL ADVICE FOR ACCOUNTABILITY**

1. **Never ask or give money.** Money can never solve your problem or situation, no matter how much of an emergency or dire the situation (Proverbs 3:5-13).
2. **Do not visit places where you will be tempted.** It is wise to avoid people and places that will tempt you and lead you into your sin (Psalm 1:1-6).
3. **Erase all contact with former associates of past sinful behavior.** We recommend deleting phone/e-mail/Facebook contact with former associates who participated or encouraged a sinful life (Jeremiah 17:8-10).



## NEWCOMER'S QUESTIONNAIRE

DATE:

NAME:

CELL:

EMAIL:

M/F:

Age:

How did you hear about ONE STEP TO FREEDOM?

Would you like someone to contact you for prayer and accountability?

Do you have specific prayer requests?

Any other comments:

*Therefore if the Son makes you free, you shall be free indeed. (John 8:36)*