

2 0 1 2 S U M M E R E D I T I O N

the GABRIEL

CHRISTIANS IN RECOVERY NEWSLETTER

Your Internet community for recovery + Always available + always caring



Issue Focus:
The Family Afterward



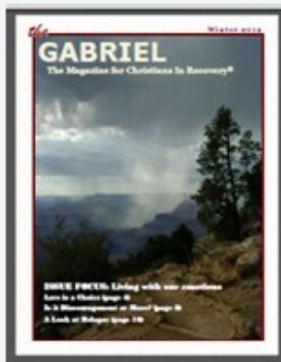
TABLE OF CONTENTS

- 3 **Musings** *Editorial by Clara T*
- 4 **Family Doesn't Come Easily** *CIR Bible Study on Proverbs 17:17*
- 5 **What Can You Do To Help Your Angry Spouse?** *by Angie Lewis*
- 6 **Help for Friends & Family of Alcoholics**
- 8 **Focus on Member Benefits: The Member's Library**
- 10 **Bible Study: Bring the Family Together** *by Jimmy Cathey*
- 11 **Step Study: Step Nine** *courtesy of 12step.org & posted on the CIR Forums*
- 14 **Christians in Recovery® News**
- 16 **Gleanings**
- 18 **When Families Fight** *by Sheri Leigh Adams*
- 21 **The 12 Steps for Those Who Love an Alcoholic**
- 22 **Christian Classic: The Parent's Duty** *by James Smith*
- 23 **Family Info & Help** *Excellent Booklets to help you*
- 24 **More Articles & Links**
- 25 **Top Five Rules For Finding Perfect Work**
- 26 **Poets Among Us**
- 28 **Self-Forgiveness** *by Yvonne Ortega*
- 29 **Enabling - the Wrong Kind of Help** *by Sheri Leigh Adams*
- 30 **Tip Sheet for Parents**
- 31 **Did You Know?** *What you get with your CIR Membership?*
- 32 **What are the Forums?**
- 32 **Forum Highlights**
- 33 **Family Life** *1st Corinthians 13...for Moms*
- 34 **CIR Benediction** *Transcript of Recent Workshop on Forgiveness*
- 39 **The Back Page**



TIP

For two page reading Set Adobe Reader — View>>PageDisplay = “Two up” & “Show Cover Page During Two-up”



Wondering if there are any more issues of the Gabriel? Well yes! View the most recent issues online as well as Archives of past Gabriel issues.

The Gabriel Archives are available on CD here:
<http://self-helpsoftware.com/Gabriel>

It would make a great gift to a fellow recovering Christian.

Have stories, poetry or original articles you would like to submit for publication in the Gabriel? Links to websites and original images are welcome.

Email your submissions to:

clara@christians-in-recovery.org

The Gabriel Archives:

http://christians-in-recovery.org/Tools_Gabriel_PastIssues



The *Gabriel* is a publication of [Christians in Recovery®](http://www.christians-in-recovery.org) dedicated to the uplifting and inspiration of it's members and friends. It is published 4 times a year, once each quarter.

The Gabriel Staff

Clara T.— Editor

Jim A.— Assoc. Editor & Contributor

Cindy B.—Associate Editor

Obie B.— CIR Executive Director

CIR Membership—Contributors

Christians in Recovery®, Inc. is a 501(c)(3) non-profit corporation. We are a group of recovering Christians dedicated to personal one-on-one sharing of faith, strength and hope as we live each day in recovery. We work to regain and maintain balance and order in our lives through active discussion of the 12 Steps, the Bible, and experiences in our own recovery from abuse, family dysfunction, depression, anxiety, grief, relationships and/or addictions of alcohol, drugs, food, pornography, sexual addiction, etc. CIR is comprised of people like you who become [Members](#) and/or [Donate](#). CIR is governed by a [Board of Directors](#) that meets on a regular basis.

Our Vision

It is the vision of the Board and Supporting Members of CIR to continue to use the latest technology, in addition to conventional means, to reach those who would normally not seek help--to catch those who fall through the cracks-- and to further spread Christian hope, healing and fellowship to those in need of recovery. Our vision is not just recovery but **to go well beyond recovery** so people can fully discover, explore and magnify all possibilities God intends for them as individuals.

Christians in Recovery® is NOT:

- A crises center or hotline
- A substitute for attending church
- A professional therapy group
- A substitute for professional help or assistance
- Geared to any one denomination
- Intended to replace secular recovery groups or meetings
- Intended to replace or undermine any other Christian organization or group.

<http://www.christians-in-recovery.org>

After the Honeymoon is Over

If you have the perfect family then this issue is not for you. But I don't know of one single family who could call themselves "perfect". There is a phrase from the "How It Works" that will resonate with anyone who has every been to an AA meeting. "*We claim spiritual progress rather than spiritual perfection.*" Can't we say that also about our families and relationships? These problems seem to really get noticeable after the "honeymoon" of recovery is over... when the work of life begins in earnest. Don't we often snap at those closest to us?!

This issue of the *Gabriel* is packed with relevant articles for all our imperfect families and friendships out there. Whether you're trying to stay clean and sober yourself or you are a family member or friend of someone struggling with life I think you'll read something to help.

We start off with a Bible Study from Proverbs 17:17, *A friend loves at all times, and kinsfolk are born to share adversity*. There are more original articles than in any other issue we've published to date. You'll find pieces on angry spouses, bringing today's family together, fighting families, finding the perfect job, self-forgiveness, enabling and even a "tip sheet for parents".

The CIR Focus this issue is on the Forums (also called Message Boards by our members) including a first-ever complete list of the Forum Categories and Topics for those who aren't familiar with the CIR Website. Forum highlights include a heartwarming story from our Inspiration Forum as well as one of the funniest jokes I've ever heard from the Humor Forum! The thought-provoking 1st Corinthians for Moms has a quote I'd like to put on my frig: "*If I live in a house that is spotless, perfectly in order, and people are not free to LIVE because my home is more important than my family, I have not love. I have kept a house. I have not made a home.*"

I hope that you will glean something in this issue that will help you find peace in our sometimes troubled, imperfect families and relationships! As we go into Autumn may you find leaves to scatter, walks to do, sunny days to bask in and raindrops to wash away your dusty cares. Until next issue—walk in love and peace and recovery!!

Clara T

Editor, *The Gabriel*



Family Doesn't Come Easily



A friend loves at all times, and kinsfolk are born to share adversity. [Proverbs 17:17](#) NRSV

These days everything is throw-away. We love our fast food disposable society. Our cars break down; we buy new ones. Our homes need remodeling; we buy bigger ones. Our relationships sour; we find new "families." We've lost an important sense of investment in life. Rather than invest, we throw out. And we fail to learn many important lessons when we live like this. We also may find ourselves on the short end of the stick when adversity strikes because we won't have established the kind of relationships and skills that are necessary to persevere through the hard times.

It's interesting that this proverb talks about "kinsfolk" as being those born to share adversity. There is an importance in family. If not, God wouldn't have equated the Church with family. In fact, the institution of family isn't an earthly creation, but rather a heavenly one: "For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name." ([Ephesians 3:14-15](#) NRSV). When we relate within a family structure, we are imitating heaven. And when we discard our family in the name of convenience or discord, we are denying the importance that God places on family.

The fact is, family doesn't come easily. Regardless of relation of blood or legal ties, a family is a group of people with different perspectives who will, at times, be in discord. Sometimes the hurt within family

members is so deep as to cause horrible discord. But as believers it is our job to rely upon the power of the Holy Spirit to look for ways to minister rather than ways to separate.

If kinsfolk are born to share adversity, then not only is our family to be there for us when we are experiencing adversity, but we are to be there for them! And even more so if we are believers and they are not. We live in the power of the Holy Spirit, able to express His fruit in our lives, to reach out to those who are hurting and lonely and angry in a far more able way than those who aren't saved. How sad that we often leave unbelievers to themselves to try to work out their adversity when we have living within us the One Who can vanquish all hurts, dry all tears.

If we look at this verse in a metaphorical sense, we are born (again) to share the adversity of the family, both our earthly family and our heavenly family. One of the purposes that we are left on this earth is to reach out to those who are hurting around us in the love and power of the Holy Spirit. If we believe that God truly loves us and will care for us, then we are able to shed our own personal concerns and be concerned for those around us. We are born again to share adversity. When we realize our purpose in life, we are more able to focus ourselves where we should, not on our own concerns, but on the concerns of those around us.

More Bible Studies Online



Find many more free Bible Studies like this one on the CIR Website free to read online or download for your study groups.

<http://christians-in-recovery.org/BibleStudies>

What Can You Do To Help Your Angry Spouse?



Anger never resolves issues. If you live with an angry spouse you should learn to detach so the anger won't gobble you up with it. **Anytime you retaliate with angry and abusive words back to an angry person you're fueling the fire.** Simply walk away. You want to put the fire out, not rekindle it. Anyone who lives with an angry person needs to learn how to emotionally detach from the anger. Don't let the abuse control how you feel or control what you do, or control your behaviors.

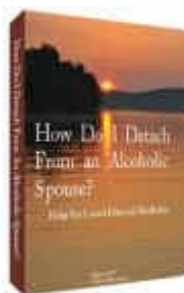
By learning to detach emotionally from the angry person you do not allow the abuse to control you. There is no reason you should take the brunt of anyone's abuse, ever. Leave the room. Go to a friend's house. Take the kids out for ice cream. Take a walk. But try not to fight back with an angry person—that's not going to get anything resolved. **Let your angry spouse know that you would love to talk with them when they are calm and ready to talk.** But as long as they remain filled with aggressive emotions you are unable to be around them.

Don't facilitate your spouse's angry outbursts; walk away, leave the room and or leave the home if you have to. Be an example—show the proper way for releasing emotions and stress through your own actions. When you detach in a loving way you send signals to the angry person that their behavior is not tolerable with you any longer. Eventually they will learn that if they want to get a point across, behaving verbally abusive is not the way to express it. When we detach from the angry person that is when they realize they have an anger problem.

Encourage your spouse to let go of hurt and pain they may be feeling inside. Let them know it is ok to talk about their feelings with you because you care about them and want to help. But understand it's like dealing with an alcoholic. They have to see the problem or wound within themselves and heal that wound through the only way that actually works, and that is through the acceptance and forgiveness of our Lord and Savior, Jesus Christ. **Pray for your spouse. Read the bible together.**

Anger is a sin because having an angry heart leads to violence, hatred and sometimes murder. What is within our heart and mind comes out in our actions. Angry people need God just like any other person who is controlled by an addiction needs God. God is our Healer!! Without Jesus Christ living within us we are nothing!!

*Copyright 2002-2012 by
Angie Lewis. All rights reserved.
Used by permission.
Angie is a noted author of*



How Do I Detach From an Alcoholic Spouse?

which gives you and your loved ones the encouragement and insight you need to overcome.

How to Start a Recovery Group

Christians in Recovery Meetings

*Alcohol, Drug, Sex, Food, Gambling Addiction,
Abuse, Grief, Anger, Codependency, Anxiety etc.*

Alcoholics Victorious Meetings

*Alcohol & Drug Addiction
AV is a program of Christians-in-Recovery®*

For more information see http://christians-in-recovery.org/AboutCIR_StartGroup

Help for Friends & Family of Alcoholics

It can be hard having a loved one who is an alcoholic. Those who do often struggle with these issues:

- Worrying about how much someone drinks
- Having money problems because of someone else's drinking
- Telling lies to cover up for someone else's drinking
- Feeling that the drinker loved you, he or she would stop drinking to please you
- Blaming the drinker's behavior on his or her companions
- Having plans frequently upset or canceled or meals delayed because of the drinker
- Making threats, such as, "If you don't stop drinking, I'll leave you."
- Secretly try to smell the drinker's breath
- Fear of confronting someone for fear it will set off a drinking bout
- Being hurt or embarrassed by a drinker's behavior
- Spoiled holidays and gatherings because of a loved one's drinking
- Fear of abuse by the drinker
- Searching for loved one's hidden alcohol
- Riding in a car with a drunken driver at the wheel
- Refusing social invitations out of fear or anxiety because of the alcoholic
- Feelings of failure when you think of the lengths you have gone to control the drinker
- Thinking that if the drinker stopped drinking, your other problems would be solved
- Threatening to hurt yourself to scare the drinker
- Feeling angry, confused or depressed most of the time
- Feeling there is no one who understands your problems



You are NOT alone! Help is available. You will find help on our Web site here:

- ◆ [Intervention Suggestions](#)
- ◆ [Christ Centered Intervention](#)
- ◆ [Frequently Asked Questions](#)
- ◆ [Where to Start Recovery](#)

We strongly suggest that you print out these helpful pamphlets and give copies to your loved one:

- ◆ [Day One: My First 24 Hours in Recovery](#)
- ◆ [The Next 24 Hours and the Rest of My Life](#)

Software for Recovery

<http://Self-helpSoftware.com>

To find help and meetings locally:

[International Directory of Christian Recovery Ministries, Groups & Organizations](#)

For more information about finding help for you or your family see :

<http://christians-in-recovery.org/>
[Issues](#) [ANON](#) [Alcohol](#) [InfoHelp](#)

AL-ANON

Al-Anon/Alateen Family Group Headquarters, Inc.

AFG

1600 Corporate Parkway

Virginia Beach, VA 23454-5657

1-800-356-9996

<http://www.al-anon.org/>

AL-Anon will teach you how to handle an alcoholic and
you will also learn how to cope with this behavior.

They offer a self-help recovery program for families and friends of alcoholics whether or not the alcoholic seeks help or even recognizes the existence of a drinking problem. Phone them for information and the location of the nearest meeting. Then get to those meetings!!



Official Alcoholics Victorious Headquarters Website
Serving Your Needs for 64 Years!

Founded in 1948, Alcoholics Victorious support groups offer a safe environment where recovering people who recognize Jesus Christ as their "Higher Power" gather together and share their experience, strength and hope. AV meetings use both the [12 Steps](#) and the [Alcoholics Victorious Creed](#). **Need help? [Contact Us](#)**

[Find an AV Group](#)

[Alcoholics Victorious FAQ](#)

[Doctrinal Statement](#)

[Suggested Reading](#)

[Christian Recovery FAQ](#)

[Daily Blog](#) | [Daily Article](#)
by Christians in Recovery

[The Gabriel Magazine](#)
by Christians in Recovery

[Philosophy of Addiction](#)

[Start an AV Group](#)
(Info & Application)

[Group Materials Order Form](#)
see: [Manual](#), [Chips](#), [Key Rings](#), [Pins](#)
"Alcoholic Victorious" by Jerry Dunn

[Recovery Library](#)

[About Support Groups](#)

[Bible Verses for Recovery](#)

[Subscribe to Recovery News](#)

[Contact Us](#)



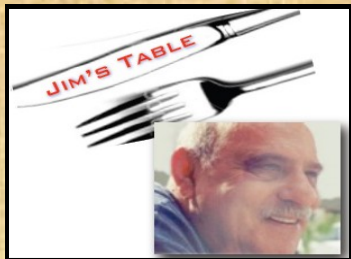
[See Our Video!](#)



a program of

Christians in Recovery

<http://christians-in-recovery.org>



Consciously Intend to Receive only Love

Original article by Gabriel Associate Editor, Jim Aquila

An Ideal Relationship

Husband and wife have a solemn responsibility to love and care for each other and for their children. Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

Wearing a Mask Of Deception

The ideal life within a family is unfortunately not as rosy today. Does it ever feel like you're being swept along by life, powerless to implement any positive changes? We often use phrases like "oh, that's just life" or "life isn't fair" – and while these can sometimes help us accept the daily ups and downs, they also give the impression that life isn't really under our control.

Suppose I tell you that there are obstacles a family will come face-to-face with? Suppose I suggest how they may be avoided, even converted to good use. For instance, the family of an alcoholic longs for the return of happiness and security. They remember when father was romantic, thoughtful and successful. For many, today's life is measured against past behavior and, when a quick-fix falls short of glory, the family may fall back into a world of turmoil and uncertainty. Families lie at the center of our Heavenly Father's plan. This bold statement shouts out to the world declaring the responsibility of parents is to maintain their family in good orders.

Surviving In Enemy Territory

When we struggle with addictive behavior we are blinded by all the possibilities that our eyes see. In

fact we are as blind as a rock, and giving in to the enemy daily. It is only when we become mature spiritually that we begin to understand how the adversary (Satan) has influenced the world around us. He is in homes, in entertainment, the media, and in the language we speak, yes everything around us. In most cases, his/Satan's presence goes undetected.

In life wisdom is the principal thing - reshith chochmah, "wisdom is the principle." It is the punctum saliens in all religion to know the true God, and what he requires of man, and for what he has made man; and to this must be added, under the Christian dispensation, to know Jesus Christ whom he hath sent, and for what end He was sent, the necessity of his being sent, and the nature of that salvation which he has bought by his own blood. Therefore get wisdom," and I might add, "With all [your] getting get [going!]"

Sweet Whisperings

The most difficult of times is that time when we must go it on our own. Sometimes when you have made a mistake, you may have said afterward, "I knew I should not have done that. It did not feel right," or perhaps, "I knew I *should* have done that. I just did not have the courage to act!" Those impressions are the Holy Ghost attempting to direct you toward good or warning you away from harm.

For those of us who struggle with the smallest chore; who find that we are always trying to find our way without giving up our way, the first thing to do is make a "to do" list, putting prayer at the top. Most of the time, your prayers will be silent. Did you know that you could think a prayer? In this way you can always have a direct line of communication with your Father in Heaven. Do not allow the adversary to convince you that no one is listening on the other end. Your prayers are always heard. You are never alone!

Focus on Member Benefits: The Member's Library

Just a small sample of some of the eBooks and Software available FREE for CIR Members

- ♦ **12 Steps**
[AA 4th Step Inventory](#)
[12 Steps of Life in Jesus Christ](#)
[The Power to Change](#)
Also see: [12 Step Bible Study Software](#)
- ♦ **Alcoholics Anonymous Big Book & Related**
Alcoholics Anonymous Big Book
[PDF File \(Adobe Acrobat\)](#) | [Zip File](#) | [EXE File](#)
[Big Book Concordance](#)
- ♦ **Addiction**
[40 Days to Freedom](#)
[Conquering Chemical Dependency:](#)
[A Christ Centered 12 Step Process](#)
[How the Naked Ape Got to the Land of Nod](#)
The book that explores alcoholism among the waves of Genesis Light. By Edwin Gerler. This book is for everyone in recovery. We are able to offer this to you by special permission of the author.
- ♦ **Codependency & Relationships**
[Conquering Codependency:](#)
[A Christ Centered 12 Step Process](#)
[First Aid for a Wounded Marriage](#)
by Marilyn Phillipps. From [University of the Family](#)
- ♦ **Counseling & the Bible**
[Against Counseling, for the Bible](#)
[Christ Centered Ministry vs. Problem Centered Counseling](#)
[Study Guide](#) NOTE: CIR does not agree with everything written in these books but some thought provoking points are made.
- ♦ **Cults, New Age & Witchcraft**
[Unholy Spirits:](#)
[Occultism and New Age Humanism](#)
- ♦ **Discipleship**
[Thirty Discipleship Exercises](#)
by Billy Graham Evangelistic Association
- ♦ **Divorce and Relationships**
Second Chance: Biblical Principles of Divorce and Remarriage
[HTML](#) | [PDF \(Adobe Acrobat\)](#)
- ♦ **Building Faith**
[Productive Christians in an](#)
[Age of Guilt Manipulators](#)
[Faith with Reason: Why Christianity is True](#)
[Liberating Planet Earth: An Introduction to](#)
[Biblical Blueprints](#)
[HTML](#) | [PDF](#)
Does the Bible have answers for the complex challenges of Marxism, Communism, Liberation Theology, and New Age Humanism? Yes! This is perfect for the skeptical agnostic, the Christian influenced by existentialism, or the new Christian as well.
- ♦ **Eating disorders**
[Conquering Eating Disorders: A 12 Step Process](#)
[The Remuda Review](#) - a quarterly Christian newsletter for eating disorders.
- ♦ **Health & Healing**
[The Quest for the Best Within](#)
- ♦ **Mental Health**
[Living Free: Demolishing Strongholds](#)
[Moving Beyond Your Past](#)
- ♦ **Recovery Professional's Resources**
[NIAAA Alcohol Problems in Intimate Relationships: Identification and Intervention](#)
[Helping Patients Who Drink too Much](#)
[Surgeon General's Call to Action to Prevent and Reduce Underage Drinking](#)

BIBLE STUDY

Bring the Family Together



...Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand: Matthew 12:25 KJV

The wisdom and grace of Jesus tells you about the consequences of a kingdom divided against itself. In chapter 9 of the AA book, it says, "All members of the family should meet upon the common ground of tolerance, understanding and love." The entire family must all come together to solve problems. Recovery does not mean, "I am in control again". In many ways the house is still divided, even though you might not see it. Problems of money, health, and community relations still need to be addressed. Steps 4 and 5 help to remind you about that. If you own a home and you were not making mortgage payments, you could be facing foreclosure, and maybe even repossession of your car. When you think about how to keep your house standing, remember that you have to take everything to God in prayer. What can you do to make sure the house will still stand? What can you do to meet on common ground with the rest of the family?

Have a plan.

Family meetings are a significant step in the right direction. When you remember chapter 9 says to meet upon common ground, you set in motion foundation to give every family member a voice. Everybody needs to be heard. The good with the bad. Some things will be good to hear others might cause discomfort. When you struggle with something you heard, talk to your sponsor, call somebody, go to a meeting. Whatever happens, do not give up and feel that there is no hope for resolution.

When families come together on a regular basis, they will develop the trust and confidence they will need to deal with issues and concerns that happen in recovery. Issues like getting caught up on back payments, or completing court obligations are just a couple of examples. The family does not have to meet every week

at the exact same time. Make sure they happen often and everybody attends.

Have an issue to discuss.

Remember there are good issues as well. Talk about them. Getting a job is a good thing, graduating to the next phase in drug court is a good thing. Don't make it all doom and gloom. If there is an emergency that should be talked about first. When everybody knows what to expect and can plan, the family and all family members will understand and know that their issues will be heard.

Problem solve.

Listen for way to solve a problem. Ask for suggestions and about ways to prevent future problems. If everybody has voice, everybody is heard. You might have the answer but you might not know how to make it work to solve the problem. Addiction and alcoholism clouded reality for a very long time. The serenity prayer lays it out for you. Serenity, acceptance, courage and wisdom.

When you and the family talk about things, you will build a house that is not divided because it will be built on a solid foundation of love, trust, forgiveness, understanding, and God consciousness.

God be with you all.



Copyright 2009-2012 by Jimmy Cathey. All rights reserved.

Used by permission.

Jimmy is a freelance writer who has worked for many years as a certified substance abuse counselor and program administrator in Hawaii and California. His blog Addiction Basics

<http://jcreadingwriter.wordpress.com/>

is there to help those who want to find out more about addiction and ways to develop a support system.

[Email Jimmy Cathey](mailto:Jimmy.Cathey@gmail.com)



Notes on Step Nine

STEP STUDY

Submitted by Bob R. to Step Forum
Original from <http://www.12step.org>

"Made direct amends to such people wherever possible, except when to do so would injure them or others." Step Nine, Alcoholics Anonymous

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

-A.A. Big Book p.79

After we have made a list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Twelve Steps and Twelve Traditions, p. 83

Timing is an essential part of this step. We should make amends when the first opportunity presents itself, except when to do so will cause more harm. Sometimes we cannot actually make the amends; it is neither possible nor practical. In some cases, amends may be beyond our means. We have found that willingness can serve in the place of action where we are unable to contact the person we have harmed. However, we should never fail to contact anyone because of embarrassment, fear or procrastination.

...In some old relationships, an unresolved conflict

may still exist. We do our part to resolve old conflicts by making our amends. We want to step away from further antagonisms and ongoing resentments. In many instances we can only go to the person and humbly ask for understanding of past wrongs. Sometimes this will be a joyous occasion when some old friend or relative proves very willing to let go of their bitterness. To go to someone who is hurting from the burn of our misdeeds can be dangerous. Indirect amends may be necessary where direct ones would be unsafe or endanger other people. We can only make our amends to the best of our ability. We try to remember that when we make amends, we are doing it for ourselves. Instead of feeling guilty and remorseful, we feel relieved about our past.

- Narcotics Anonymous Basic Text, Chapter 4/Step 9

The making of amends needs to be approached cautiously by codependent people. There are three things amends are or can be. There is one thing they definitely should not be.

Amends can be these things:

1. Sincere efforts to offer apology for past harm.
2. Wonderful bridge-builders for more positive future relationships.
3. Effective agents for removing the tremendous weight of guilt, shame, and remorse.

The one thing amends should never be, though, are installment payments on false guilt or false shame...

There are five categories of persons to whom we may consider making amends. Notice how this contrasts with what we did in Step 8. There we included everyone to whom we were willing to make amends. In Step 9, however, as we prepare to execute this step, we use a high degree of discretion regarding to whom we will make amends and when this should happen...

- Serenity, A Companion for Twelve Step Recovery, p. 62, 63

We will need to have the proper attitude as we approach this step. First, it is good to have forgiven both

ourselves and the people we injured, regardless of anything they might have done to retaliate. We will not succeed in resolving the conflict if we are still angry and defensive.

Second, we need to have a good idea going into the encounter about what we want to say and accomplish. Most importantly we want to make sure we state our apology without assigning any blame to the ones we injured. We must act responsibly as we make our confession and attempt amends, having thought through all the possible consequences so that we will not be caught off guard and be provoked to anger. A rehearsal with a sponsor, therapist, or friend may help prepare us.

We need to be open to any response we get from people we've injured, and be ready to accept their response without becoming angry. We are not there to manipulate them into forgiving us. In order to have this come off smoothly, we should make every effort to purge our bad feelings toward the person or incident before we meet to speak. This will help us resist the temptation to point out to them what we felt they did to provoke us. We are only there to talk about our own behavior.

It is also a good idea not to take the other person by surprise. They have a right to know that you intend to make amends. They have a right to refuse to let you do this at this time....You can leave an open invitation to talk whenever and wherever they might feel comfortable at some time in the future.

The Twelve Step Journal, by Claudette Wassil-Grimm, p.224-5

When we make amends we are simply telling the person we harmed the truth about our actions as we now see it, trusting that the healing, the self-acceptance, and the serenity we will gain is worth the rejection we may encounter. We are trusting that God and our fellow seekers in this Way can do more to bring us to happiness and intimacy than any negative opinion could hurt us. Although this risking of open rejection by those to whom we make amends is frightening, we have the experience of thousands of people who have taken this step before us to encourage and strengthen us as we go. After making amends to all the people we listed in Step Eight, we begin to experience the "promises of the program"...

Doing Step Nine correctly also takes courage, pru-

dence, good judgment, and a careful sense of timing. If you are just coming into the Twelve Steps as you read this, remember that you're not ready to do Step Nine yet. You've got eight steps to walk through first. By the time you get to this point you may be amazed at the way you have become ready to trust God and do Step Nine....

- A Hunger for Healing, by Keith Miller, p. 148

As you can see, this will be a lengthy, difficult, soul-searching process that requires creativity and courage. Your guides can be important here. By reviewing your process as you go along, they can help you stay in reality. Maybe they will have different reactions to the events than you have, or perhaps they will challenge your intentions or suggest alternative actions. Remember, these amends do not have to be done all at once. You deserve time to think and feel the process through. Again, gentleness is your goal.

- A Gentle Path Through the Twelve Steps, by Patrick Carnes, p. 161

See more original articles on the steps at:



**Christians in
Recovery®
Sponsorship**

The Christians in Recovery® (CIR) site is visited by thousands of Christians and people in recovery. Users have praised the CIR site for helping them and their families.

The front page alone of CIR receives over 200,000 page views / 90,000 unique visitors per month. The entire site receives over 10 million hits per year. Your group will get the exposure you need and benefit by becoming a sponsor. Your ad will reach a very targeted audience: Christians and People in Recovery. Sponsorships are available to any Recovery group or organization, Christian ministry, Christian-based web site, or business that upholds Christian values. Each sponsor is subject to approval.

Questions?

Contact Us

Outreach, Programs & Services

Christians in Recovery® provides information, referral and resources for anyone who is in recovery or who **desires to recover** from abuse, family dysfunction, depression, anxiety, grief, stress, etc. and/or obsessive/compulsive behaviors, addictions of alcohol, drugs, food, sex, gambling, pornography, etc.

You get what you pay for. Other sites on the Internet are not nearly as comprehensive as CIR. They may have message boards but they are not monitored and they have no chat. They might have a chat room but no formal scheduled or monitored chats and no information and resources. Other recovery sites will not respond to your emails. We respond to you immediately and always within 12 hours.

Each day the CIR website is visited by over 1,200 people looking for help and resources. Requests for assistance are also received by telephone, fax, email and the postal service. In the past year Christians in Recovery® has assisted over 450,000 people all at **no charge** to them. This is made possible by those who become Members of CIR and those who make donations.

We provide a Christian Online Community that is rich in content and helps our members grow spiritually. Three separate, comprehensive web sites that require daily maintenance and updating are administered. These sites contain over 10,000 pages of information and resources for Christians, recovering people as well as their loved ones and families.

A Daily Recovery Thought, Scripture, Prayer and Tip are mailed out each day. Every month the CIR News containing a wealth of recovery information is sent out. Our Message Boards and Chat Rooms help to further people's recovery walk, enhance the Christian recovery community and help people to grow spiritually.

Christians in Recovery® is NOT:

- A crises center or hotline
- A substitute for attending church
- A professional therapy group
- A substitute for professional help or assistance
- Geared to any one denomination
- Intended to replace secular recovery groups or meetings
- Intended to replace or undermine any other Christian organization or group.

There's no budget, staff or facility for advertising and promotion. CIR depends on word of mouth to grow and let others know our resources are available to them. If you have benefited from these pages and you would like to join us in the work we do and become a member of Christians in Recovery® or donate. Our funding comes from people like you who make this important ministry possible.

VOLUNTEER OPPORTUNITIES @ CIR

Service Work is essential to recovery and Christianity. All volunteer opportunities can be done from your own home according to YOUR schedule.



So it is with faith: if it is alone and includes no actions, then it is dead. But someone will say, "One person has faith, another has actions."

My answer is, "Show me how anyone can have faith without actions. I will show you my faith by my actions."

James 2:1 7-18



- **Become a Meeting Host**
- **12th Step Committee**
- **Sponsor Someone**
- **Provide a Scholarship**
- **Moderate a Message Board**
- **Be a Chat Room Greeter**
- **Volunteer Coordinator**
- **Write Website Content**
- **Become a Prayer Warrior or Prayer Warrior Coordinator**
- **Grant Writing**
- **Serve on the Board of Directors**
- **Distribute CIR Brochures to your church, recovery group and colleagues**
- **Represent CIR at a Recovery Seminar in your Area**
- **Offer you Ideas and Talents if you have other ways to help!**

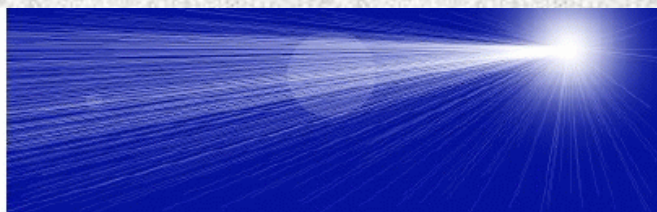
Contact us now.

We want to hear from you!



Christians in Recovery®

Your Internet Community for Recovery
Always Available, Always Caring



Christians in Recovery® News Summer 2012

Anyone can [Subscribe for Free](#)
Make the CIR News possible. Please [Donate](#) or [Sponsor](#).

ANSWERS

Having trouble with God's Discipline?

[Accepting God's Discipline Takes Great Faith](#)

TIP FOR SUPPORTING MEMBERS

[Change your password at any time.](#)

[Just log in to the front page of the CIR web site:](#)

<http://christians-in-recovery.org>

[Then go here: https://christians-in-recovery.org/user/me/edit](https://christians-in-recovery.org/user/me/edit)

[Not a CIR member yet? Learn the Benefits of Membership](#)

[Join us: Click Here](#)

FOUND ON THE NET

[Sober World Radio](#)

[Free Ebook – Discovering Wisdom in a Foolish World](#)

HELP FOR RECOVERY

[The Truth Shall Set You Free Seven Part Bible Study for Recovery](#)

[True Peace Beyond What We Know and How We Can Have It Daily](#)

[Homosexuality: The Root Problem, Repentance and Growth Six Part Series](#)

TOOLS THAT MAKE A DIFFERENCE

[Biblical Wisdom for Your Marriage: True and False Wisdom](#)

[12 Step Information, Studies, Bible Studies & Worksheets](#)

DID YOU KNOW?

[The 12 Steps to Total and Complete Insanity](#)

QUESTIONS ANSWERED

[What is Hope? Why Do We Need it?](#)

[I have asked God for forgiveness, do I have to ask my spouse too?](#)

VOLUNTEER OPPORTUNITIES

[CIR's goal is to have a member available in the chat rooms 24/7. Not to counsel but to be available to listen and with which someone can talk informally.](#)

[If anyone is interested please Contact Us with your name, email address and the day\(s\) and time\(s\) you would be interested in doing this. Again, you are not there to counsel anyone. All you need to do is be a good listener and share your own experience, faith, strength and hope with others.](#)



Self-helpSoftware.com

CHRISTIAN RECOVERY READING

Hope and Help - Gambling

You will learn about the heart issues that produce a desire to gamble. You will gain Hope and practical Help from the biblical approach to dealing with the heart issues of gambling. Authored by Mark Shaw

Hope and Help - Homosexuals

Demonstrates that homosexuality is not genetic in origin. Rather, it is a learned behavior. Changing this behavior is possible, thereby completing the circle of hope for both the individual and family. Authored by Howard Eyrich.

Hope and Help - Self-injurers and Cutters

"Cutting" is a complex, dangerous, and addictive-like behavior. This will give you insight for dealing with this problem from a Biblical perspective.

FOR RECOVERY PROFESSIONALS

Interested in Getting a Masters Degree in Counseling?

Web site dedicated to finding the best Masters in Counseling schools in the US and helping students find the right college to fit their needs.

<http://www.mastersincounseling.org>

RECOVERY EVENTS, COURSES & CONFERENCES

NET Institute Center for Addiction Recovery & Education

offers certified online courses and training DVDs. Get certified to help others.

[Complete Course Listing](#)

City Vision College

Offers Online Courses

Get accredited bachelor's degrees in Urban Missions and/or Addiction Studies

[Enroll Now](#) || [Download Course Catalog](#)

TechMission and City Vision College

<http://www.techmission.org>

<http://www.cityvision.edu>

Phone: 816-960-2008 City Vision

College Academic Office

Contact: Rachael Jarboe

Email: rjarboe@cityvision.edu or rachaelj@techmission.org

SoulCare 101 for Pastors, Counselors and Friends

Enhance your personal or professional ministry through this course as you learn how to engage in other people's lives at a meaningful level and make a lasting difference. Join Dr. Larry Crabb in this course which focuses on the inner life, where we become who we were intended and long to be.

Archives of Past Issues

The Sharing of Marriage

from the Humor Forum

The old man placed order for one hamburger, French fries and a drink.

He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife.

He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them. As he began to eat his few bites of hamburger, the people around them were looking over and whispering. Obviously they were thinking, 'That poor old couple - all they can afford is one meal for the two of them.'

As the man began to eat his fries a young man came to the table and politely offered to buy another meal for the old couple. The old man said, they were just fine - they were used to sharing everything..

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said 'No, thank you, we are used to sharing everything.'

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked 'What is it you are waiting for?'



She answered....

(Go to back page to see what she said!)

FREE EVERYDAY!

Today's Blog

FREE

Daily Articles

FREE

Gabriel Magazine

FREE

Daily Thought & Scripture

FREE

GEEZUS

The Stupid Things You
Do with Your Money
(and How to Fix Them)

<http://lifehacker.com/5892103/the-stupid-things-you-do-with-your-money-and-how-to-fix-them>



Ruth's awesome
photography



KENAI

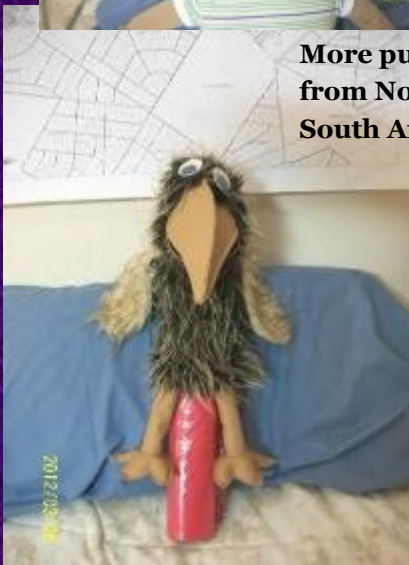


ZORRO

When have you questioned
why bad things happen to
good people?



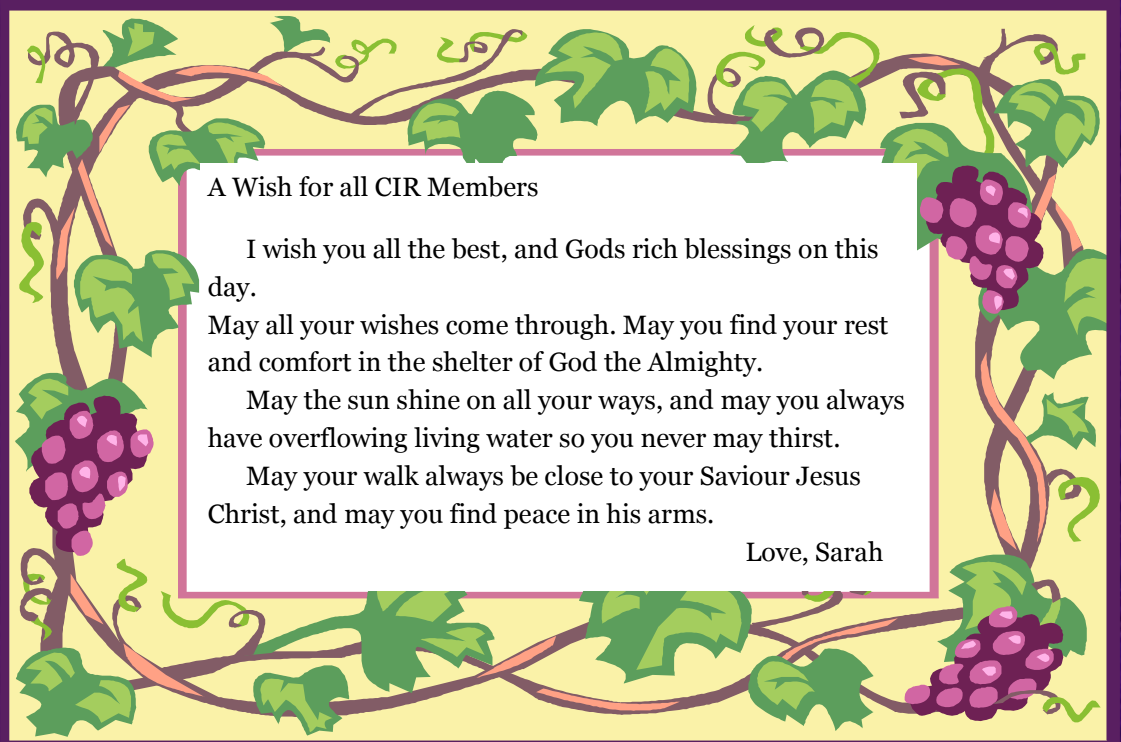
More puppets
from Noreen in
South Africa!



" i want to follow JESUS in everything i do, & let the light inside of me just keep right on shining through"



Funny Pic of Solomon



SWEDEN!



I get down on the dumps. Sometimes I think I am banging my head against the wall trying to spread the Gospel and the Good News of recovery. There is so much misery around. But then I hear from someone whose life was totally changed by hearing the message and that makes it all worth it.



Who in the entire universe knows you better than your family? Who do you spend at least the first 18 years together with on a daily basis (in functional families)? You eat together, talk together, go places together, worship together, pray together, have fun together, grow together and so on. If you've ever watched the television show 7th Heaven, you may be aware of their opening theme song:

"Mmmm, 7th Heaven, when I see their happy faces smiling back at me, 7th Heaven, I know there's no greater feeling than the love of family. Where can you go, when the world don't treat you right? The answer is home; it's the one place that you find, 7th Heaven, mmmmm 7th Heaven."

If you haven't figured out by now, I'm a BIG fan of the show - watch it everyday on Vision TV. But they have a point; where in the world can you go when you are not treated right, if not your family?

I like 7th Heaven because it shows a fairly accurate representation of what a typical functioning family's dynamics are like. Brothers and sisters fight amongst each other but when it comes to someone else interfering or hurting one of them, they all come together and support and lift each other up. They may fight for a few days, but eventually, they get past the hurtful words, betrayal or bribe and become that loving, caring and united family they desire to be.

In our world today, there are possibly more broken families than in our long history behind us. Divorce is more common now than in any other time and is more accepted. Children are abusing their bodies with cigarettes, alcohol, drugs, sex and self-abuse of other forms. Predators hungry for power and sex are everywhere and our justice systems offers very little justice for the victims of violence.

I hear many people, including my own mind, asking the question of what has gone wrong that our world is so violent and out of control. I know the answer. It's in the Bible. All life's answers are in the Bible. As the end times draw nearer and nearer, things are going to

become more and more unthinkable and more and more challenging for the Christian alone and the Christian family. Anyone who reads their Bible knows these things. Jesus spoke of one of His purposes in coming to Earth in human form. He said He came not to bring peace, but a sword - which means division.

[Matthew 10:34-35](#) (New Living Translation)

When Families Fight



"Don't imagine that I came to bring peace to the earth! No, I came to bring a sword. 35I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law."

If Jesus said it, there must be a reason for it because God is not a God of arguments, fights and disunities. So, sometimes it baffles me why Jesus would say this, because He is, after all, the Prince of Peace. But the reason He DID say this is because to follow Him is greater than abiding by family loyalties. If God were to ask you to go to Asia as a missionary and your family was not in favour of this, you would have a decision to make. Do you stay and ease your

family's fears, concerns and demands, or do you follow God's command, deny your family and abide by God's will for your life?

You can now see where the conflict comes into play. For the most part of your life, you have spent it pleasing your family, doing well at school, being kind, polite and going out on family gatherings, making many momentous memories. Now you are called to Asia to minister the Gospel to those who have not yet heard and you have your family pulling you one way and God saying, "I want you to go this way."

If you choose your family over God, you are saying that God is less important than your family's happiness. And while their happiness is important, God's will is still more important. This is where the division in the family comes in. And each family member will eventually have to go through something like this, where they must follow God's leading or stay and nur-

ture their family's dependencies.

1 Corinthians 1:10 *Now, dear brothers and sisters, I appeal to you by the authority of the Lord Jesus Christ to stop arguing among yourselves. Let there be real harmony so there won't be divisions in the church. I plead with you to be of one mind, united in thought and purpose.*

This passage was actually to deal with arguments that were occurring in the church at the time, but it can be applied to the family as well. After all, it is in the family that we learn the majority of our social dynamics. If we are constantly in conflict with each other at home, how much moreso will we be in conflict with those around us? And yet, sometimes it is easier to get along with "strangers" or friends/acquaintances than it is families. Why is that? I believe it is because we do not spend the majority of our learning lives living with our friends, acquaintances, co-workers and so on. We don't have nearly the time to get into disruptions. But at home, we eat in the same kitchen, share the same bathrooms, relax in the same room and are just always with each other. It gives us an overdose of time to disagree with one member or more of the family.

And isn't it much safer to disagree with our family than with people like our friends, co-workers, bosses and teachers? After all, our family members will love us unconditionally, or they should, whereas teachers, bosses, friends and so forth are under no obligation to even give us the slightest thought.

So, how does a family go about resolving conflict? I am no professional, but from personal experience I would suggest the following steps:

1. Each person go off on their own and pray about their part in the disruption. Ask God's guidance for his/her life, and if needs be, forgiveness for their part.
2. Individually, consult the Word of God regarding what your disagreement is about. What does God's word tell you is right in His eyes.
3. Come together as a family, praying before you begin to talk, asking for the Holy Spirit's presence, peace and guidance.
4. Each person be allowed to speak without any other person interrupting them. Let each person

speaking his/her mind without disruption of any kind.

5. Use "I" statements. In other words, don't say things like, "you always....and you never let me..." Instead, say something like, "I've noticed that I am not allowed to anymore and I feel that it is unfair. And also "I feel like I am not allowed to and I don't understand why not. I feel it is unfair and I would like to discuss some options. Don't point the finger by saying "you won't let me..." Accusations will always bring resentment and confrontational attitudes.
6. When one person is done speaking, allow the others to respond. But first restate what you thought the person was saying, in case you misunderstood what they were saying. Say something like, "I hear you saying..." If it is right, you can go forward. If there was a misunderstanding, allow the person to clarify their meaning. When there is total clarification about the points made, let there be open discussion about what was said. Keep voices low, calm and understanding. Always allow each person in the discussion to have their say and allow each person to respond non-confrontationally.

By following this simple setup, you should be able to come to some sort of agreement and be able to get back to being a loving family, supporting each of its members unconditionally. If no resolution is made, family mediation may be required. A pastor, a counselor or a social worker, may be of some use. It may only take one session to clear things up and get answers. If the subject is deeper and more wounding,

So, how does a
family go about
resolving conflict?



more sessions may be required.

But never give up. God will never give up on you, therefore, you should never give up on each other, no matter how tough it gets. Sometimes all that is needed is a time out for each person involved - one may take a walk, one may take a long bath, another may listen to some music. Take whatever time you need to calm down or to remain at an even keel, but NEVER give up on your family. Your family is the gift that God has given you. What greater gift can God give than people who will be your friends for yours and their entire life? Who will love you and accept you, prayerfully, unconditionally.

But families will fight. Everybody has their own ideas, their own will and most people want their own way. This will always lead to some sort of conflict. But it is okay for people to have different ideas, wills and so on, so long as it does not break the ties that bind the family together. When a family cannot get it together and get on with being unconditionally loving, accepting and forgiving, then Satan is at work and there is no glory for God.

The Bible tells us how our character should be:

Galatians 4:22-23 says: ²²*But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness,* ²³*gentleness, and self-control. Here there*

is no conflict with the law.

It also says in 1 Corinthians 13:4-8a:

Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. It is never glad about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. Love will last forever. So, if truly we are Christians, our lives should display : love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, forgiveness, truth and justice.

If we cannot be these things to our family members, who are closest to us and know us better than anyone aside from the Lord, then how can we display these characteristics towards others in our lives? It is my belief that the order of loyalty goes as such: God, family, friends and all others.

Sometimes you may have to deny your family and what they think about a certain situation and that may cause disruption in the dynamics of the family. But if each one is willing -- and each one MUST be willing for it to work, there can be an agreement and understanding met, if God is allowed to be the centre of each person's life and the family's life.

Resolving conflict with family is no different than re-

solving conflict with anybody else, other than your family will always be your family, whereas your friends, may not always be your friends. Despite the fact families grow and sometimes go separate ways, they remain a family and there are ties that keep them bound together. But friends, co-workers and such will come and go like sand on the seashore.

If there is no resolution after all these processes, you must follow your heart, which is where God will lead you from. And though it may hurt your family if you go according to God's will, it will not harm them. There is a difference.

Hurt according to the Thesaurus means: injure, wound, and impair.

Harm means: damage and destruction.

So if we hurt somebody, we are to presume that they will eventually heal. Most wounds or injuries are able to be healed with the right aide. But to harm somebody means to destroy them, and to permanently damage them beyond recovery.

Sometimes following God's will is a hard road to follow. Family is very important to most people. Why are there so many holidays where families can gather to restore, have fun, unite and enjoy each other? Family is the most important union on the face of the Earth. When are families become divided, the world becomes even more divided. What is that saying: United we stand; divided we fall. Family is worth fighting for and not meant for disruptions and divisions. But when God calls, how will you stand? And where will your family stand? With you or departed? God gave us free will, but He would more than appreciate it if we abided by His will. Where is your family at?

Follow up note: I use God's will as an example of what may cause division in the family, but there are many other circumstances which may cause disruption: friends, work, moving, outside influences, individual opinions, etc. The steps to resolution, in my opinion, remain the same.

~ * ~

*Copyright 2007-2012 by Sheri Leigh Adams.
All Rights Reserved. Used by permission.
Sheri lives in Canada.*

See more of Sheri's Articles in the [CIR Article Archives](#)

The 12 Steps for Those Who Love an Alcoholic

1. **We admitted we were powerless over the lives of our loved ones.**
2. **We came to believe that Christ could change our way of thinking.**
3. **We made a decision to turn our will and lives over to Christ, COMPLETELY.**
4. **We made a searching and fearless moral inventory of OURSELVES.**
5. **We admitted to Christ, ourselves, and to another person the exact nature of our wrongs.**
6. **We were entirely ready to have Christ remove all these defects of character.**
7. **We humbly asked Him to remove our shortcomings.**
8. **We made a list of all persons we had harmed, and became willing to make amends to them all.**
9. **We made direct amends to such people whenever possible, except when to do so would injure them or others.**
10. **We continued to take personal inventory and when we were wrong PROMPTLY ADMITTED IT.**
11. **We sought through prayer and meditation to improve our relationship with Christ, praying only for knowledge of His will for us and the power to carry that out.**
12. **Having had a spiritual awakening as the result of these steps, we tried to carry this message to others in the same situation, and to practice these principles in our lives.**



~ * ~

*"12 Steps for Those Who Love an Alcoholic"
by [Alcoholics Victorious](#)*

The Parent's Duty



By James Smith
Taken from the
Christian Classics Archives

Do not provoke your children to wrath, but bring them up in the training and admonition of the Lord. [Ephesians 6:4](#)

The desire for and love to children, are implanted in our nature by our good and great Creator; and children are given to us to be brought up for the Lord. They are His property; He only lends them to us to enjoy, to train, and prepare for future life. Children involve a great responsibility. They are immortal. They are depraved. They are ignorant. They need the most tender, wise, and constant training. Every parent is accountable to God for the manner in which he educates and brings up his children; and that account must be rendered under the most solemn circumstances.

It is the parent's duty to instruct the child, not only in things natural -- but in things spiritual. The great facts of Scripture should be very early placed before the child's mind, by the parents. The child should learn from a mother's lips, that it is immortal; that it is a sinner; that as such it is exposed to the wrath of God; that there is no way to God but by Jesus; that nothing can be accepted by God, but through Him. The person, the work, the character, the offices, and love of Jesus, should especially be pressed on the child's attention. The true character of God, as just and yet merciful, as holy and yet love, as true to his word and yet ready to forgive -- should be clearly unfolded to the child's understanding. In a word, the Bible, in its facts, doctrines, promises, prophecies, precepts; and especially the glorious glad tidings of a free salvation for sinners as sinners -- should be instilled into the youthful mind. Our children should be made familiar with the Bible, and be impressed with a sense of its value, veracity, and excellence.

It is the parent's duty to pray for and with the child; especially should mothers do this. There is

something in the tone of a mother's voice, in the tenderness of a mother's expressions, in the fervency of a mother's pleading -- which cannot be imitated. A father has it not, nor can he acquire it. When a mother takes her child aside into a private room, and having spoken to it of God, of Jesus, of sin, of the need of a new heart -- she bids it kneel down by her, she takes its little hands into one of hers, she lays the other on its head, and offers up a mother's prayer -- full of pathos, of glowing desire, of holy reverence -- she does that which the child cannot forget. The tones of her voice, the earnestness of her pleading, the gentle pressure of the hand, will never be forgotten while memory holds her place.

It is the parent's duty to set a proper example before children; knowing that what is seen -- makes more impression than what is merely heard. Parents should never tell, or act a lie before their children. They should never trifle with Divine things, or expose the faults of God's people, or speak slightly of the Lord's ministers before their children: but should set the Lord always before their face, and be always aiming at the immediate conversion of every one of their offspring.

They should not only avoid setting a wrong example before them -- but also endeavor to keep them as much as they prudently can from others who would do so; remembering the words of the wise man, "He who walks with wise men -- shall be wise; but the companion of fools -- shall be destroyed."

Once more: parents should early lead their children to the house of God, pointing out to them that God requires the worship of the heart, the service of the entire person; and that God is present in an especial manner when His people meet.

How important it must be then for parents to be real Christians, not only for their own account -- but for their children's sake. Parents, your situation is most solemn and responsible; remember, very much of your own conduct depends upon how you bring up your children! Remember also, that others will be benefited or injured by your children. And above all, remember that you must meet every one of your children at the judgment-seat of Christ; and how dreadful it would be, if your child should there witness that you were accessory to its damnation!

[See more Christian Classics in the Library](#)

Family Info & Help

Family relationships can be very challenging at times. It is important to approach difficulties prayerfully. The Christians in Recovery Web site is loaded with hundreds of pages of information and files designed to help you learn and to equip you.

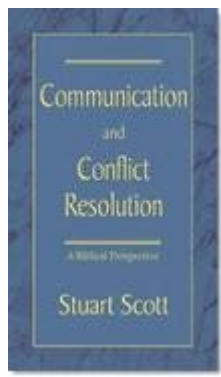
You are not alone! God can and will help you overcome your situation.

Talk with others who are in recovery. Learn how they overcame.. Get active in the Christians in Recovery [Message Boards](#). Communicate with others who are helping loved ones and with those who have recovered. Ask questions and get answers from people who can share their own experience, faith, strength and hope. Go to CIR meetings: [Meeting Schedule](#)

Excellent Booklets to help you:

1) [Communication and Conflict Resolution](#)

Within these pages you will find biblical ways to resolve conflict and communicate effectively.



2) [Biblical Counseling](#)

Biblical counselors have been trained to utilize the Bible in a counseling context by applying practical and hopeful biblical principles to real life situations and problems. Christians who find they are struggling with various problems need an understanding of the awesome resources available in biblical solutions that offer real hope and practical help.

3) [Husbands and Fathers](#)

Helps men define discipleship with their families. Learn how to be a godly father and head of your household. Authored by Mark Shaw.

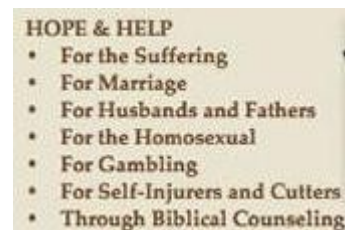
4) [From Pride to Humility](#)

Pride is a form of self-worship and is often at the root of dysfunctional behavior as well as addiction. These pages describe the various manifestations of pride and how to learn true humility.

Other Help and Hope Booklets may be found [here](#)

Topics include

- ♦ [Anger, Anxiety & Fear](#)
- ♦ [Conflict Resolution](#)
- ♦ [From Pride to Humility](#)
- ♦ [Gambling Addiction](#)
- ♦ [Homosexuality](#)
- ♦ [Self Injurers and Cutters](#)
- ♦ [Life Dominating Sins](#)
- ♦ [Biblical Counseling](#)
- ♦ [Become a Better Husband and Father](#)
- ♦ [Marriage Problems](#)
- ♦ [Suffering](#)
- ♦ [Psychologized Man: A Biblical Perspective](#)



[Hope and Help Booklets](#)

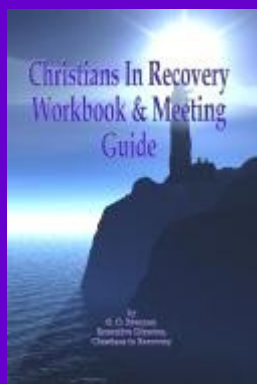
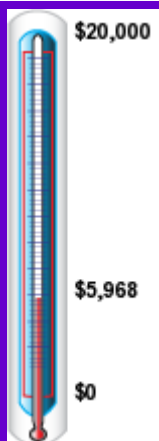
[Search for Good](#)



[Shop for Good](#)



Help CIR meet its goal
for 2012
[Please Donate Now](#)



[Christians in Recovery
Workbook & Meeting Guide](#)



More Articles & Links:



♦ On Homosexuality

by Sheri Leigh Adams.

Part 1: [What is Homosexuality?](#)

Part 2: [Common Myths about Homosexuality](#)

Part 3: [How Do Homosexual Attractions Develop?](#)

Part 4: [What Does Homosexuality Provide?](#)

Part 5: [The Root Problem, Repentance and Growth](#)

Part 6: [What is a Friend to Do? & References](#)

♦ Borderline Personality Disorder:

How do I make my Family Member seek help:

[http://www.bpdcentral.com/help-for-families/bpd-articles/?
How-Do-I-Make-My-Family-Member-Seek-Therapy-11](http://www.bpdcentral.com/help-for-families/bpd-articles/?How-Do-I-Make-My-Family-Member-Seek-Therapy-11)

FROM THE MARRIAGE AND RELATIONSHIPS FORUM:

- ♦ [Help for Victims of Spouse Abuse](#)
When Violence Comes Home
- ♦ [Knowing When and How to Forgive](#)
When Forgiveness Seems Impossible
- ♦ [Dealing with Angry Emotions](#)
When Anger Burns
- ♦ [Verbal Abuse in Marriage](#)
When Words Hurt
- ♦ [Violence: Why It Happens](#)
- ♦ [What Do You Do With a Broken Relationship?](#)
A pattern for reconciliation
- ♦ [How Can I Know What God Wants Me to Do?](#)
Finding the Will of God for You
- ♦ [When the Flame Flickers](#)
Rekindling Intimacy in Your Marriage
- ♦ [When We Just Don't Measure Up](#)
Escaping the Grip of Guilt
- ♦ [When Help is Needed:](#)
A Biblical View of Counseling
- ♦ [Breaking the Power of Pornography](#)
When a Man's Eye Wanders



TOP FIVE RULES FOR FINDING PERFECT WORK

Here is a good slide show to help you:

<http://www.slideshare.net/FSBAssociates/jesus-career-counselor-slideshow>

By Laurie Beth Jones,

Author of [Jesus Career Counselor: How to Find \(and Keep\) Your Perfect Work](#)

Rule #1) Ask yourself "What did I come to this world to do?" What kind of daily work would excite you in the very marrow of your bones? In order to get true alignment, you must establish a clear, written-down mission statement.

For example, mine is "to recognize, promote and inspire divine connection in myself and others." I have 3 verbs, or action words, a core value, and a tribe. This begins the clarity process, and becomes a filter for everything you do.

Rule #2) Know your personality type. Do you love to take risks and take charge, like Fire? Do you bring order and structure naturally to everything you do, like Earth? Perhaps you are more like Water, going with the flow, and rushing to serve those in the lowest place. Or maybe you love to inspire others and bring in fresh ideas, like the Wind. The workplace needs all of these qualities, and you have been gifted especially in one or two of these elements. Find out which ones are most like you. For example, I am a Wind/Fire combination, specializing in Fast Results. Find your special elemental combination.

Rule #3) Sit down and draw a Talent Shield, showing your four highest gifts in symbol form. Ask your friends and family "What do I naturally do well?" My four greatest gifts are my love of God (heart symbol), my ability to speak (mouth), ability to write (pen) and freedom to do all of the above (wings.)

Use your Talent Shield as a filter for any job opportunity before you, asking "Will this work allow a 100% match in my gifted areas?"

Rule #4) Write down a vision of your ideal work day. If all things were possible, what would you be doing on a Monday morning, at 9 am? Who would you be talking to, about what, wearing what? What would your workspace look like?

Fill your vision with details that include not only what is sitting on your desk (if you have one) but also the feelings you are having as you go about your day. This becomes the model you work from as you begin to sculpt, identify, and create your perfect work.

Rule #5) Share all of the above with everyone you can. Network with those who are doing the kind of work you wish you could be doing. Research the industry. Read biographies. Attend workshops. Get educated. Put yourself in the arena of the work you want to have. Show up even to volunteer. Begin to live your mission every day, and you will indeed find, and keep your perfect work.

FREE Bible Studies

<http://christians-in-recovery.org/BibleStudies>

Join Us

Free Newsletter

Memberships as low as \$5 !



Recovery from abuse, family dysfunction, depression, anxiety, grief, trauma, relationships and/or addictions of alcohol, drugs, food, pornography, gambling, sex, and more.

Hundreds of pages FREE for everyone. Make sure to scroll down pages!

The members of CIR make this 501(c)(3) not for profit ministry possible. [Special benefits for members.](#)

Poets Among Us

St. Patrick's Breastplate (The Lorica)

submitted by Samuel

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three.

I bind this day to me for ever.
By power of faith, Christ's incarnation;
His baptism in the Jordan river;
His death on Cross for my salvation;
His bursting from the spiced tomb;
His riding up the heavenly way;
His coming at the day of doom;*
I bind unto myself today.

I bind unto myself the power
Of the great love of the cherubim;
The sweet 'well done' in judgment hour,
The service of the seraphim,
Confessors' faith, Apostles' word,
The Patriarchs' prayers, the Prophets' scrolls,
All good deeds done unto the Lord,
And purity of virgin souls.

I bind unto myself today
The virtues of the starlit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous shocks,
The stable earth, the deep salt sea,
Around the old eternal rocks.

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,

His hand to guide, His shield to ward,
The word of God to give me speech,
His heavenly host to be my guard.

Against the demon snares of sin,
The vice that gives temptation force,
The natural lusts that war within,
The hostile men that mar my course;
Or few or many, far or nigh,
In every place and in all hours,
Against their fierce hostility,
I bind to me these holy powers.

Against all Satan's spells and wiles,
Against false words of heresy,
Against the knowledge that defiles,
Against the heart's idolatry,
Against the wizard's evil craft,
Against the death wound and the burning,
The choking wave and the poisoned shaft,
Protect me, Christ, till Thy returning.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.



The Egg Cracked By Roadrunner

Curled in my acquired
shell

I was content
Insulated
Orchestrating

Life was good
Life was predictable
Life was peaceful
Little did I know...
Precarious

Inklings appeared
Rumors of more

Friendly confines became
confinement
Protective barriers...constricting bands
Camelot caved

My soul longed to cross
party line
Escape assumptions
Explore ascension
Grow

Head banging eventually
ceased

Ending with a CRACK!
Shaft of light appeared
I peeped out, ushering in
Second birth

Are There Books And Movies That Don't Belong???

Poem By Jim P

I visited a garage sale. And had a surprised
look on my face.
I noticed that some things were "out of place."
To my right... Was a shelf filled with books..
And Christian ones too.
To my left... Was a sign that read;
"I have adult movies for you."
I wondered and thought with
some kind of amazement.
"Does this person read these books.
And watch this "entertainment?"
This is common in many Christian homes...
Often... People cross God's
"boundaries" and "safety zones."
Anyone can go to church.
Pray, sing and "shed a tear."
Not realizing that sin's temptation
is drawing ever so near.
Do you seek God's holiness and the

power of Jesus' name?
But each night... Before bedtime...
Things aren't quite the same...
Have you opened up your heart
and mind... And live life unfulfilled?
Is this the way you ought to live?
Is this what God has willed?
He desires to live inside of you.
And help you to discover.
With any stronghold in life. He'll help you to
recover!
Are things in life "out of place?"
And need to be put back together?
Allow God's word to guide you!
His promises are forever!
Everything will be where it should be...
With Jesus In control!
Only he can defeat the enemy
that seeks to destroy your soul!

Late Bloomer
by Laurie J
Better to be a late bloomer
Than to have never bloomed at all
Never to have felt God's love
Tragic spiritual stall
God's greenhouse blooms spiritual self
Into righteous souls of His love
Many children are late bloomers
God will grow them perfectly
Souls blossom at His touch
Blooming gifts He sends
There's nothing better
Than gifts from God
Outlasting everything
Making roses from twigs of briers
Pruning the bloom better, better
Until it reaches Him



Self-Forgiveness

An alcoholic woman told me, "My dad was always drunk and in and out of prison." She sniffled and continued, "I hated him for that. Now I'm doing the same thing to my family." She leaned over my desk, sobbed and said, "I can't forgive myself."

A drug addict told me he couldn't forgive himself because his use left him with short-term memory loss and in financial ruin.

Jesus said on the cross, "It is finished." [John 19:30](#) He never said it is finished except for alcoholics and other addicts.

Do you identify with them? What is at the root of this lack of self-forgiveness?

Maybe you've done something awful. You asked God for forgiveness and He forgave you ([1 John 1:9](#)). However, you think you need to punish yourself anyway. God doesn't need your help. Jesus paid the price in full for your forgiveness.

That shame you feel comes from the devil himself. He is known as "the accuser of our brethren." [Revelation 12:10](#)

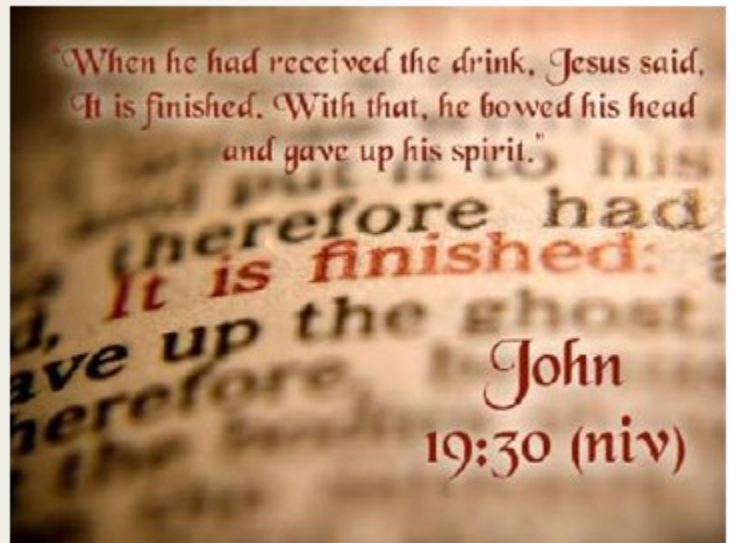
The devil wants you to wallow in shame and self-pity because he has come "to steal, and kill, and destroy." [John 10:10](#)

Out of shame, you may stay away from family, friends and church. You may isolate from others for a long time. Meanwhile, your shame grows and multiplies like weeds. You are imprisoned in spiritual shackles.

Let's look at one person who embraced God's forgiveness and repented:

Miles McPherson used marijuana as a high school junior and as a "rookie" in the NFL progressed to cocaine.

For eight years Miles used drugs. He became a football player for the San Diego Chargers, and two teammates shared the gospel of Jesus Christ with him.



Miles accepted God's forgiveness, quit drugs, stopped using foul language, and reunited with his girlfriend who is now his wife.

On February 27, 2000, Miles held his first church service in San Diego and is pastor of The Rock Church there. The Rock now has more than 12,000 members and a powerful ministry to alcoholics, drug addicts, prostitutes, juveniles and adults in prison, and other hurting people.

You have one of two choices. You can continue to punish yourself and isolate yourself in shame. However, you'll end up with the stronghold of unforgiveness. The damage to your body could lead to ulcers, colitis, migraine headaches, high blood pressure, heart attacks, strokes, depression or suicide.

Your other choice is to be like Miles. Embrace God's forgiveness and experience God's peace, joy and fulfillment of His plan for you.

[1 John 1:9](#) says, "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." (NASB). Hallelujah.

http://christians-in-recovery.org/Issues/Forgiveness_Self-Forgiveness

~ * ~



Copyright 2008-2012, Yvonne Ortega, LPC, LSATP, CCDVC

All Rights Reserved. Used by Permission.

Yvonne is a Speaker, Author, Counselor, Cancer Survivor and serves on the Board of Directors of Christians in Recovery.

She is the author of [Finding Hope for Your Journey through Breast Cancer](#).

Visit her website: <http://YvonneOrtega.com>

ENABLING - THE WRONG KIND OF HELP

Many are godly people who have prayed for their loved ones, yet they watch painfully as they continue down a path of rebellion and destruction. So what can you do to help you loved ones? Stop enabling!

Enabling - Offering the Wrong Kind of Help.

Enabling is rescuing your loved ones so that they do not experience the painful consequences of their irresponsible decisions. Enabling is anything that stands in the way of persons experiencing the natural consequences of their own behavior.

Galatians 6:7-8 says, *"Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from that Spirit will reap eternal life."*(NIV)

God's Word is specific. Inappropriate actions have painful consequences, even when loved ones are involved. Thankfully, God can use those consequences for His purposes - if we don't get in His way.

When you stop enabling, get ready for more trouble!

When you stop offering the wrong kind of help, your loved ones may get very angry with you - and for a "good" reason. You've stopped rescuing them. Now they are beginning to feel the painful consequences of their irresponsible decisions.

When you make a decision to stop enabling you must stand on the facts - especially if you have a tender heart. You must continue to rehearse the fact of how your loved one's actions are destroying his or her life - and how enabling this to continue is the worst thing you could do.

God is a loving Father - don't be afraid to trust Him.

When you stop enabling your loved one, he or she may go further down the path of destruction. You may inwardly think, "I can't bear to see my daughter in

such pain and danger." Or, "My son might get killed! And then I would have his death on my hands. I can't let that happen!"

But whatever happens, do not be afraid to trust God. Place your hope in the story of the Prodigal Son recorded in Luke 15. This father did not enable his son. He allowed him to leave home, knowing the son would soon waste his inheritance. Before long, the rebellious young man had lost everything - and he ended up in a pig pen, eating the food the pigs didn't want.

But all alone in the pig pen, the Bible says, "He came to his senses." The young man realized that even the hired men at his father's household ate better than he did! And the son resolved to go and seek his father's forgiveness. When he finally meets his father again, the son's true repentance is

seen in his words: *"Father, I have sinned against heaven and against you."* (Verse 21) He takes personal responsibility for his actions. It's time for joyful peace and a celebration!

Learning to be at peace with God.

Just like the Prodigal Son's father, you can rest in the peace that God has the address of your loved ones, no matter how deep they are in sin. His love far surpasses your love. He knows what will work best to bring your loved ones to that point of change.

You've got to trust God - even when things are going from bad to worse. Stop offering the wrong kind of help. Stop feeding the problem. Stop being deceived. Trust Him. Jesus is ready to help us offer the right kind of help. He promises to give us wisdom to make the difficult decisions. He also stands ready and wait-



ing with open arms to help our loved ones who really need His help. Look to Him today for guidance on how best to help those you love.

Six Characteristics of the enabler

1. Works for self-improvement.
"If I were a better parent/grandparent/friend, my loved one wouldn't be doing this."
2. Changes the environment to accommodate the person with the problem.
"Let's change schools and get our child away from those troublemakers."
3. Takes on the whole world in defense of a loved one.
"The whole legal system is corrupt, and my child/grandchild/friend is getting unjust treatment."
4. Their pain increases.
Because the loved one is still acting irresponsibly,

the enabler's pain and frustration deepens.

5. Communications deteriorate.
Because the issues are unresolved, defenses are high. Both the enabler and the loved one are often deluded about reality.
6. Enabling is habit-forming.
The enabler keeps offering the same kind of help. Sometimes the enabler derives such deep satisfaction from "rescuing" someone that he or she never assesses whether the assistance is helping or hurting the loved one.

~ * ~

Copyright 2007-2012 by Sheri Leigh Adams.
All Rights Reserved. Used by permission.
Sheri lives in Canada.



A Tip Sheet for Parents

- Parents, you can provide good models for your children by what you do and what you avoid doing.
- Show that you value your freedom to think and act independently -- you don't do something because everyone is doing it. This helps your children see that unwanted peer pressure can be rejected.
- Be consistent in your words and actions. For example, a phone call interrupts your dinner and you say, "Tell them I'm not home yet." The message your children hear is that it's okay to be dishonest for your own convenience.
- Demonstrate your respect for your children's lives and show concern by being a good listener.
- Be sincere, ask questions, and use a touch or a look for encouragement.
- Be cautious in using prescription or over-the-counter medicines as a quick fix for pain or stress. Your example can help counter the media messages that discomfort can be cured by chemicals.
- Be aware of how your own use of alcohol can influence children. Your children will notice how much you drink and why. Avoid using excuses for drinking, like having a rough day. Your drinking behavior tends to be the drinking behavior your children will have when they grow up.
- Talk honestly about stress and conflict in your own life.

Children need to know that such struggles are a normal part of life. They have a good model when they see that you are coping with problems without relying on alcohol and other drugs.

- If you are trying to change something in your behavior -- such as quitting smoking or losing weight -- be willing to talk about what works and what doesn't.
- Show that spending time with your children is something you value and look forward to. If you are too tired or too busy, they're likely to imitate your behavior. Spending time with your kids and building their self-confidence helps insulate them from risky behaviors. Children who feel good about themselves are less likely to deviate from what they know is right.
- Accept the role of parent as your responsibility -- let someone else be their friend.
- Make parenting a priority. Be there! Remember that teenagers need parental supervision as much as toddlers do. It's just a different kind. Know that your children are never too big for a hug, even when they are grown.

Most of all, tell your children you love them as often as you can, because children who know they are loved are less likely to disappoint those who love them. Know where your children are going and with whom. Get to know their friends and parents so you will be familiar with their activities. Make your own home available to your children's friends.

Did you know?

What you get with your CIR Membership?

Join together with your fellow Christians in Recovery® and enjoy an Online Community that is rich in content and helps all to grow spiritually. **CIR is the only full-featured Christian recovery community on the internet.** Other sites may have message boards but they are not monitored and they have no chat. They might have a chat room but no formal scheduled or monitored chats and no information and resources. Other recovery sites will not respond to your emails. **We respond to you immediately** and always within 12 hrs.

[Hear Hope](#) | [Transformed Lives](#)

In addition members receive the following valuable benefits:

- Welcome Packet with CIR Membership Card, Information on how to get started in recovery and get your new life on track, [CIR Member's Decal](#), [Inspirational Cards](#) and [Calendar Card](#)
- "CIR News" monthly newsletter with recovery news, helpful tips, what is new at CIR and more. [Subscribe](#)
- Identification and Fellowship with other recovering Christians
- [Private Chatrooms](#) just for CIR Members
- Live Online [Workshops](#) lead by noted Christian and recovery authors.
- [Expanded Information on Addiction & Dysfunctional Behaviors](#)
- Your Own [Online Journal](#)
- Valuable Web Resources. Fully integrated links to the best recovery content on the web, built right into the pages, give you immediate access to the best the Internet has to offer. Let your CIR staff do the hunting for you.
- Latest [Christian News](#) and [Recovery News](#) updated every day, keeping you on top of all the important recovery developments.
- Community Knowledge Sharing - Got a recovery question or comment? Interact with the CIR staff as well as other CIR members via the message boards. This is a great resource for getting questions answered, as well as just getting/giving input on recovery of all types.
- A community of Christians with which share each other's experience, strength, faith and hope
-
- [New Articles](#) every day to inspire, challenge and encourage you.
- [Tests and Worksheets](#) to Aid in Your Recovery
- Access to [Comprehensive Bible Study Tools](#)
- No Google Ads! No advertisements you can't discern from real content.
- [CIR Blog](#) response privileges with [Blog RSS Feed](#)
- [Workshops & Book Studies](#)
- [Message](#) with other CIR Members
- [Live, Real Time Help from CIR Staff Advisors](#)
- [Scheduled Daily Recovery Meetings](#)
- [Member's Library](#)
- A safe and loving atmosphere for discussing personal and private issues
- Christian recovery [Message Boards](#)
- Thought provoking [Daily Recovery Thought, Scripture & Prayer](#) emailed to you each day
- [Book & Music Exchange](#)
- Attendance at Annual Meeting held on Internet
- Direct communication with the CIR Board of Directors

Sign Up !

(You will have the chance to change your mind)
| **Annual Membership** | **Monthly Membership** |
| **Ministry/Professional Membership** |

Pray for the ministry of CIR !

??? What are the Forums ???

Never been to the CIR Website? Here is a list of Forum Categories & Topics available to our members. Many of the sub forums have topics under them too!! There are actually too many to list here! Join our community to read and post on any of these topics.

◆ FIRST THINGS FIRST

- Forum Instructions
- Questions Comments & Suggestions
- Announcements and Meeting Changes
- New on the Site
- Newbie Introductions and Member Testimonies

◆ SPECIFIC ISSUES

- Questions, Help and Where to Start in Recovery
- About Sponsorship/Find a Recovery Buddy
- Abuse, Emotions, Suffering, Survivors, Adult Children, Grief, Incest
- Alcoholism, Substance Abuse, Smoking
- Codependency, ANON, Enabling
- Cults, Spiritual Abuse & Spiritual Warfare
- Eating Habits & Disorders
- Faith: Weak Faith / Faith Builders
- General Recovery
- Mental Health & Obsessive Compulsive Behaviors
- Money Management
- Pastors, Missionaries, Recovery Pros & Church Leaders in Recovery
- Physical Health, Disabilities, Chronic Illness, Death
- Relationships, Marriage, Families & Parenting
- Sex, Love & Porn Recovery Discussion
- Same Sex Attraction

◆ WORKING ON SOLUTIONS: The Bible and the 12 Steps

- Tips for Studying Scripture & Working the 12 Steps
- 12 Step Meetings - Prep & Follow-up
- Workshops & Workshop Archives
- The Steps (individual forum for each step)

◆ DIGGING DEEPER: Biblical Truths & Recovery Principles

- Thought of Day: Your Thoughts & Comments
- Digging Deeper, Beyond Recovery & Biblical Worldview
- Recovery: Genesis-Revelation (includes CIR's Reading Plan)

◆ THE LOUNGE

- Coffee Break & Check-in
- Member's Photo Gallery
- Inspiration & Thoughts
- Prayer Requests, Prayers & Answers
- Humor, Fun and Games
- Volunteers Forum
- Poet's & Music Buff's Corner
- Scholarship Requests & Discussion

◆ RESOURCES & INFORMATION

- Archives of Old Studies & Meetings
- Recovery Courses, Events & Conferences
- Book Studies & Reviews to Aid in Recovery
- Free Stuff- Book & Music Exchange

From the
[Inspiration & Thoughts Forum](#):

A few years ago a group of salesmen went to a regional sales convention in Chicago .

They had assured their wives that they would be home in plenty of time for Friday night's dinner. In their rush, with tickets and briefcases, one of these salesmen inadvertently kicked over a table which held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly-missed boarding.

ALL BUT ONE!!! He paused, took a deep breath, got in touch with his feelings and experienced a twinge of compassion for the girl whose apple stand had been overturned.

He told his buddies to go on without him, waved good-bye, told one of them to call his wife when they arrived at their home destination and explain his taking a later flight. Then he returned to the terminal where the apples were all over the terminal floor.

He was glad he did.

The 16-year-old girl was totally blind! She was softly crying, tears running down her cheeks in frustration, and at the same time helplessly groping for her spilled produce as the crowd swirled about her; no one stopping and no one to care for her plight.

The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped organize her display. As he did this, he noticed that many of them had become battered and bruised; these he set aside in another basket.

When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$40 for the damage we did. Are you okay?"

She nodded through her tears. He continued on with, "I hope we didn't spoil your day too badly."

As the salesman started to walk away, the bewildered blind girl called out to him,

"Mister...." He paused and turned to look back into those blind eyes.

**Our Member's
Speak—
From the CIR
Forums**

(continued on next page)

She continued, "Are you Jesus?"

He stopped in mid-stride ... and he wondered.

He gently went back and said, "No, I am nothing like Jesus - He is good, kind, caring, loving, and would never have bumped into your display in the first place."

The girl gently nodded: "I only asked because I prayed for Jesus to help me gather the apples. He sent you to help me, so you are like Him - only He knows who will do His will. Thank you for hearing His call, Mister."

Then slowly he made his way to catch the later flight with that question burning and bouncing about in his soul: "Are you Jesus?"

Do people mistake you for Jesus?

That's our destiny, is it not?

To be so much like Jesus that people cannot tell the difference as we live and interact with a world that is blind to His love, life and grace.

If we claim to know Him, we should live, walk and act as He would. Knowing Him is more than simply quoting Scripture and going to church. It's actually living the Word as life unfolds day to day.

You are the apple of His eye even though we, too, have been bruised by a fall. He stopped what He was doing and picked up you and me on a hill called Calvary and paid in full for our damaged fruit.

Please share this, {IF you feel led to do so}.



Have your own website? Include a link to Christians in Recovery® on your personal webspace as a way of reaching out! It's easy:

Click on this link for [Directions For Linking to Christians in Recovery®](#)

Simply copy and paste the code from one of the three options, to your web page. No HTML knowledge needed! Graphics will automatically be added!!

Family Life

1st Corinthians 13... for Moms

via [MomLife Today](#)

If I live in a house that is spotless, perfectly in order, and people are not free to LIVE because my home is more important than my family, I have not love. I have kept a house. I have not made a home.

If I spend an exorbitant amount of money on decorations, and care more about the appearance of my house than the atmosphere of my home, I have not love. My children have learned materialism, not godliness.

If I try to control my husband, responding in irritation to him and finding only fault in him...and I do not seek to build him up, I have not love. My children have learned to disrespect their father, not to honor him.

- ♦ Love is patient - seeking to assume the best of those in my home.
- ♦ Love is kind - seeking to be a blessing to those in my home.
- ♦ Love lays aside its "rights" and serves those in my home.
- ♦ Love sees the comfort of those in my home as more important than its own.
- ♦ Love continually looks for ways to build up those in my home.
- ♦ Love is not critical, demanding or self seeking.
- ♦ Love accepts the role that God has given and sees it as a privilege, not a hindrance.
- ♦ Love studies how to fulfill that role in the most God glorifying way it can.

Before I was an adult I thought life revolved around me. Then I took on the responsibilities of marriage. Now I see that life revolves around others and God's glory!

All the expectations I had for my marriage and my life must fade away into insignificance. What should remain is the gospel! The gospel reminds me of how full of grace and mercy God has been, how full of grace and mercy I need to be...and that I need to offer up my life as a living sacrifice.

Now there abides in my home a husband and children, and I am called to point them to Jesus in all that I do. I could seek to have my own way and my own comfort, but the greatest thing of all...the most important thing...is love.

The love of God that I show them each day. A love that I am unable to show unless He loves through me.

*Posted with love, hugs, and prayer
by your sister in Jesus, Brenda*

CIR BENEDICTION

Prayer of St. Francis of Assisi

Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the
spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to
be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.

Amen.

From chapter 11, Page 99 of the
[Twelve Steps and Twelve Traditions](#)
published by Alcoholics Anonymous World Services.



MEDITATION

This is a transcript of a recent CIR Workshop on Forgiveness. I thought it would be an appropriate benediction for this issue. Clara (ed)

Obie-Host It is my great pleasure to introduce to you today Yvonne Ortega. She serves on the Board of Directors of Christians in Recovery and leads her own ministry which she will tell you about. Today she will be speaking on Forgiveness.

Every time Yvonne leads a workshop we are all greatly blessed by her insights. Let us open in prayer.....

*Heavenly Father,
We pray for our workshop leader Yvonne today. Anoint her with the Holy Spirit. Give her Your words of wisdom to share with us --
words of healing. Open our ears, hearts and minds that we are teachable and also open to the Holy Spirit. In the name of Jesus we all pray. Amen.*

Yvonne will speak for several minutes and then we will have a question and answer period where you will be able to ask questions. Yvonne, you now have the floor!

Yvonne Thank you.

What does it mean “to forgive”?

It means to give up feeling angry or wanting to punish, to show mercy, to pardon.

Countless adults have told me they can’t forgive themselves.

- ♦ One woman had an abortion and said, “I’m a murderer. I can’t go back to church.”
- ♦ An alcoholic lost his wife, his children, his job, his car, and his home. His children refused to have anything to do with him. He said, “It’s all my fault for drinking like I did.”

- ♦ A married woman got drunk and had sex with a male acquaintance. She was beside herself with shame and guilt.
- ♦ A man fell asleep at the wheel and hit a guardrail. His daughter was thrown from the van and died. He was overwhelmed with grief and beat himself up repeatedly for the loss of his daughter.

Although God forgave those people, they couldn't forgive themselves. They knew what God's Word, the Bible, says about God's eternal unconditional love for us. They knew Jesus Christ died on the cross for their sins, but they still couldn't forgive themselves.

[Psalm 103:13](#) says, "*As far as the east is from the west, so far has he removed our transgressions from us.*" God is not a liar. He says what he means. As Jesus hung from the cross, he said, "*It is finished.*" He never said it is finished except for alcoholics, drug addicts, and others in recovery.

At one time or another, we all suffer from lack of self-forgiveness -- addict or not. When that happens, we need to remember that God wants us to forgive ourselves.

He had his only Son leave his perfect home of heaven to show eternal, unconditional love for us.

On the other hand, Satan doesn't want us to forgive ourselves. [John 10:10](#) says the devil is "*The thief who comes only to steal and kill and destroy.*" [John 10:10](#) says the devil is "The thief who comes only to steal and kill and destroy." He wants us to believe we don't deserve forgiveness or restoration. He wants us to think we need to punish ourselves for what we've done.

If we bury ourselves in guilt and shame, the devil will delight in our pain and suffering. He will take advantage of us and exploit our past to leave us physically, emotionally and spiritually crippled. Ulcers, colitis, migraine headaches, high blood pressure, heart attacks, strokes, and suicide can result from a lack of self-forgiveness.

Out of shame, we will not want to go to church. If we go, we will not use our gifts and talents to serve others. We will not experience God's presence and power.

Out of shame we will isolate ourselves from family and friends. Since we don't love ourselves enough to forgive ourselves, we will struggle to love and forgive others.

We will be imprisoned in regret and play the "sinful scenes" over and over in our minds.

Judas Iscariot, one of Jesus' twelve apostles, betrayed Jesus for thirty silver coins. When he realized Jesus was condemned to death, Judas "was seized with re-

morse. He returned the silver coins to the chief priests and elders. '*I have sinned,*' he said, '*for I have betrayed innocent blood*'" ([Matthew 27:3-4](#)).

[Matthew 27:5](#) tells us, "*Then he went away and hanged himself.*" Judas Iscariot was overcome with shame and guilt, but he didn't repent and seek God's forgiveness.

God loves us far more than we can imagine. When the apostle Peter

denied Jesus three times, God didn't stop loving him. Peter repented, and God forgave him. Peter fully accepted God's forgiveness and went on to lead 3,000 people to the Lord on Pentecost. God used Peter mightily in the early church including allowing him to write two books of the Bible, 1 and 2 Peter.

[Romans 8:29](#) says, "*For God's gifts and his call are irrevocable.*"

King David in the Old Testament committed adultery and then murder to cover his adultery. He asked for forgiveness, received it and went on in faithful service to the Lord. In [Acts 13:22](#) God refers to David as "*a man after his own heart.*"

When we sin, we experience true guilt. As soon as we ask for God's forgiveness, we will receive it. [1 John 1:9](#) says, "*If we confess our sins, he is faithful and just and will forgive our sins and purify us from all unrighteousness.*"

*Although God forgave
those people, they
couldn't forgive
themselves.*

Although we've been forgiven, we may still carry guilt or "pseudoguilt" as Freud called it. That false guilt is lack of self-forgiveness. It is not from God but from the devil.

We will find peace, joy, and fulfillment in our Christian lives when we accept God's forgiveness and forgive ourselves.

Let's move on to forgiveness of others. As a licensed therapist, my experience with those in recovery is that lack of forgiveness becomes a stronghold in their lives.

They are in chains not only by their drug of choice but also by their lack of forgiveness. That lack of forgiveness keeps them chained to the one they refuse to forgive.

Some would say that I didn't know what their mother, or father, or uncle, or spouse had done to them. True, I didn't, but God did.

We would work through the pain of their abuse, but we always came back to forgiveness.

Healing without forgiveness is impossible. [Romans 12:14](#) and 17 says, "*Bless those who persecute you; bless and do not curse. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody.*"

In [Ephesians 4:31-32](#), God tells us, "*Get rid of all bitterness, rage, anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*" Notice in verse 31, God says get rid of all of it. Period.

[Mark 11:25](#) says, "*And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.*" Do we want God's forgiveness?

Do we want God to answer our prayers or will we allow lack of forgiveness to block them?

If we don't forgive those who have hurt or traumatized us, it's as if we drink slow poison and expect the other person to die (taken from Cheryl Prewitt Salem).

When Jesus taught us the perfect prayer in [Matthew 6:12](#), part of the Lord's Prayer says, "*Forgive us our debts, as we also have forgiven our debtors.*" How much forgiveness do we want?

Forgiveness does not mean the person is off the hook. God says in [Hebrews 10:30](#), "*It is mine to avenge; I will repay.*" Forgiveness does not mean you forget what happened to you. If you forget, you may end up placing yourself in a dangerous situation with an abuser again. Forgiveness means you don't dwell on it day and night and let it consume you.

Forgiveness is for us. Without forgiveness, we will never experience healing and freedom in Christ. Instead we will become bitter people who live in bondage and defeat.

Forgiveness is a process. It is like an onion with layers of forgiveness to be peeled away. As each memory surfaces, we'll need to go through the forgiveness process again.

When I speak at retreats, I have a forgiveness ceremony with the attendees. At home, you can take strips of paper and write the name of each person you need to forgive on a separate strip of paper. Place

the strips into a paper sack or an empty box. Tell God how you feel about each offense and the offender.

Ask God to help you forgive them and turn them over to God. Choose to pray blessings over them. Remember your blessings will be in direct proportion to your forgiveness of others.

Who knows? Someone may have your name on a strip of paper. Spend time in praise & worship. You will know when you can toss each strip of paper into the trash or shred it.

When you release each person, you will be released too.

The recovery thought on CIR yesterday said, "*Forgiveness does not change the past, but it does enlarge the future.*?" ~ Paul Boese {submitted by Rev. Nancy}.

Let's start enlarging the future and living the abundant life Christ came to give us.



Obie-Host Thank you Yvonne!!! The floor is now open for questions.....

Member #1 Can you begin to forgive even if u don't know if u really want to or will be able to? wont be able to?

Yvonne Forgiveness is a choice
God wants us to obey. In the perfect prayer, the Lord's Prayer, we say, "Forgive us our trespasses as we forgive those who trespass against us." The Bible tells us his strength takes over when we are weak his grace is sufficient.

Either God spoke the truth or he didn't.

Forgiveness is not about emotions, it's about the will - a choice -- and obedience. God honors our puny efforts and helps us. Remember the footprints in the sand picture? He carried us when we couldn't handle the situation.

Member #4 Yvonne, is there a difference between feelings of guilt and conviction?

Yvonne Guilt can be true guilt because we've sinned

and need forgiveness from God. The Holy Spirit convicts of sin including lack of forgiveness of self and others. False guilt is the devil's playground.

Member #4 So...once I've done my part, confessed, AND repented... the guilt should not be right?

Yvonne It's over. It is a clean slate. Jesus paid the price. He doesn't need us to help him. He doesn't want us to beat up ourselves over and over.

Member #4 TY... sometimes that whole concept can be fuzzy for me :) done :)

Yvonne Forgiveness is a tough topic.

Member #3 I've said outwardly to people that I forgave my older sister, who sexually abused me when I was really young, but I don't feel true "peace"; even though I've tried to pray to Jesus, about this. It helps; but she still clouds my thoughts and I can't keep those thoughts away from me.

I've also met her since she abused me, and she hates me for whatever reason. How can I be "free" of these feelings and also of her as well?



Yvonne Sexual abuse is traumatic and leaves lasting scars, especially when it is at the hands of a family member. It will be important for you to work through the entire episodes with a counselor experienced in sexual abuse.

You can't deny the abuse happened. You can also work with someone trained in the steps to Freedom in Christ. Go over how it made you feel and the effects on your life.

Your sister probably hates herself seeing you is a shameful reminder of what she did to you. There is no shortcut to recovery from sexual abuse. Your feelings are just that, feelings. Your freedom will be a choice you work for because you are worth it. God loves you and wants you well.

Member #2 I have been going through a difficult situation with a neighbor. She slams the doors so hard it literally shakes the building which is triggering me (or what ever it is) and I have tried to talk with her and we made up at one time. But its an ongoing thing. How does one forgive with an ongoing situation this is consuming my life? and i wish to work past it, or, if it be GODS will move.

Yvonne Talk to the landlord if it's an apartment building. Consider moving. You may have a neighbor who appears to be mad at the world but probably is mad at herself and hates herself.

Jesus talked about the 70x7. He knew we would face situations like yours. Every day will be a choice to forgive again and again. Scripture says to go to the person if that doesn't work go back with 2 or 3 brothers/sisters in the Lord. Since she's not in your church your choice may be to move ONLY if God makes it clear you are to do so.

Meanwhile pray and fast but always in a spirit of forgiveness.

Member #7 It really hit home for me when you emphasized the importance of repentance in forgiveness. Can you talk a little more about that aspect?

Yvonne If we aren't' sorry for our sins, we may just be sorry we got caught and don't have any intention of changing. Repentance makes it possible to turn away from sin. When the apostle Paul repented of persecuting and murdering Christians he turned his life around.

Some people say they are sorry but they don't repent. They keep doing the same thing over and over again. They make a mockery of asking for forgiveness when they know they're going to turn around and do the same thing again. They have no intention of changing.

Member #5 I know that God forgives meand has put them in the depths of the sea. Is it human nature to go poking around ..fishing to get them back ?
What makes us do that if we really believe?

Yvonne Satan is the accuser of the brothers/sisters. He wants us to wallow in self-pity. He doesn't want us to live a life of peace and freedom in Christ.

Obie-Host Let us close in prayer.....Dear Father....Teach us to forgive and to forgive completely..... Jesus said, "It is finished.".....Help us to fully understand the meaning of his words.....Bless Yvonne and her own ministry.....give her the strength and wisdom to lead it forward.....Bless everyone who is a part of CIR.....
in the name of Jesus we pray. Amen.

AMEN
AMEN

~ * ~

Copyright 1992-2012 by Christians in Recovery, All Rights Reserved. <http://christians-in-recovery.org/>
This entire site is protected by international copyright laws. You may not duplicate any of this content on other web sites.
Feel free to [LINK](#) to pages on the CIR web site. [Complete Copyright Information](#)

The Gabriel: CIR's Magazine - FREE !



Christians in Recovery®

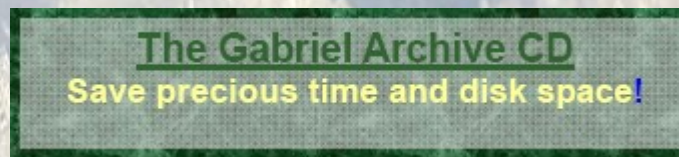
Your Internet Community for Recovery
Always Available, Always Caring



The Gabriel is CIR's Magazine. You are encouraged to download this, print it out or save to disk and share it with your loved ones or group. It is jam-packed with inspiration, tips, resources and information for all Christians as well as those in recovery.

CIR Members can download all past issues free at
[http://christians-in-recovery.org/Tools Gabriel PastIssues](http://christians-in-recovery.org/Tools_Gabriel_PastIssues).
Please be patient, these take a few moments to download.

Anyone can get all past issues of The Gabriel from January 1999 though 2003 on CD:



~ * ~

Copyright 1992-2012 by Christians in Recovery,

All Rights Reserved. <http://christians-in-recovery.org/>

This entire site is protected by international copyright laws.

You may not duplicate any of this content on other web sites.

Feel free to LINK to pages on the CIR web site.

[Complete Copyright Information](#)

Your membership & donations make this ministry possible.
If you have been helped please:

[Join Us](#)

[Donate](#)

[Contact Us](#)



"The teeth."

**DID YOU LIKE THE GABRIEL?
WE HAVE MORE!**

**Christians in Recovery®
News**

Anyone can Subscribe for Free
Make the CIR News possible.
Donate or Sponsor.