

A Bridge to Recovery, Biblical Addiction Counsel
Core Truth #6 Fixing the root will change the fruit... genuine
change comes from the inside out. II Corinthians 10:3-5

View Video at <https://recovery-bridge.com/core-truths/>

Register for material at <https://recovery-bridge.com>

The Bridge to Recovery* is a faith-based program that helps
overcome battles with personal life struggles and addictions.
God's Word, the Holy Bible shows amazing truths that lead to
incredible victories.

A Bridge to Recovery: For people struggling with addictions or others seeking Biblical
Christian counseling for Anger; Anxiety; Depression; et.al. While winter lasts in
upstate New York Pastor Rice intends to Zoom meet weekly on Saturday Noon to 1
pm with 12 Bridge to Recovery lessons. You may Join Zoom Meetings at: Meeting
ID: 491 867 1652 Passcode: GSBC

I am Pastor Ed Rice, Pastor of Good Samaritan Baptist Church, 54 Main St., Dresden,
NY 14441, offering to mentor local or remote students in the 12 step Bridge to
Recovery Program. It can be a lifeline for those struggling with addictions, anger;
anxiety; or depression. You can contact Pastor Ed Rice through our website and
view these slides at www.GSBaptistChurch.com/b2r/

R.B. Ouellette, Pastor First Baptist Church of Bridgeport Michigan, developed the Bridge to Recovery faith-based
program that helps people overcome their battles with personal struggles and addictions.

<https://recovery-bridge.com/core-truths/> accessed Dec 2024

Bridge 2 Recovery 12 Core Truths

**Core Truth 1. My recovery depends on my relationship with God.
Heb.11:6.**

Core Truth 2. I will never make progress until I become honest about my struggle. Psalm 51:3.

Core Truth 3. Victory begins with surrender. Romans 12:1-2.

Core Truth 4. In Jesus, I can have freedom and forgiveness. Isa.55:7.

Core Truth 5. Meditating on God's word will help me find victory and freedom. Psalms 1:2.

**Core Truth 6. Fixing the root will change the fruit... genuine change comes from the inside out.
2Cor.10:3-5.**

Core Truth 7. The priorities in my life dictate the progress of my life.

Matthew 6:33.

**Core Truth 8. Life is not made by my desires, but by my decisions.
Philippians 4:8.**

Core Truth 9. My past does not need to determine my future. Phil.3:13-14.

Core Truth 10. True success is not achieved by keeping rules, but by maintaining a right relationship with God and others. Matthew 22:37-40.

**Core Truth 11. My choices affect me and also those around me.
Rom.5:12.**

Core Truth 12. My friends will affect my future. Psalm 1:1.

Working Through Scripture

Core Truths 5-8

Truth 5. Meditating on God's word will help me find victory and freedom. Psalms 1:2, "But his delight is in the law of the LORD; and in his law doth he meditate day and night."

Truth 6. Fixing the root will change the fruit... genuine change comes from the inside out. II Corinthians 10:3-5, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ..."

Truth 7. The priorities in my life dictate the progress of my life. Matthew 6:33, "*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*"

Truth 8. Life is not made by my desires, but by my decisions. Philippians 4:8, "*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.)*"

A Faith Based Recovery Program has **THREE KEYS**

Keep up, three ingredients CCC, twelve core truths, now three keys.

Commitment and Connection i.e. an accountability.

Connect to God (salvation)

Connect to Others (follow up?)

Connect to Self (self discipline?)

Make an investment in your recovery. ... Buy something, notebook and pen, Material, Book #1, a Bible et.al., Invest your TIME Read and ponder daily, Keep a daily record, attend regular sessions, et.al.

WRITING IT DOWN!

Expressing Thoughts, Truths and Feelings Effectively involves writing, with a pencil! Everyone who's Anyone was a JOURNALER!

Expressing Feelings Effectively 5% in speech **90% in writing**, with pencil!

THE POWER of the WORD of GOD!

The WORD is Quick and Powerful, Discerns Thoughts and Intentions.

Faith cometh by hearing and hearing by the Word of God! (Rom.10) .

Add to your faith 7 things ... do these things ... never fall! (2Pet.1).

et.al.

Things in Review

Commitment – Journaling – The Word

Every Christian should be a Biblical Christian Counselor. 2Cor.5:17-18

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

18 And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;

Five Things a New Convert Should do.

- 1) Keep Reading the Bible.**
 - 2) Keep Talking to God.**
 - 3) Tell Someone What Happened.**
 - 4) Join with Other Believers.**
 - 5) Public Baptism, ... tell the world,**
- Coincidentally these five parallel important steps of Biblical Counseling**

The Five 'R's of Reformation

By Pastor Steven Curington RU founder

- 1. Recognize and Receive.** Things are not right in my life and I need help. Recognize that the one who created you loves you more than anyone else in this world and wants to fix your mess if you will receive Him.
- 2. Responsible Reporting.** Three areas of accountability are 1) an accountability to God, Rom 10:9-10,13. 2) An accountability to a Pastor of a local Bible Believing Church. 3) Accountable to others for your progress and goals of change.
- 3. Read Regularly.** God wrote an owners manual for your life. Josh.1:8. Read to Read. Read to Feed. Read to Lead.
- 4. Recite Respectively.** The Psalmist says "Thy word have I hid in my heart that I might not sin against thee." "Let the word of Christ dwell in you richly" Heb.4:12, 2Tim.3:16-1 Memorize the Scriptures.
- 5. Reunion Revival.** Gathering together with others of like mind is important. Hebrews 10:23-25.

These five 'R's and those five 'to-do's blend to make an excellent Biblical Counseling Methodology.

Taking Back A Stronghold

Put this on a 3x5 card, and read it daily for 30 days to memorize it's verses,

Five Elements of a Victorious Walk

1. Genuine Repentance (Psalm 51:2-4) Do you see sin as an affront to a holy God or just remorse over the consequences. *Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight.*
2. Taking back ground (Eph 4:27) Ground is given by sinful acts. This gives Satan legal jurisdiction in our lives. *Neither give place to the devil.*

Taking Back A Stronghold

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Five Elements of a Victorious Walk

3. Tearing down strongholds (2Cor 10:3-5) These are false belief systems that provide the enemy an area to bring destructive attacks. *For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.*
4. Build towers of truth (Joh 8:32) these towers are a belief system based on the truth of God's Word *And ye shall know the truth and the truth shall make you free.*

Taking Back A Stronghold

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Five Elements of a Victorious Walk

5. Taking every thought captive (Phil 4:8) This is God's standard for right thinking. If you do not take your thoughts captive, they will captivate you. *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

My besetting Sin _____

My Stronghold Verse

1CO 6:19-20 *What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*

Bridge-To-Recovery Core Truth#6 Assignment

Get your notebook and write the sixth core truth with its Key Verse:

In your note book, and then on a 3x5 card, write out the following outline:

Taking Back A Stronghold

Five Elements of a Victorious Walk

1. Genuine Repentance (Psalm 51:2-4).
2. Taking back ground (Eph 4:27).
3. Tearing down strongholds (2Cor 10:3-5).
4. Build towers of truth (Joh 8:32).
5. Taking every thought captive (Phil 4:8).

My Stronghold Verse *1Cor.6:19-20*

Write the key 12 verses to being born-again-saved: John 3:16,17,18, 36, 5:24, Romans 3:10,23, 5:8, 6:23, 10:9,10,13.

Watch Core-Truths Video #6

<https://recovery-bridge.com/core-truths/>

Call/Text your Mentor to report that you finish an assignment.

GENUINE CHANGE COMES FROM THE INSIDE OUT.

Core Truth 6. Fixing the root will change the fruit... genuine change comes from the inside out. II Cor. 10:3-5, *“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ...”*