

# BREAKING FREE

## BLOCK 1 — INDUCTION

Steps 1, 2 & 3: Surrender, Hope, and Daily Obedience

*The Beginning of a New Life*

*“Apart from Me, you can do nothing.”*

*— John 15:5*



By His Grace to His servant, Scott

# BLOCK 1 — INDUCTION

## STEPS 1, 2 & 3: SURRENDER, HOPE, AND DAILY OBEDIENCE

### Introduction: The Beginning of a New Life

You are standing at the doorway of the most important journey of your life. Whether you arrived here broken, exhausted, angry, terrified, confused, ashamed, numb, sick of yourself, or just sick of running—this place is not your punishment. **This is God's rescue mission for your soul.** This program is not a sentence. It is a lifeline.

You did not get here by accident. God Himself brought you here because He loves you too much to leave you the way you were.

Addiction might have been the thing that drove you to this ranch, but God is the One who opened the door so you could finally begin to heal. In this place, the chaos slows, the noise quiets, the chemicals fade, and your life comes into the light—maybe for the first time ever. Your job right now is simple:

**Show up. Surrender. Listen. And let God begin His work.**

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### WHAT BLOCK ONE IS ALL ABOUT

The first 90 days are called **Induction** because everything in your life is being reset:

- your routines
- your reactions
- your thinking
- your discipline
- your identity
- your understanding of God
- your willingness to change

Induction breaks the old patterns and begins laying a new foundation.

These first three steps are the **foundations** of the entire Christian recovery journey:

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## **STEP 1 — ADMITTING POWERLESSNESS (Days 1–30)**

**“My life is unmanageable, and I cannot fix myself.”**

Before anything can change, you must admit the truth: **you cannot save yourself. You cannot manage yourself. You cannot heal yourself.**

Addiction is stronger than your willpower, your promises, your pride, and your attempts at control.

This does not make you weak. This makes you human.

And Scripture is clear: **“Apart from Me, you can do nothing.” — John 15:5**

These first 30 days will teach you how to:

- tell yourself the truth
- recognize denial
- drop the image
- embrace structure
- learn discipline (Quiet Time, DCI, journaling)
- begin hearing from God again
- understand how addiction blinded you spiritually
- break isolation
- stop blaming, minimizing, and hiding

Step 1 is the foundation of everything else. There is no transformation without honesty.

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## STEP 2 — BELIEVING CHRIST CAN RESTORE YOU (Days 31–60)

**“I believe Jesus Christ can restore my sanity, my future, and my identity.”**

Once you stop lying to yourself, God begins to speak.

These 30 days introduce you to the **God who is not ashamed of you**, not angry at you, and not surprised by your past.

You will learn:

- who God really is—not who you imagined Him to be
- how Jesus heals the brokenhearted
- how to recognize the voice of the Holy Spirit
- how Scripture renews your mind
- how God speaks through Quiet Time, journaling, and the DCI
- how hope grows through small daily steps

You are not here to become religious. You are here to meet the God who restores what addiction destroyed.

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## STEP 3 — SURRENDERING MY WILL & DAILY OBEDIENCE (Days 61–90)

**“I turn my will and life over to Christ—today.”**

If Step 1 is honesty and Step 2 is hope, Step 3 is **decision**.

Not a one-time emotional prayer, but a daily turning:

- turning your will over
- turning your reactions over

- turning your mouth over
- turning your anger over
- turning your rights over
- turning your future over
- turning your schedule over
- turning your comfort over
- turning your relationships over

You will learn to obey Jesus when it's uncomfortable, when you don't feel like it, when you don't understand it—and when no one is watching.

The ranch routine is not random—it is discipleship in motion. Every rule, every schedule, every assignment, every correction is designed to make you into a man who walks in surrender instead of self-will.

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## **WHY THIS BLOCK MATTERS**

Block 1 is where you learn:

- how to show up
- how to submit to structure
- how to listen instead of argue
- how to be corrected instead of offended
- how to work instead of avoid
- how to humble yourself instead of defend yourself

- how to pray
- how to think
- how to slow down
- how to hear from God again
- how to walk in honesty
- how to build spiritual discipline

You cannot complete the later blocks—moral inventory, confession, amends, inner healing, character transformation, relapse prevention—without learning these basics first.

This block determines whether the next 12 months will be breakthrough or breakdown.

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## **WHAT YOU MUST REMEMBER STARTING TODAY**

### **1. Feelings don't matter at first.**

You may feel numb, angry, confused, foggy, homesick, restless, embarrassed, or resistant. That's normal. Show up anyway.

### **2. Your old life will fight you.**

Your flesh, your habits, your cravings, your pride, your denial, and your old thinking will all try to pull you back. Ignore them.

### **3. God is already working.**

Even if you feel nothing, God is planting something.

### **4. Consistency will change you.**

Your healing will not come in one big emotional moment. It will come through hundreds of small, obedient choices.

## 5. You are not alone.

Brothers, staff, Big Brothers, dorm monitors, and leaders are here to walk with you—not to judge you.

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### YOUR ONLY RESPONSIBILITY IN BLOCK 1

You don't have to be perfect. You don't have to be strong. You don't have to understand everything. You don't have to fix your whole life.

You only have to commit to one thing:

**Be teachable. Be honest. Be willing. Be present. Be surrendered.**

If you do that, God will do the rest.

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### A FINAL WORD BEFORE YOU BEGIN

You are stepping into a holy process. These 90 days will strip you, refine you, humble you, challenge you, discipline you, and strengthen you. But they will also rebuild you, restore you, and reconnect you to the One who never gave up on you.

This is not the end of your story. This is the beginning of a new one.

Welcome to Block 1. Welcome to Induction. Welcome to surrender, hope, and obedience. Welcome to the place where God begins to make your life brand new.

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Example>> [BF Residential Manual](#) [Socio-Gram](#) [Scriptures A/D Program](#)  
[+ Copy of DMI](#) [DMI Definitions](#) [DMI 25DEC](#) [12 Steps](#)

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## **Block 1 Induction**

### **PHASE 1 (Days 1–30) — STEP 1: ADMITTING POWERLESSNESS & BEGINNING DISCIPLINE**

**Theme: Honesty, brokenness, learning structure, learning the tools (Quiet Time, DCI, Journaling).**

#### **Days 1–10: Foundations of Induction & Hearing from God**

1. Why You're Here: Not a Sentence, But a Lifeline  
Understanding the difference between punishment and God's invitation to transformation.
2. Step 1: Admitting My Life Is Unmanageable  
What Christian Step 1 really means in daily life.
3. Be Still and Know: Why Quiet Time Is Non-Negotiable  
Psalm 46:10 and the necessity of stillness.
4. Introduction to the DCI: A Mirror for the Heart  
What the DCI is and why it's central to this program.
5. Journaling as a Conversation With God  
Turning thoughts and prayers into written dialogue.
6. Hearing From God: Is It Really Possible for Me?  
Basic biblical foundation for hearing God's voice.
7. Scripture Memory: Hiding God's Word in My Heart  
Why memorizing Scripture protects the mind.
8. Honesty vs. Image: Dropping the Mask in a Safe Place  
Facing the fear of being truly known.
9. The Power of Showing Up Daily  
Why consistency matters more than feelings in induction.



10. How Addiction Has Affected My Ability to Hear God  
How noise, chaos, and chemicals drowned out His voice.

### **Days 11–20: Understanding My Condition (Step 1 Deep Dive)**

11. Powerless but Not Hopeless  
The difference between helplessness and surrender.
12. The Illusion of Control: How I Tried to Manage My Own Life  
Control patterns and failed attempts.
13. Denial, Minimizing, and Blaming: My Old Survival Skills  
Learning to spot the defenses that kept me sick.
14. Why God Requires Truth in the Inward Parts  
Psalm 51 and inner honesty.
15. Using the DCI to See Yesterday Clearly  
Practical walkthrough of reviewing the last 24 hours.
16. Toxic Thinking: How My Thoughts Feed My Addiction  
Connecting thoughts → attitudes → behaviors.
17. Owning My Choices Without Crushing Shame  
Responsibility without self-hatred.
18. Breaking Isolation: Why I Need Brothers in Recovery  
From hiding to healthy connection.
19. Submitting to Structure: Why Rules Protect My Freedom  
Seeing the resident manual as guardrails, not punishment.
20. Obedience in the Small Things: Making Your Bed, Making Your Life  
How little daily disciplines build long-term change.

### **Days 21–30: Building Core Spiritual Disciplines**

21. Daily Quiet Time: How to Practically Meet With God Each Morning  
Step-by-step routine using your Quiet Time guide.
22. Asking God Questions in My Journal  
“Lord, what are You saying to me today?”
23. Listening for God’s Response and Writing It Down  
Sample Q&A journaling modeled.
24. The DCI and Confession: Bringing Character Defects Into the Light  
Using DCI to lead into confession and repentance.
25. Scripture Memory for Step 1: Verses on Powerlessness and Grace  
Suggested memory verses and why they matter.
26. Compliance vs. Surrender: Am I Just Going Along?  
Difference between outward compliance and inner surrender.
27. Why God Cares About My Attitude, Not Just My Behavior  
Heart-level obedience.
28. The First month is the Hardest: Pushing Through the Wall  
Encouragement on not quitting early.
29. Talking Back to Old Thinking With God’s Word  
Using Scripture to confront lies (“I can’t change,” “I’m too far gone”).
30. Writing My First Honest Prayer in This Program  
Guided assignment to write a raw, honest, surrendering prayer.

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## **PHASE 2 (Days 31–60) — STEP 2: BELIEVING CHRIST CAN RESTORE ME**

**Theme: Hope, faith, Christ’s power, learning to actually hear and believe God.**

**Days 31–40: Who Is This God I’m Trying to Hear?**

- 31. Step 2: Coming to Believe Christ Can Restore Me  
Shifting from “I can’t” to “He can.”
- 32. Jesus the Healer, Not Just the Judge  
Isaiah 61 and Luke 4.
- 33. The Father’s Heart: God Is Not Against Me  
Healing distorted views of God.
- 34. The Holy Spirit: My Daily Counselor in Recovery  
John 14–16 overview.
- 35. Learning to Recognize God’s Voice vs. Condemnation  
Conviction vs. shame.
- 36. Common Fears About Hearing from God  
“What if I don’t hear anything?” “What if I’m wrong?”
- 37. Using Quiet Time to Let God Define My Identity  
Journaling what He says about me.
- 38. Recording God’s Promises in My Journal  
Keeping a “Promises from God” page.
- 39. How God Uses His Word to Renew My Mind  
Romans 12:2 in real-life practice.
- 40. Hope in Small Steps: Noticing Daily Changes  
Journaling evidence of God at work.

**Days 41–50: Growing in Hearing, Journaling, and DCI**

- 41. Asking God: “What Lie Am I Believing Today?”  
Journaling prompt and listening.
- 42. Asking God: “Where Do You Want to Heal Me Today?”  
Letting Him highlight areas of focus.

- 43. The DCI as a Daily Conversation Starter With God  
Taking each defect to Him.
- 44. Bringing My Fears to God Instead of Stuffing Them  
Journaling fear honestly.
- 45. Breaking “Stinking Thinking” With Scripture Memory  
Specific verses against shame, fear, anger.
- 46. Hearing God in the Middle of Boredom, Irritation, and Work  
Learning to listen throughout the day.
- 47. Gratitude in Journaling: Writing What I’m Thankful For  
How gratitude shifts perspective.
- 48. Faith vs. Feelings: Showing Up Even When I Feel Nothing  
Staying consistent.
- 49. Recognizing the Gentle Nudge of the Holy Spirit  
Learning subtle promptings.
- 50. Writing a Testimony of One Way God Spoke to Me This Month  
Short, simple story.

### **Days 51–60: Hope, Responsibility, and Early Transformation**

- 51. Why My View of God Affects My Recovery  
If I see Him wrongly, I respond wrongly.
- 52. Asking God: “What Do You Want Me to Surrender Today?”  
Daily surrender journaling.
- 53. The Connection Between Honesty and Hearing Clearly  
How lies and secrets clog the line.
- 54. Receiving God’s Forgiveness When I Fail in the Program  
Not running when I blow it.

- 55. Letting God Speak Into My Attitude Toward Authority  
Staff, dorm monitors, Big Brothers.
  - 56. Learning to Pray for People I Don't Like  
Intercession and heart change.
  - 57. Seeing Work as Worship: Inviting God Into My Tasks  
Shovels, cleaning, and quiet time work together.
  - 58. How God Uses Brothers to Confirm What He's Saying  
Through accountability and feedback.
  - 59. Journaling My Fears About the Future and Letting God Answer Them  
Writing both fear and God's reply.
  - 60. Writing a Letter to God About Where I Need Him Most  
Processing Step 2 in a personal way.
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### **PHASE 3 (Days 61–90) — STEP 3: SURRENDERING MY WILL & DAILY OBEDIENCE**

**Theme: Lordship, decision of the will, daily surrender, obedience, program structure as discipleship.**

#### **Days 61–70: What It Means to Turn My Will and Life Over to Christ**

- 61. Step 3: Turning My Will and Life Over to Christ  
What this means practically in the ranch.
- 62. Lordship vs. Negotiation: Jesus Is Either in Charge or He Isn't  
No halfway.
- 63. Writing a Step 3 Prayer of Surrender  
Personal written commitment.

64. Inviting God Into My Schedule: Surrendering My Day Each Morning  
“Here is my day, Lord.”
65. Surrendering My Right to Comfort  
Learning to endure discomfort.
66. Surrendering My Right to Be Right  
Humility in conflict.
67. Giving God My Reactions: Anger, Sarcasm, and Silent Treatment  
Letting Him deal with responses.
68. Obedience When No One Is Watching  
Secret character.
69. Surrendering Control Over Relationships Back Home  
Letting God handle family and friends.
70. Letting God Into My Plans for the Future  
Giving Him my dreams and fears.

### **Days 71–80: Living Surrender Out in Ranch Life**

71. Responding to Correction Without Excuses  
Journaling after correction.
72. Submitting to the Program Structure as Discipleship  
Seeing rules as training.
73. Big Brother, Staff, and Dorm Monitors as God’s Tools, Not Enemies  
Reframing authority.
74. Using DCI to Track My Surrender Level  
Where I still resist God.
75. Surrendering My Mouth: Complaining, Gossip, and Joking  
Speech as a surrender issue.

- 76. Letting God Decide How Fast I Change  
Patience with the process.
- 77. Journaling: “Lord, What Am I Still Holding Onto?”  
Honest inventory.
- 78. When I Don’t Feel Like Obeying: Choosing His Will Anyway  
Faith over feelings.
- 79. Aligning My Work Ethic With My Surrender  
Working as unto the Lord.
- 80. Writing Out a Daily Surrender Routine  
Morning → DCI → Prayer → Work.

### **Days 81–90: Launching Into the Next Blocks**

- 81. What Has God Shown Me in My First 90 Days?  
Guided reflection.
- 82. Key Attitudes That Have Begun to Change  
Noticing growth.
- 83. Key Attitudes That Are Still Stubborn  
Areas still resistant.
- 84. Writing My “Before and After (So Far)” Story  
Early testimony.
- 85. What I’ve Learned About Hearing God’s Voice  
Lessons learned.
- 86. What I’ve Learned About My Character Defects  
Step 1–3 reflection.
- 87. Committing to Continue Quiet Time and DCI in Block 2  
Carry-over commitment.



88. Thanking God for His Patience With Me  
Gratitude journaling.

89. Praying Over the Next Block: Examination and Moral Inventory  
Preparing heart for Block 2.

90. A Covenant of Surrender: Signing My 90-Day Induction Commitment  
Writing and signing a simple covenant prayer.

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## **DAY 1 — WHY YOU'RE HERE: NOT A SENTENCE, BUT A LIFELINE**

Most men arrive at a place like this feeling some mixture of anger, shame, confusion, embarrassment, fear, and exhaustion. Maybe a judge sent you. Maybe your family begged you to come. Maybe you finally got tired of detoxing in jail cells, burning bridges, and waking up in the same cycle over and over. However you got here, it may feel like you are serving time, like this ranch is just another kind of jail—only with Bible verses. But the truth is very different: **you are not here to be punished—you are here to be rescued.**

Addiction has already punished you. Sin, brokenness, and bad decisions have already punished you. You've already lived under condemnation—from others, from the system, and from your own mind. This program is not about piling on more condemnation. It is about stepping into a place where God can finally interrupt the destruction and begin rebuilding your life from the inside out. Jesus said, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly" (John 10:10). Addiction is the thief. Christ is the Lifeline.

When you see this program as "time to do" instead of "time to heal," you will resist everything God wants to use to change you. You'll fight structure, resent rules, hate correction, and count days instead of letting God use them. But when you see this as a **lifeline**, not a sentence, you begin to cooperate with the process. You start asking different questions—not "When do I get out?" but "What does God want to do in me today?" Not "Why is this so strict?" but "What is God training in me through this?"

You are here because your way wasn't working. You are here because God allowed enough pain to get your attention. You are here because, deep down, you know something has to change. In this first block, God is not asking you to understand

everything. He is not asking you to fix your whole life. He is asking you to **stay, submit, show up, and let Him work.**

You are not serving a sentence. You are being given a lifeline. Don't waste it.

### **Questions for Reflection & Journaling**

1. If I'm honest, how do I feel about being here right now—angry, grateful, scared, numb, resentful, relieved?
2. In what ways has addiction already “sentenced” me in my life (jail, lost relationships, health, respect, etc.)?
3. What evidence do I see that God might be using this place as a lifeline instead of a punishment?
4. What is one attitude I need to let go of so I can receive this program as God's rescue, not just man's requirement?
5. What do I want to ask God about my time here as I start this first block?

## **DAY 2 — STEP 1: ADMITTING MY LIFE IS UNMANAGEABLE**

Step 1 in a Christ-centered program is not just a slogan—it is a spiritual reality:

**“We admitted we were powerless over our addiction and that our lives had become unmanageable.”**

The Bible has been saying the same thing for thousands of years. Jesus said, “Apart from Me you can do nothing” (John 15:5). Paul described the battle in Romans 7, saying he could not do the good he wanted and could not stop doing the things he hated. That is unmanageability. That is powerlessness. That is addiction.

Most of us spent years trying to manage our own lives. We tried switching drugs, switching crowds, switching locations, switching relationships, switching jobs, switching churches, or switching hustle—but the same chaos followed us. Why? Because **the problem was not just “out there”; the problem was inside us.** Addiction doesn't start with the bottle, the pill, the line, or the needle. It starts with the heart, the mind, and

the will that say, “I can handle this. I’ve got this. I don’t need help. I can quit when I want.” That’s the lie.

Admitting powerlessness does not mean you are worthless. It does not mean you are stupid or hopeless. It means you finally agree with God about your condition. It means you stop pretending you are in control when your life proves you are not. It is the moment you stand before God and say, “My way doesn’t work. I cannot manage my life without You.” That is where recovery begins. That is where grace can finally flow.

As long as you cling to the idea that you can manage your own life, you will treat this program like an option instead of a gift. You will “sample” the tools but keep your old strategies. You will appear to cooperate but inwardly still trust yourself. Step 1 is the day you fire yourself from being your own god. It’s where you step down from the throne and admit, “I am not in control. I am not God. I am powerless over this addiction without Jesus Christ.” That confession is not defeat—it is the beginning of true victory.

### **Questions for Reflection & Journaling**

1. In what specific ways has my life become unmanageable because of drugs, alcohol, or related sins?
2. What have I tried to control or “fix” on my own that clearly did not work?
3. What do I fear will happen if I admit I am powerless to manage my own life?
4. How does Romans 7 (the struggle Paul describes) sound similar to my experience with addiction?
5. What would it look like today to begin “firing myself” from trying to be in charge and letting God be God?

### **DAY 3 — BE STILL AND KNOW: WHY QUIET TIME IS NON-NEGOTIABLE**

Addiction is loud. The world you came from was loud—phones, music, arguments, drama, anxiety, cops, chaos, cravings, and constant motion. On top of that, drugs and alcohol fogged your mind, numbed your heart, and drowned out the voice of God. Even when God tried to speak, the noise of your lifestyle made it nearly impossible to hear Him.

Now, you are in a different environment—slower, structured, quiet. For a man coming out of the streets, jail, or chaotic home life, that quiet can feel strange, even uncomfortable. But Scripture commands, “Be still, and know that I am God” (Psalm 46:10). Stillness is not optional in this program—it is **non-negotiable** because stillness is where you begin to hear God again.

Quiet Time is not just a religious “checklist” item. It is your **daily appointment with God**. In induction, that means getting up, showing up, sitting down with a Bible, your DCI, and your journal, and learning to be still before the Lord. You calm your mind. You slow your breathing. You open God’s Word. You invite the Holy Spirit. You let Him speak. You let Him put His finger on things in your heart. You let Him comfort you, correct you, convict you, and guide you.

Without Quiet Time, you will just be a sober version of your old self—clean on the outside, but still chaotic on the inside. Without Quiet Time, you will lean on your own understanding, old thinking, and old reactions. This program will just feel like rules, work, and restrictions. **With** Quiet Time, the same rules become training, the work becomes worship, and the structure becomes protection. Quiet Time is where your spirit plugs into the only true Power Source—Jesus Christ.

In these first 90 days, learning to meet with God daily is more important than anything else. Your body is detoxing. Your brain is recalibrating. Your emotions are surfacing. You need a place every day where you are not performing, arguing, or pretending—but simply sitting as a son before your Father in heaven. That place is Quiet Time. If you will commit to this one discipline, God will use it to slowly rebuild your entire life.

### Questions for Reflection & Journaling

1. How has busyness, chaos, and addiction made it hard for me to be still in the past?
2. What makes Quiet Time feel uncomfortable or strange to me right now?
3. Why do you think God commands stillness before knowledge (“Be still and know”)?
4. What would it look like for me to give God my full attention, even for 15–20 minutes each morning?
5. What is one simple step I can take tomorrow morning to show God I’m serious about meeting with Him?

## DAY 4 — INTRODUCTION TO THE DCI: A MIRROR FOR THE HEART

In your old life, you probably checked a mirror for your outward appearance—hair, clothes, face. But very few men ever look into a mirror that shows them their **character**. The **Daily Character Inventory (DCI)** is that mirror. It is a simple tool that helps you review the last 24 hours and ask, “What kind of man was I today?”

Addiction did not start with a bottle or a pipe; it started with attitudes—pride, rebellion, dishonesty, laziness, anger, self-pity, fear, resentment. Over time those attitudes became behaviors, and those behaviors became strongholds. The DCI is designed to help you identify those attitudes every single day so they no longer control you secretly. Scripture says, “Search me, O God, and know my heart... and see if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23–24). The DCI is one way you invite God to answer that prayer.

Practically, the DCI uses **pairs of attitudes**—for example:

- Humility vs. Pride
- Gratitude vs. Complaining
- Honesty vs. Deception
- Love vs. Resentment
- Self-control vs. Impulsiveness

Each day, you honestly mark where you leaned: toward the Christ-like attitude or toward the addictive, sinful one. You’re not grading yourself to beat yourself up—you’re asking God to show you where you are growing and where you are still in bondage. Over time, patterns will appear. You’ll see which defects drive your addiction: maybe it’s anger, maybe it’s self-pity, maybe it’s fear, maybe it’s entitlement. Once you can see them clearly, you can begin to surrender them clearly.

The DCI is central to this program because **sobriety without character change is just dry drunk living**. You might be clean, but you will still be dangerous—to yourself and to others. God wants more for you than sobriety; He wants transformation. The DCI is one of the main tools He will use to transform your heart if you take it seriously.

## Questions for Reflection & Journaling

1. When I look back over my life, what character defects do I see showing up over and over again?
2. How have those defects (pride, anger, fear, self-pity, etc.) fueled my addiction?
3. What do I feel when I think about letting God “search” my heart every day through something like the DCI?
4. How could honestly reviewing my attitudes each day help prevent relapse in the future?
5. Am I willing to let the DCI become a daily mirror—even when I don’t like what I see? Why or why not?

## DAY 5 — JOURNALING AS A CONVERSATION WITH GOD

Most men entering recovery have had thousands of conversations—with dealers, friends, family, police, judges, partners, enemies, and themselves. But very few have had an honest, ongoing **conversation with God**. Journaling is one of the main ways we begin that conversation.

Journaling is not about being a good writer. It’s not about spelling, grammar, or big words. Journaling is simply **writing down your heart before God and writing down what you sense God speaking back through His Word and His Spirit**. In addition, your mind was a noisy, confused place. Thoughts raced. Emotions exploded. Fears screamed. Lies repeated. Journaling slows all of that down. It takes the swirl inside your head and puts it on paper where you can see it clearly.

In this program, you will be taught to ask God specific questions in your journal and wait quietly for His answer. For example:

- “Lord, what are You saying to me about yesterday?”
- “What do You want me to surrender today?”
- “What character defect are You putting Your finger on?”

- “How do You see me, even in my weakness?”

As you sit in Quiet Time, you will read Scripture, reflect, and then begin to write—your fears, your sins, your hopes, your questions. Then, slowly, you will learn to write what you believe the Holy Spirit is impressing on your heart, always checking it against the Bible. Over time, you will look back and see a record of God’s faithfulness, His correction, His comfort, and His guidance.

Addiction thrives in unspoken, unprocessed pain. Journaling brings that pain into the light of God’s presence. Instead of running from your thoughts, you will learn to face them with Christ. Instead of stuffing your emotions, you will learn to express them before the Lord. Instead of letting lies swirl, you will write them down and confront them with Scripture. Journaling turns your notebook into a battlefield where God’s truth begins to defeat your old thinking.

This habit, if you take it seriously, can become one of the most important tools of your new life. Long after you leave the program, your journal can remain your safe place to talk with God, receive direction, and stay honest.

### **Questions for Reflection & Journaling**

1. What have I thought about journaling in the past—pointless, weird, helpful, or “not for me”?
2. What kinds of thoughts or emotions do I usually try to avoid, and how might journaling help me face them with God?
3. How could writing my prayers and God’s answers help me in moments of temptation or discouragement?
4. What is one honest question I want to ask God in my journal today?
5. Am I willing to try journaling as a daily conversation with God during this block? Why or why not?

## **DAY 6 — HEARING FROM GOD: IS IT REALLY POSSIBLE FOR ME?**



For many men coming into a Christ-centered recovery program, the idea of “hearing from God” feels unreal, spooky, or reserved for “super spiritual” people. You might think, “God doesn’t talk to guys like me. Look at my past. Look at what I’ve done. I’ve ignored Him for years. Why would He speak to me now?” But the Bible tells a different story. Jesus said, “My sheep hear My voice, and I know them, and they follow Me” (John 10:27). He did not say, “The religious professionals hear My voice.” He said, **My sheep**—ordinary, broken, recovering people who belong to Him.

Hearing from God does not usually look like an audible voice. Most of the time, He speaks through **His Word** (the Bible), through the **Holy Spirit** in your heart, through **godly counsel**, and through the **circumstances** He allows. In addition, your mind was too crowded, too numbed, too distracted, and too self-willed to notice Him. The chemicals fogged your brain. The chaos drowned out His whispers. The lifestyle pulled you further and further from stillness. It’s not that God wasn’t speaking—it’s that life and sin were turned up too loud.

Now, in this first block, God is slowing you down. He is detoxing not just your body, but your mind and spirit. Quiet Time, journaling, and the DCI are not just “program tools”—they are ways to **tune your ear** to the voice of your Shepherd. When you open the Bible each morning and read slowly, you are training your mind to hear truth instead of lies. When you ask the Holy Spirit, “Lord, what are You saying to me today?” and write what you sense in your journal, you are learning to recognize His gentle nudge. When a staff member or Big Brother confirms something God has been dealing with in your heart, that’s God speaking through community.

Is it possible for you to hear from God? **Absolutely.** Not because you’ve earned it, but because Jesus bought it for you at the cross. He tore down the wall between you and the Father. Step 1 admits you can’t manage your life. Step 2 says Jesus can restore you. Step 3 will call you to surrender. Hearing from God is how those steps become real—not just words on a page.

You may not always “feel” like you hear anything. Some days will be dry. Some days will be confusing. But keep showing up. Keep opening the Word. Keep writing. Keep listening. Over time, you’ll look back and realize: **God has been speaking to you more than you ever knew.**

### Questions for Reflection & Journaling

1. What have I believed about people who say they “hear from God”?

2. How has addiction made it hard for me to notice or recognize God's voice in the past?
3. When I read John 10:27, do I believe I can be one of Jesus' "sheep" who hear His voice? Why or why not?
4. What is one simple way I can begin practicing listening to God during Quiet Time this week?
5. Ask in your journal: "Lord, do You really want to speak to me personally?"—then be still, read Scripture, and write what you sense.

## **DAY 7 — SCRIPTURE MEMORY: HIDING GOD'S WORD IN MY HEART**

In your addiction, your mind was full—but not full of God's Word. It was full of worries, obsessions, hustles, cravings, arguments, fantasies, and regret. Those thoughts were like fuel for relapse. Scripture says, "As a man thinks in his heart, so is he" (Proverbs 23:7). What fills your mind shapes your life. That's why **Scripture memory** is not a "cute Christian activity" here—it is **spiritual survival gear**.

Psalms 119:11 says, "Your word I have hidden in my heart, that I might not sin against You." God's Word in your heart is like clean, strong wiring running through your mind. When temptation hits and you have no Scripture inside you, your brain reaches for old thinking—"I can't handle this," "I need a hit," "nobody cares," "I'll always be this way." But when God's Word is inside you, your mind has new material:

- "No temptation has overtaken you except what is common to man..." (1 Corinthians 10:13)
- "I can do all things through Christ who strengthens me." (Philippians 4:13)
- "Therefore, if anyone is in Christ, he is a new creation..." (2 Corinthians 5:17)
- "God is our refuge and strength, a very present help in trouble." (Psalm 46:1)

Memorizing Scripture rewires your thoughts. It gives the Holy Spirit something to **remind you of** when you're under pressure. In the old life, you had drug numbers, street routes, and manipulation scripts memorized. Here, God is giving you new

ammunition—**truth**. You may say, “I’m not good at memorizing.” But you already memorized lyrics, codes, and stories. Your mind can remember—it just needs new content and daily repetition.

In this first block, you’ll be given key verses tied to Steps 1, 2, and 3—verses about powerlessness, grace, God’s character, and surrender. Don’t just read them. Write them. Say them out loud. Pray them. Put them in your journal. Go over them during work detail. Repeat them before bed. Over time, they will move from your eyes...to your lips...to your heart.

Addiction brain needs a **new script**. Scripture memory is how God writes that new script on the inside. You are not just memorizing words—you are loading your heart with weapons against relapse, despair, and lies.

### Questions for Reflection & Journaling

1. What kind of things did I easily memorize in my addiction (songs, numbers, places, lies)? What does that show about my ability to remember?
2. How could memorizing Scripture help me in moments of craving, anger, or fear?
3. Which verse about God’s power or grace speaks to me the most right now? (Pick one and write it out in your journal.)
4. What excuse do I tend to make about not memorizing God’s Word, and is it really true?
5. Choose **one** verse today, write it three times, and begin repeating it to yourself throughout the day. Ask God to plant it in your heart.

## DAY 8 — HONESTY VS. IMAGE: DROPPING THE MASK IN A SAFE PLACE

Before you got here, you wore masks. You may have had a “tough guy” mask, a “funny guy” mask, a “religious guy” mask, a “smooth talker” mask, or a “silent and mysterious” mask. Those masks helped you survive—on the streets, in jail, in relationships, even in church. They protected you from rejection, hid your shame, and kept people from seeing the real you. But those same masks also helped keep you addicted.

Addiction feeds on **image**. You wanted to look like you had it together even when your life was falling apart. You wanted people to believe you were in control while you were overdosing, lying, stealing, and hiding. Image says, “I can’t let them see the real me.” Honesty says, “This is who I am, and I need help.” God’s Word is clear: “Behold, You desire truth in the inward parts” (Psalm 51:6). God is not impressed with your image. He is after your truth.

Induction is designed to be a **safe place** where masks can start coming off. That doesn’t mean you tell everyone everything on day one. It means you begin practicing telling the truth about where you really are—spiritually, emotionally, and practically. When a staff member asks how you’re doing, you don’t just say, “I’m fine.” You ask God for courage to say, “I’m struggling,” “I’m angry,” “I’m scared,” “I’m tempted,” or “I’m confused.” That honesty is not weakness—it is **the first true strength you’ve shown in years**.

If you keep your image, you will lose your recovery. If you keep your mask, you will keep your addiction. Jesus already knows the real you—the broken, hurting, angry, confused, sinful, wounded, addicted you. And He still chose the cross. The men around you are not perfect either. They came here with their own masks and stories. You do not need to impress them; you need to walk with them.

In Steps 1–3, God is tearing down the false self you built so He can reveal the man He created. That means letting go of image and embracing honesty. Here, honesty is not going to get you “killed”; it is going to get you **healed**.

### Questions for Reflection & Journaling

1. What “mask” have I worn the most in my life (tough, funny, religious, quiet, angry, etc.)?
  2. How did that mask protect me? How did it also keep me trapped in addiction?
  3. What fears come up when I think about letting people see the real me here?
  4. What does Psalm 51:6 show me about what God truly wants from me?
  5. What is one small area where I can choose honesty over image today (in class, with a staff, with my Big Brother, in group, or in my journal)?
-

## DAY 9 — THE POWER OF SHOWING UP DAILY

In addiction, life was ruled by impulses, not discipline. You showed up when you felt like it, or when you were desperate enough, or when you needed something. If you didn't feel like going to work, you didn't. If you didn't feel like answering the phone, you didn't. If you felt like using, you did—no matter what was at stake. Feelings were the boss.

Recovery is the exact opposite. **Feelings are no longer the boss—truth is.** In this first block, God is training you in one of the most powerful spiritual and practical skills: **showing up daily**, even when you don't feel like it. Quiet Time when you're tired. DCI when you're irritated. Group when you're ashamed. Work when you're unmotivated. Chapel when you're distracted. Showing up again and again.

Scripture says, "It is required in stewards that one be found faithful" (1 Corinthians 4:2). Not talented. Not impressive. Not emotional. **Faithful.** Faithfulness is simply showing up and doing what God has put in front of you, one day at a time. On some days, you will feel spiritual, inspired, and strong. On others, you will feel numb, flat, or frustrated. The men who grow the most here are not the ones who feel the most—they are the ones who **keep showing up** no matter how they feel.

Your brain and body are still adjusting—detoxing, healing, recalibrating. Some days you will be foggy or irritable. That's okay. The point is not perfection; the point is **consistency**. Step 1 admits you can't run your life. Step 2 trusts that Christ can restore you. Step 3 will ask you to surrender daily. Showing up is how you live those steps out in real time.

Every time you show up for Quiet Time, you are telling God, "I'm still here." Every time you pick up your DCI, you're saying, "Search me again, Lord." Every time you go to class, you're saying, "Teach me again, Lord." Over weeks and months, those small choices stack up into a completely different life.

You didn't get addicted in one day. You won't get transformed in one day. But one faithful day can lead to another—and that is where real change begins.

### Questions for Reflection & Journaling

1. In my old life, where did I lack consistency the most (work, family, church, responsibilities)?
2. How did living by feelings instead of faithfulness feed my addiction?

3. What does “showing up daily” practically mean for me in this program (list specifics: Quiet Time, DCI, classes, work, group)?
4. How might God use simple daily faithfulness to rebuild my life over time?
5. What is one area today where I will choose to show up, even if I don’t feel like it?

## DAY 10 — HOW ADDICTION HAS AFFECTED MY ABILITY TO HEAR GOD

One of the most important truths you must face early in recovery is this: **addiction damages your ability to hear clearly—from people, from your own conscience, and from God.** Drugs and alcohol do not just affect the body; they affect the mind, emotions, memory, and spiritual sensitivity. Years of using have trained your brain to chase relief and ignore conviction.

Scripture speaks directly to this: “Do not be drunk with wine, in which is dissipation; but be filled with the Spirit” (Ephesians 5:18). Being under the influence of substances interferes with being under the influence of the Holy Spirit. The more you lived high, drunk, numbed out, or obsessed with your next fix, the less you noticed God’s warnings, nudges, and leading. Sin and addiction are like static on a radio—they fill the frequency with noise so the real signal can’t be heard.

Addiction also hardened your heart. Each time you ignored conviction or pushed away truth, a layer of callus formed inside. You learned to justify, rationalize, and blame instead of listen. You may have even used God’s name while actively sinning—“God understands,” “God knows my heart,” “I’ll get right later”—while running the other direction. Over time, that makes it very hard to hear Him clearly.

The good news is that God specializes in restoring deaf ears and hard hearts. Through detox, structure, Quiet Time, the DCI, journaling, and community, He is slowly turning the volume of addiction down and turning the volume of His Spirit up. As you stay sober, your mind clears. As you confess sin, your conscience softens. As you open the Bible, your spiritual ears begin to tune in. As you practice Steps 1, 2, and 3, you move from “I can’t hear God” to “God is starting to speak to me about very specific things.”

Part of this first 90 days is simply **admitting** how damaged your hearing has been and asking God to heal it. Just like a man with physical hearing damage needs time, therapy, and new habits, you will need time, spiritual therapy (God’s Word and Spirit),

and new habits of listening. God is patient. He is not asking you to hear perfectly—He is asking you to be willing, honest, and teachable.

As you move forward, remember: the same God you drowned out with chemicals is now inviting you to know Him, hear Him, and walk with Him daily. That is grace.

### Questions for Reflection & Journaling

1. In what specific ways did drugs, alcohol, and my lifestyle make it hard for me to hear from God or even care what He said?
2. How did I ignore or push away conviction in the past (times I knew something was wrong and did it anyway)?
3. When I read Ephesians 5:18, what does it show me about the connection between addiction and my spiritual life?
4. What signs do I see that my “spiritual hearing” is already starting to change (even if just a little) since coming here?
5. In my journal, write a simple prayer: “Lord, heal my ears. Help me hear You more clearly as I walk through this first block.”

## DAY 11 — POWERLESS BUT NOT HOPELESS

The difference between helplessness and surrender.

Step 1 in the Christian 12 Steps says, in essence: **“We admitted we were powerless over our addiction and that our lives had become unmanageable.”** For many men, the word powerless sounds like helpless or worthless—like giving up. But biblically, admitting powerlessness is not the same as quitting; it is the first act of **faith**.

Addiction has proven, over and over, that you cannot control your using once you start, and you cannot stay stopped by willpower alone. You’ve made promises, set rules for yourself, tried “just weekends,” switched substances, changed locations, changed relationships, and tried to “cut back.” None of it lasted. That is not because you are especially weak—it’s because addiction is stronger than human will. Jesus said, “Everyone who sins is a slave to sin” (John 8:34). That’s powerlessness.



But Jesus didn't stop there. He also said, "So if the Son sets you free, you will be free indeed" (John 8:36). That is **hope**. Powerlessness without God leads to despair. Powerlessness with God leads to surrender, and surrender is where His power enters. The Bible says, "When I am weak, then I am strong" (2 Corinthians 12:10). The moment you stop pretending to be strong enough, you become a candidate for God's strength.

Helplessness says, "Nothing can change. I'm doomed." Surrender says, "I cannot change myself, but **Christ can restore me**." Helplessness gives up. Surrender gives **over**—your will, your plans, your control, your addiction, your survival skills. Admitting you are powerless is not the end of your story—it's the end of the lie that you can rescue yourself.

In this first block, you are learning to sit in that truth without running: "I cannot fix me." That's Step 1. Step 2 says, "Christ can." Step 3 will say, "So I give Him my will and life." You are not hopeless. You are simply not God—and that is very good news.

### Questions for Reflection & Journaling

1. How have I tried to "manage" or control my addiction in the past? What were the results?
2. When I hear the word powerless, what feelings rise up—fear, anger, relief, shame? Why?
3. In what ways has believing "I can handle it" kept me stuck?
4. How does John 8:34–36 help me understand both my bondage and my hope?
5. Write a short prayer today: "Lord, I admit I am powerless over \_\_\_\_\_. I surrender this to You and ask You to begin restoring me."

## DAY 12 — THE ILLUSION OF CONTROL: HOW I TRIED TO MANAGE MY OWN LIFE

Control patterns and failed attempts.

Addiction is full of **control stories**—all the plans we used to convince ourselves we were still in charge:

- “I’ll only drink, I won’t use hard drugs.”
- “I’ll only use on weekends.”
- “I’ll never use around my kids.”
- “I’ll quit once I get this job / relationship / money.”
- “I’m not as bad as those people.”

Each one is a way of saying, “I’m still in control.” The Bible warns, “There is a way that seems right to a man, but its end is the way of death” (Proverbs 14:12). What “seemed right” to you—your control plans—brought you here.

Control is an illusion. You might have controlled **some** things for **a little while**, but addiction always took over. You said you’d have one drink and woke up in jail. You said you’d stay clean this time and found yourself back in the same darkness. You told your family you were “done,” but your next run proved otherwise. Your life didn’t just become unmanageable—it already **was**, and you were trying to hide that truth from yourself and others.

Control didn’t just show up with substances. It showed up in relationships (trying to manage people’s opinions, emotions, reactions), in money (hustling, manipulating, lying), and even in religion (using God-talk, promises, and tears to calm people down without really surrendering). Deep down, you feared what would happen if you ever truly let go.

God is using this ranch to confront the illusion of control. Structure, rules, schedules, staff oversight, Big Brothers, and accountability all hit the “control button” inside you. That discomfort is not punishment—it’s grace. God is prying your fingers off the steering wheel so Christ can drive. Jesus said, “Whoever wants to save his life will lose it, but whoever loses his life for My sake will find it” (Matthew 16:25). Your attempts to “save” and manage your life nearly destroyed it. Letting go is how you finally find it.

### Questions for Reflection & Journaling

1. What are some of my favorite “control plans” I used to convince myself I was okay?
2. How did those plans work out—for me, and for the people around me?

3. Where do I still fight the structure here because I want to stay in control?
4. What fears come up when I imagine truly letting go and letting Christ lead?
5. Ask God in your journal: “Lord, where am I still trying to manage my own life instead of surrendering it to You?”

## DAY 13 — DENIAL, MINIMIZING, AND BLAMING: MY OLD SURVIVAL SKILLS

Learning to spot the defenses that kept me sick.

Addiction rarely comes alone; it usually brings three “bodyguards”: **denial, minimizing, and blaming**. These were your survival skills—but they also kept you sick.

- **Denial** says, “It’s not that bad.”
- **Minimizing** says, “Okay, it’s bad, but not that bad.”
- **Blaming** says, “Even if it is bad, it’s their fault, not mine.”

These defenses helped you avoid unbearable shame, pain, and fear. If you admitted how bad it really was—how you hurt your kids, your parents, your partner, your church, your body, your mind—you might have collapsed. So you lied to yourself. The Bible warns, “The heart is deceitful above all things, and desperately sick; who can understand it?” (Jeremiah 17:9). That deceit didn’t just come from the outside; it came from inside.

Denial kept you from asking for help. Minimizing kept you from taking drastic action. Blaming kept you from taking responsibility. Together, they allowed your addiction to grow, your relationships to break, and your spiritual life to die. You told half-truths, left details out, shaded stories, and made sure you never looked as bad as you really were.

Now, in this program, God is tearing those defenses down—not to shame you, but to **heal you**. Step 1 requires **truth**: “My life is unmanageable.” Step 2 requires **admission**: “I need a Power greater than myself—Jesus Christ.” Step 3 will require **surrender**. None of that can happen while denial, minimizing, and blaming are still running the show.

Proverbs 28:13 says, “He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.” Covering (denial) blocks mercy. Confession (truth) releases it. Your old survival skills worked on the streets, in chaos, and in jail, but they do not work in the Kingdom of God. Here, truth is safety. Honesty is strength. Confession is the doorway to mercy.

### Questions for Reflection & Journaling

1. In what ways have I denied the seriousness of my addiction or behavior?
2. How have I minimized the impact of my choices on others?
3. Who or what have I blamed the most for my addiction?
4. How does Proverbs 28:13 challenge the way I’ve handled sin and failure?
5. What is one area where I will stop denying, minimizing, or blaming—and start telling the full truth?

## DAY 14 — WHY GOD REQUIRES TRUTH IN THE INWARD PARTS

Psalm 51 and inner honesty.

When King David was confronted about his sin—adultery, deception, and arranging a man’s death—he didn’t make excuses. He broke. He prayed one of the most powerful prayers of repentance in the Bible: “Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom” (Psalm 51:6).

God is not just concerned with what you admit **out loud**—He wants truth in the **inward parts**: in your thoughts, motives, fantasies, memories, and secret places. You can sit in class, nod, say the right words, and even read your Bible while still lying to yourself inside. That kind of “recovery” doesn’t last.

Truth in the inward parts means:

- Telling yourself the truth about how bad it got.
- Telling yourself the truth about why you used.

- Telling yourself the truth about the damage caused.
- Telling yourself the truth about your motives and patterns.
- Telling yourself the truth about your need for Christ.

God requires inner honesty because **wisdom lives there**. When you tell the truth inside, the Holy Spirit can begin to teach you, guide you, and correct you. When you lie inside, you shut Him out. Psalm 51 is a Step 1–3 prayer: David admits his sin, trusts God’s mercy, and surrenders his heart for cleansing and renewal.

Addiction trained you to split—one face on the outside, another life on the inside. The ranch, and especially this first block, is where those two begin to come together. God wants what you say, think, feel, and live to line up. That’s integrity. That’s recovery. That’s discipleship.

### **Questions for Reflection & Journaling**

1. Where do my words and my inner truth still not match?
2. What is one area of my life where I still refuse to be fully honest with myself?
3. How does Psalm 51 speak to my own journey of repentance and renewal?
4. What would it look like for me to have “truth in the inward parts” this week?
5. Write your own short version of a Psalm 51 prayer—asking God to cleanse, renew, and teach you truth inside.

## **DAY 15 — USING THE DCI TO SEE YESTERDAY CLEARLY**

Practical walkthrough of reviewing the last 24 hours.

The **Daily Character Inventory (DCI)** is one of the most powerful tools you will use in this program. Think of it as a spiritual mirror and a daily Step 1–3 check-up. Addiction trained you to forget, ignore, or rewrite what happened yesterday. The DCI trains you to face it honestly before God.

Psalm 139:23–24 says, “Search me, O God, and know my heart... see if there is any wicked way in me, and lead me in the way everlasting.” The DCI is a practical way to pray that prayer every day. Here is one simple pattern:

1. **Set aside quiet time.** Preferably in the morning, before the day gets busy.
2. **Ask the Holy Spirit to help you remember.** “Lord, show me yesterday the way You saw it.”
3. **Walk through your categories** (humility vs. pride, honesty vs. dishonesty, gratitude vs. complaining, love vs. resentment, purity vs. lust, responsibility vs. laziness, etc.).
4. For each pair, ask:
  - “How did I actually live yesterday?”
  - “Where did I walk in the Spirit?”
  - “Where did I walk in my flesh and addiction instincts?”
5. Mark each with a ✓ (godly) or ■ (ungodly). Be honest. Don’t grade yourself on intentions—grade yourself on reality.
6. **Confess and surrender.** Where you see ■, write a short confession: “Lord, yesterday I walked in pride when I... I ask Your forgiveness, and I choose humility today.”
7. **Listen and journal.** Ask, “Lord, what do You want to say to me about yesterday?” Then write what you sense—correction, encouragement, warning, or comfort.

In addition, you repeated the same day thousands of times and never evaluated it. You just chased relief again. In recovery, you stop repeating and start **reviewing**. The DCI helps you see patterns: where you tend to get triggered, where you tend to get lazy, where you tend to shine, and where you still resist God.

The DCI is not about beating yourself up; it’s about staying honest so you can stay free. Over time, you will be able to say like David, “Surely goodness and mercy shall follow

me all the days of my life” (Psalm 23:6)—because you are walking with God day by day, inventory by inventory.

### Questions for Reflection & Journaling

1. How have I approached the DCI so far—rushed, honest, half-hearted, confused?
2. Which attitudes tend to get more ■ than ✓ in my current season?
3. How could the DCI protect me from sliding back into old patterns?
4. What does Psalm 139:23–24 mean to me as I review yesterday with God?
5. Today, take extra time with your DCI and then write a short summary: “Lord, this is what You showed me about yesterday and what I want to change today.”

## DAY 16 — TOXIC THINKING: HOW MY THOUGHTS FEED MY ADDICTION

Connecting thoughts → attitudes → behaviors.

Before you ever picked up a drink, a pill, or a pipe, a **thought** came first. “I can’t handle this.” “I deserve a break.” “Nobody cares anyway.” “Just one time.” “What’s the point?” Proverbs 23:7 says, “As a man thinks in his heart, so is he.” Your thinking is the starting line of your addiction cycle.

Toxic thinking includes:

- Self-pity: “Poor me, after all I’ve been through...”
- Resentment: “They did me wrong; I don’t owe them anything.”
- Hopelessness: “I’ll always be like this.”
- Entitlement: “I deserve to feel good.”
- Rebellion: “Nobody tells me what to do.”
- Shame: “I’m trash; who cares what I do?”



Those thoughts feed attitudes—bitterness, pride, defiance, depression, isolation—which then lead to behaviors—using, acting out, exploding, quitting, or running. Addiction is not just a behavior problem; it is a **thinking problem**. Romans 12:2 says, “Do not be conformed to this world, but be transformed by the renewing of your mind.” God doesn’t just want to change what you do; He wants to change how you think.

In this first block, Quiet Time, Scripture memory, and journaling begin confronting your toxic thinking. When you write down your thoughts before God, you see how often your thinking disagrees with His Word. Step 1 admits that your old thinking helped create unmanageability. Step 2 believes Christ can rewire your mind. Step 3 surrenders your thoughts to His truth: “Lord, I submit my thinking to You today.”

Every time you catch a toxic thought and replace it with Scripture, you are weakening the power of addiction. You are telling your brain, “We don’t live that way anymore.” Over time, the Holy Spirit will build new thought patterns—faith instead of fear, gratitude instead of self-pity, humility instead of pride, truth instead of lies.

### **Questions for Reflection & Journaling**

1. What are three toxic thoughts I think most often?
2. How have those thoughts led me back toward addiction or destruction in the past?
3. Which Scripture could confront one of those thoughts? (If you don’t know, ask staff or your Big Brother.)
4. What does Romans 12:2 show me about how God changes people?
5. Today, write one toxic thought in your journal, then write a verse from God’s Word that contradicts it. Begin speaking the verse instead of the thought.

## **DAY 17 — OWNING MY CHOICES WITHOUT CRUSHING SHAME**

Responsibility without self-hatred.

One of the hardest parts of Step 1 is facing your own choices without collapsing under shame. Many men swing between two extremes:

- **Excusing everything** (“It wasn’t really my fault”), or
- **Condemning themselves completely** (“I’m garbage; there’s no hope for me”).

Neither extreme is from God. Scripture teaches both **responsibility** and **grace**. In Galatians 6:5 we read, “Each one should carry their own load.” You are responsible for your choices. But Romans 8:1 says, “There is therefore now no condemnation for those who are in Christ Jesus.” God calls you to own your sin—but He does not call you to live under **condemnation**.

Owning your choices means telling the truth: “I did this. I lied. I used. I stole. I abandoned. I broke trust. I hurt people who loved me.” It means admitting that, even with your trauma and pain, **you still made decisions**. That is part of becoming a man. At the same time, you do not pile on shame and call it humility. Shame says, “You are your worst sin.” The gospel says, “You did those sins, but in Christ you can be **forgiven, cleansed, and made new**.”

In this block, you are learning to say, “I am responsible, and I am redeemable.” Step 1: I am powerless and my life is unmanageable. Step 2: Christ can restore me. Step 3: I choose to turn my will and life over to Him. You stand guilty—but not hopeless.

The difference between condemnation and conviction is this: condemnation pushes you away from God; conviction pulls you toward Him. Condemnation says, “Run and hide.” Conviction says, “Come and confess.” As you review your past in this program, let conviction lead you to confession and surrender—not into a pit of self-hatred.

### **Questions for Reflection & Journaling**

1. Do I tend to excuse my behavior or crush myself with shame when I think about my past?
2. What is one specific choice I need to own before God today?
3. How do Romans 8:1 and Galatians 6:5 balance responsibility and grace?
4. How has shame affected my recovery—has it pushed me toward God or away from Him?
5. Write a short prayer: “Lord, I take responsibility for \_\_\_\_\_. I ask You to forgive me, cleanse me, and teach me to walk in truth without living under condemnation.”

## DAY 18 — BREAKING ISOLATION: WHY I NEED BROTHERS IN RECOVERY

From hiding to healthy connection.

Addiction is a disease of **isolation**. Even when you were surrounded by people, you were alone—alone in your thoughts, your shame, your secrets, your cravings. Isolation became your comfort zone. You trusted no one. Or you trusted the wrong people who kept you sick. Proverbs 18:1 warns, “A man who isolates himself seeks his own desire; he rages against all wise judgment.”

In isolation, your old thinking gets louder. Temptation gets stronger. Self-pity grows. Lies multiply. You convince yourself that no one understands and no one cares. That is exactly where the enemy wants you. In the Kingdom of God, healing almost always happens in **relationship**—with God, and with people.

In this ranch environment, God is using **brothers** to undo years of isolation. Roommates, classmates, Big Brothers, dorm monitors, and staff are not just “other guys in the program”—they are part of God’s strategy to heal you. James 5:16 says, “Confess your sins to one another and pray for one another, that you may be healed.” Notice: confession to one another and prayer for one another—that is community.

Step 1 is not meant to be lived alone. You need brothers who know your struggle and will tell you the truth, challenge your excuses, pray with you, and walk beside you. You will need to risk small acts of honesty: opening up in group, admitting temptation, asking for prayer, listening to others, and letting people speak into your life.

You don’t have to trust everyone with everything. But you do have to stop doing recovery in your own head. The Holy Spirit will often speak to you **through** brothers. They will see things you can’t see about yourself—your blind spots, your patterns, your growth. Isolation kept you in addiction; connection will help keep you in recovery.

### Questions for Reflection & Journaling

1. How did isolation feed my addiction and destructive patterns?
2. What excuses do I use to avoid opening up to other men?
3. What does James 5:16 teach me about healing and community?

4. Who is one brother (or staff/Big Brother) I could begin to be more honest with this week?
5. What is one step I can take today to move out of isolation and into healthy connection?

## DAY 19 — SUBMITTING TO STRUCTURE: WHY RULES PROTECT MY FREEDOM

Seeing the resident manual as guardrails, not punishment.

In your old life, rules felt like enemies. Authority felt like a threat. You might have seen laws, expectations, and boundaries as things to get around, outsmart, or push against. That rebellion is part of what led you into addiction and consequences. Proverbs 13:18 says, “Poverty and shame will come to him who disdains correction, but he who regards a rebuke will be honored.”

Here in the program, structure is everywhere—wake-up times, Quiet Time, chores, classes, work detail, curfews, dress code, room checks, the resident manual, the socio-gram, and staff oversight. At first, structure feels suffocating. Your flesh wants to say, “I’m grown; I don’t need this.” But the truth is, if your way worked, you wouldn’t be here.

God is using structure as **discipleship**. The resident manual is not a prison document; it’s a **guardrail**. Guardrails on a mountain road are not there to ruin your drive—they’re there to keep you from going over a cliff. The rules here are not random; they are designed to protect your recovery, your brothers, your safety, and your future. Hebrews 12:11 says, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace...”

Step 1 admits your life was unmanageable under your leadership. Step 2 believes Christ can restore you. Step 3 calls you to surrender to His will. One of the main ways you practice Step 3 in induction is by **submitting to structure**—even when you don’t like it, understand it, or feel like it. That submission is not to men alone—it is to God working through authority.

When you break rules, argue with structure, or constantly look for loopholes, you are not just fighting the program—you are resisting the very process God is using to save your life. But when you choose to respect structure, you begin to build something you’ve lacked for years: **self-control, stability, and maturity**.

## Questions for Reflection & Journaling

1. How did my attitude toward rules and authority contribute to my addiction and consequences?
2. What rule or part of the structure here frustrates me the most, and why?
3. How could the resident manual actually be protecting me and my brothers?
4. What does Hebrews 12:11 teach me about discipline and long-term change?
5. Today, choose one specific rule or expectation and consciously submit to it as an act of surrender to God. Journal what that feels like.

## DAY 20 — OBEDIENCE IN THE SMALL THINGS: MAKING YOUR BED, MAKING YOUR LIFE

How little daily disciplines build long-term change.

In addiction, the “small things” didn’t matter. Dirty room, unpaid bills, unreturned calls, broken promises, late arrivals, skipped responsibilities—it all blended into the chaos. As long as you could get your substance, nothing else felt urgent. But those “small things” were actually signs of a **disordered life**. Luke 16:10 says, “He who is faithful in what is least is faithful also in much.”

In this program, God is re-training you through **small acts of obedience**:

- Making your bed neatly.
- Showing up on time.
- Wearing what you’re asked to wear.
- Finishing chores thoroughly.
- Keeping your area clean.
- Bringing your Bible and notebook to class.

- Filling out your DCI honestly.

These may seem unimportant compared to “big spiritual things,” but they are deeply spiritual. They are about your **character**. Addiction taught you to avoid effort, take shortcuts, and only give energy to what fed your addiction. Recovery teaches you to give effort to what honors God—even when no one is watching.

When you make your bed with care, you are telling your brain, “We live differently now.” When you knock out a chore with excellence, you are practicing being a man of your word. When you treat small responsibilities seriously, you build the inner muscles needed to handle bigger ones later—family, work, ministry, leadership.

Step 1 admits you wrecked your life. Step 2 believes Christ can restore it. Step 3 surrenders your will to His. One of the first places that surrendered will shows up is in **small daily obedience**. You don’t get a new life by waiting around for big moments—you get a new life by stringing together thousands of small, obedient moments in God’s presence.

“When I didn’t care about anything, **small things** didn’t matter. When God begins to restore you, small things are where He starts.”

### Questions for Reflection & Journaling

1. What “small” responsibilities did I ignore in my addiction, and what did that cost me?
2. How could consistently doing small tasks well begin to rebuild my character and self-respect?
3. What does Luke 16:10 teach me about the connection between small faithfulness and larger trust?
4. In what area of the program am I most tempted to be sloppy, lazy, or halfway? Why?
5. Choose one small responsibility today (bed, room, chore, punctuality, DCI) and do it with excellence as an offering to God. Journal afterward about how that felt and what it stirred in you.

### DAY 21 — DAILY QUIET TIME: HOW TO PRACTICALLY MEET WITH GOD EACH MORNING

Step-by-step routine using your Quiet Time guide.

If addiction had a soundtrack, it was noise—voices, chaos, drama, phones, music, cravings, stress, and spiritual static. In that noise, the voice of God was drowned out. Quiet Time is God’s way of re-training your soul to be still and listen. Psalm 46:10 says, “Be still, and know that I am God.” Quiet Time is where that verse becomes real.

Quiet Time is not a religious chore; it’s a **daily meeting with a real Person**—your Father, your Savior, your Counselor. In Step 1, you admit your life is unmanageable. In Step 2, you come to believe Christ can restore you. Quiet Time is where you **actually meet with Him** so Step 3—turning your will and life over to Him—can become practical, not just theoretical.

Here’s a simple morning pattern you can use with your Quiet Time guide:

1. **Show up on purpose.**

Pick the same place, same time each morning. Bring your Bible, notebook, DCI if needed, and pen. This is a meeting with God, not a random moment.

2. **Start with a short opening prayer.**

“Lord, I’m here. Help me to be still. Open my eyes and my heart. Speak to me through Your Word and Your Spirit. In Jesus’ name, amen.”

3. **Read a passage of Scripture.**

Start with a Gospel (Mark or John), Psalms, or a passage your staff or guide suggests. Read **slowly**, not like a race. Ask, “What is this saying? What does it show me about God, about people, about myself?”

4. **Write down a verse or phrase that stands out.**

In your journal, write the verse and one sentence about why it catches your attention today. This is how you start hiding God’s Word in your heart (Psalm 119:11).

5. **Ask God a question.**

“Lord, what are You saying to me through this verse?” or “Lord, what do You want to change in me today?” We’ll go deeper into this tomorrow, but for now, write the question and wait quietly.

6. **Be still and listen.**

Stay quiet for a few minutes. Thoughts may wander—bring them back. Don’t force anything. Just sit before God. If nothing comes, that’s okay. You are training

your heart to be present.

**7. Close with a simple surrender.**

“Lord, I give You this day. My thoughts, my cravings, my reactions, my work, my relationships. Help me walk with You one step at a time. In Jesus’ name, amen.”

Quiet Time will feel awkward at first. You may feel bored, distracted, or restless. That’s normal. Your brain and nervous system are detoxing from years of chaos. Showing up daily—even when you feel nothing—is part of Step 3: “turning my will and my life over to the care of God.” You bring the willingness; God brings the transformation.

**Questions for Reflection & Journaling**

1. What has Quiet Time been like for me so far—honestly?
2. What excuses or thoughts try to keep me from showing up consistently?
3. How does Psalm 46:10 challenge the way I’ve lived in noise and chaos?
4. Which part of the Quiet Time routine above do I struggle with the most? Why?
5. Write a short commitment: “Lord, with Your help, I commit to meeting with You each morning for the next 7 days. Teach me how to be still and hear You.”

**DAY 22 — ASKING GOD QUESTIONS IN MY JOURNAL**

“Lord, what are You saying to me today?”

Most of us used to talk **at** God—usually when we were in trouble. We begged for rescue, promised to do better, or bargained: “If You get me out of this, I’ll change.” That’s not relationship; that’s spiritual panic. Real relationship with God is a **two-way conversation**.

James 1:5 says, “If any of you lacks wisdom, let him ask of God... and it will be given to him.” Step 2 is about coming to believe that Christ can restore your mind, your life, your sanity. One of the main ways He gives wisdom and restores thinking is through **questions asked in faith**.



Journaling is how you slow those questions down and give God space to answer. Instead of just thinking, “I wonder what God wants,” you write:

- “Lord, what are You saying to me about my anger?”
- “Lord, what are You saying to me about my attitude toward work?”
- “Lord, why do I keep resisting authority?”
- “Lord, what lie am I believing today?”
- “Lord, what do You want me to surrender right now?”

When you write the question, you are taking Step 3 in a very practical way: “God, I’m not just running my own life anymore. I’m asking You what You want.” That posture is powerful.

You may not hear a booming voice. Instead, the Holy Spirit may bring a verse to mind, a phrase, a nudge, a conviction, or a simple sense of direction: “Apologize,” “Let that go,” “Be honest,” “Forgive him,” “Stay put,” “Trust Me.” Write down what you sense. You are not claiming infallibility; you are learning sensitivity. Over time, you will see patterns: God will often repeat the same themes through Scripture, brothers, staff, and your journaling.

Asking God questions in your journal breaks the old pattern of self-reliance. Addiction said, “I’ll figure it out my way.” Recovery says, “Lord, what are You saying today?”

### **Questions for Reflection & Journaling**

1. How have I usually “talked to God” in the past—bargaining, begging, or relating?
2. What does James 1:5 promise me about asking God for wisdom?
3. What is one honest question I need to ask God about my recovery right now?  
Write it in your journal.
4. What fears or doubts do I have about God actually responding to my questions?
5. After asking your question, sit quietly and write anything that comes to mind that lines up with Scripture. Then ask, “Lord, is this from You? Help me test it.”

## DAY 23 — LISTENING FOR GOD’S RESPONSE AND WRITING IT DOWN

Sample Q&A journaling modeled.

Listening to God doesn’t mean chasing weird experiences or pretending every random thought is the Lord. It means humbly opening your heart to the Holy Spirit, testing what you sense against Scripture, and writing it down so you don’t forget. Jesus said, “My sheep hear My voice, and I know them, and they follow Me” (John 10:27). If you belong to Him, He is able to speak to you.

Here’s a simple **Q&A journaling example**:

- **Q:** “Lord, why am I so restless and angry right now?”
- **Pause, be still, listen.**
- **Possible A (you might sense):** “You feel out of control and you’re afraid. Instead of talking to Me, you’re trying to manage everything in your own head. Bring this to Me.”
- **Q:** “Lord, what do You want me to do about the resentment I feel toward my family?”
- **Pause, listen.**
- **Possible A:** “Start by forgiving them in prayer. Write out what you’re angry about, then release it to Me. I want to heal you, not punish them through your anger.”

How do you know it’s God and not just your own voice? A few simple tests:

- Does it line up with Scripture? God will never contradict His Word.
- Does it lead toward humility, honesty, confession, love, and forgiveness—not pride, revenge, or self-pity?
- Does it point you toward Christ and away from sin?

2 Timothy 3:16 says God’s Word is useful for teaching, rebuking, correcting, and training. The Holy Spirit uses both Scripture and His gentle voice to do that work inside you. Writing what you sense helps you revisit it, test it, and share it with trusted staff or brothers if needed.

Listening and journaling are not about guessing what God might say; they are about **making space** for Him to speak and then honoring that by recording it. This is completely opposite of addiction, where you made quick, impulsive decisions without pausing to ask anyone anything—especially God. Now you are learning to slow down and listen before you move.

### **Questions for Reflection & Journaling**

1. What fears or doubts do I have about the idea that God could speak to me personally?
2. When I read John 10:27, what stands out the most to me about being one of Jesus’ sheep?
3. Today, write one question to God in your journal and then quietly write what you sense in reply. Don’t overthink it—just be honest and test it by Scripture later.
4. How is this listening process different from the way I made decisions in addiction?
5. What might change in my recovery if I regularly paused to listen to God before reacting?

## **DAY 24 — THE DCI AND CONFESSION: BRINGING CHARACTER DEFECTS INTO THE LIGHT**

Using DCI to lead into confession and repentance.

The **Daily Character Inventory** doesn’t just show you how you acted yesterday—it reveals **who you are becoming**. Step 1 says your life is unmanageable. Step 2 says Christ can restore you. Step 3 says you will turn your will and life over to Him. The DCI is where you give Him a daily chance to show you what needs to change.

As you go through each attitude pair in the DCI (humility vs. pride, gratitude vs. complaining, honesty vs. dishonesty, love vs. resentment, purity vs. lust, responsibility vs. laziness, etc.), you will notice recurring ■ marks. Those are your **character defects**—your old, sinful patterns of reacting and thinking that addiction used to survive.

1 John 1:9 says, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” That means the DCI is meant to **lead into confession**, not just observation.

A simple pattern:

1. Review your DCI. Notice where the ■’s show up repeatedly.
2. Choose 1–2 defects from the last 24 hours.
3. Turn them into confession in your journal:
  - “Lord, yesterday I chose pride when I... I confess this as sin. Forgive me.”
  - “Lord, I walked in resentment toward \_\_\_\_\_. I release this to You and choose forgiveness.”
4. Ask God: “What lie is behind this defect?” “Lord, what do You want to replace this with?”
5. Write what you sense and ask for His help to walk differently today.

Confession is not beating yourself up; it is agreeing with God about what is wrong so He can cleanse and transform you. The DCI helps you avoid vague confession like, “God, forgive me for everything.” That isn’t honest, and it doesn’t change you. Specific DCI → specific confession → specific growth.

Every time you bring a character defect into the light, you are weakening the hold of addiction. Addiction thrives when defects stay unexamined: pride justifies using, resentment excuses acting out, dishonesty keeps secrets, laziness avoids responsibility. The DCI shines a flashlight on those areas so the Holy Spirit can begin sanctifying you.

### Questions for Reflection & Journaling

1. Which character defects show up most often on my DCI?

2. How have these defects supported my addiction and damaged my relationships?
3. How does 1 John 1:9 give me hope as I face my character defects honestly?
4. Today, pick one defect from your DCI and write a specific confession about it.
5. Ask God: “Lord, what truth do You want to plant where this defect has been growing?” Write what you sense and test it by Scripture.

## **DAY 25 — SCRIPTURE MEMORY FOR STEP 1: VERSES ON POWERLESSNESS AND GRACE**

Suggested memory verses and why they matter.

In addiction, your mind was full of the wrong “scriptures”—street wisdom, lies, slogans, and phrases like, “I got this,” “Trust no one,” “I’ll do what I want,” “One more time,” “I can quit whenever.” Those thoughts ran in the background and guided your choices straight into destruction.

Romans 12:2 tells us, “Be transformed by the renewing of your mind.” One of the most powerful ways God renews your mind is through **Scripture memory**—hiding His Word in your heart so that, when temptation and old thinking show up, you have truth ready, not just willpower. Psalm 119:11 says, “I have hidden Your word in my heart, that I might not sin against You.”

For Step 1, focus on verses that remind you of your **powerlessness** and God’s **grace**:

- **John 8:34, 36** — “Everyone who sins is a slave to sin... So if the Son sets you free, you will be free indeed.”
- **Romans 3:23–24** — “For all have sinned and fall short of the glory of God, and all are justified freely by His grace...”
- **2 Corinthians 12:9** — “My grace is sufficient for you, for My power is made perfect in weakness.”
- **Romans 7:18** — “For I know that good itself does not dwell in me... For I have the desire to do what is good, but I cannot carry it out.”

- **Romans 8:1** — “There is therefore now no condemnation for those who are in Christ Jesus.”

Pick one verse at a time. Write it on a card. Repeat it through the day—during Quiet Time, in line, at work detail, in your bunk at night. Say it out loud. Pray it. Turn it into a declaration:

- “Lord, I admit I’ve been a slave to sin, but You can set me free indeed.”
- “Your grace is enough for me even in my weakness.”

Scripture memory builds a new “library” in your mind. The next time the thought comes, “I’ll never change,” the Holy Spirit can bring up, “My power is made perfect in weakness.” The next time shame whispers, “You’re condemned,” God’s Word answers, “There is now no condemnation.”

You are not just learning verses to impress anyone. You are loading your heart with ammunition for the spiritual battle of recovery.

### **Questions for Reflection & Journaling**

1. What lies usually run through my mind when I feel weak, tempted, or ashamed?
2. Which verse from the list speaks most directly to those lies?
3. How does Scripture memory connect to Step 1 and Step 2 in my life?
4. Choose **one** verse today. Write it out, repeat it several times, and begin memorizing it. Journal about why you chose it.
5. Ask God: “Lord, which verse do You want to become a weapon in my mind this week?”

### **DAY 26 — COMPLIANCE VS. SURRENDER: AM I JUST GOING ALONG?**

Difference between outward compliance and inner surrender.

It is completely possible to “do the program” without letting the program do anything to you. That’s called **compliance**—outwardly following the rules, showing up to class, nodding at the right times, filling out the forms—while inside you stay in control, unteachable, and unchanged.

God isn’t impressed with compliance. He is looking for **surrender**. Isaiah 29:13 describes religious people who honored God with their lips while their hearts were far away. Jesus confronted the Pharisees for this same attitude—they looked good on the outside but refused inner change.

Compliance says:

- “I’ll do what I have to do to get through this.”
- “I’ll play the game and get my paper.”
- “I’ll do the program, but I’m still in charge of my real life.”

Surrender says:

- “Lord, I want You to use this program to change me deeply.”
- “I’m not just here to pass time—I’m here to be transformed.”
- “I yield my rights, my preferences, my image, my excuses, my control.”

Compliance is still self-will. Surrender is Step 3 in action—turning your will and your life over to the care of God as you understand Him. Outwardly, a compliant man and a surrendered man may look similar, but over time, the fruit is very different. Compliant men stay bitter, critical, and distant. Surrendered men become humble, honest, teachable, and grateful.

God is not asking you to like everything here. He is asking you to **yield** to what He is doing in you through it. You can either do time in this program, or let this program do something eternal in you.

### **Questions for Reflection & Journaling**

1. In what ways have I just been “going along” instead of truly surrendering?

2. How can I tell the difference in my own heart between compliance and surrender?
3. What does Isaiah 29:13 show me about the danger of lip-service without heart change?
4. What is one area of the program I have been resentful or resistant about that God may be using to shape me?
5. Write a short surrender prayer: “Lord, I don’t want to just comply. I choose to surrender my will to You in this program, starting with \_\_\_\_\_.”

## DAY 27 — WHY GOD CARES ABOUT MY ATTITUDE, NOT JUST MY BEHAVIOR

Heart-level obedience.

Before recovery, you learned how to **fake it** when needed—especially with authority. You could say “yes” with your mouth while saying “forget you” in your heart. You could follow a rule while resenting it, do a chore while complaining, or nod while secretly mocking. Addiction culture teaches that as long as you “do what you have to do,” your attitude doesn’t matter.

But God sees deeper. 1 Samuel 16:7 says, “Man looks at the outward appearance, but the Lord looks at the heart.” That means God is not just grading your behavior; He is forming your **attitude**—your inner posture toward Him, toward others, and toward truth.

Bad attitudes—resentment, entitlement, sarcasm, self-pity, complaining—are like spiritual toxins. You can follow all the rules and still stay sick inside if your attitude remains rebellious. Philippians 2:14–15 says, “Do everything without grumbling or arguing, so that you may become blameless and pure...” Notice that: **attitude** is part of becoming pure.

Why does God care so much about attitude? Because attitude is **seed**. Today’s attitude becomes tomorrow’s behavior. An entitled attitude leads back to using. A resentful attitude leads to relapse. A humble, thankful attitude leads to stability and growth.

In this block, God is not just trying to get you to behave; He is trying to give you a **new heart**. He is using the structure, work detail, classes, and corrections to expose what’s



really going on inside. When He shows you a bad attitude, He's not trying to embarrass you—He's inviting you to repentance and transformation.

### Questions for Reflection & Journaling

1. What attitudes show up in me most often here—gratitude or complaining? humility or entitlement?
2. How have bad attitudes fed my addiction in the past?
3. What do 1 Samuel 16:7 and Philippians 2:14–15 show me about why God cares about my heart, not just my actions?
4. Where did I have a bad attitude yesterday? What could I have done differently?
5. Ask God: “Lord, show me one attitude You want to change in me this week.” Write what you sense and what a new attitude would look like.

## DAY 28 — THE FIRST MONTH IS THE HARDEST: PUSHING THROUGH THE WALL

Encouragement on not quitting early.

For most men, the first days and first month of a program like this feel like hitting a wall. Your body is detoxing. Your mind is racing. Your emotions are raw. You miss your old life, even though it was killing you. The structure feels suffocating. You feel misunderstood, confined, tired, and tempted to bolt.

This is normal. The first week—or even the first month—is often the **hardest part** of recovery because you are losing your old way of life but haven't yet tasted the full fruit of the new one. Jesus talked about this principle: “Wide is the gate and broad is the way that leads to destruction... Narrow is the gate and difficult is the way which leads to life” (Matthew 7:13–14). Early recovery is that narrow, difficult way.

Your addiction wants you to quit. It whispers:

- “You don't need this.”
- “You can do it your own way.”

- “These people don’t understand you.”
- “You’re stronger than this—you can handle it on the outside.”

Those are the same lies that brought you back to using before. Step 1 says you tried it your way and it didn’t work. Step 2 says Christ has a better way. Step 3 calls you to trust Him even when your feelings scream “run.”

Galatians 6:9 promises, “Let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.” Right now, you are planting seeds: showing up, doing Quiet Time, filling out your DCI, going to class, obeying structure. You may not see much fruit yet—but you will, **if you don’t quit**.

The wall you feel is not a sign that God has abandoned you. It is a sign that your flesh is dying and your spirit is beginning to wake up. Pain is often the proof that the surgery has begun.

### **Questions for Reflection & Journaling**

1. What has been the hardest part of my first weeks here? Be specific.
2. What lies or thoughts tempt me to give up or mentally check out of this program?
3. How does Matthew 7:13–14 help me understand why this path feels difficult?
4. What would it cost me—and my family—if I quit and went back to my old life?
5. Write a simple declaration: “Lord, by Your grace, I choose not to quit. Help me walk through this wall with You, one day at a time.”

## **DAY 29 — TALKING BACK TO OLD THINKING WITH GOD’S WORD**

Using Scripture to confront lies (“I can’t change,” “I’m too far gone”).

Your old thinking doesn’t disappear just because you changed locations. The same lies that ruled you on the streets, at home, or in jail often show up here on the ranch:

- “I’ll never really change.”

- “God is done with me.”
- “I’m too far gone.”
- “This is just who I am.”
- “I always mess everything up.”

If you don’t confront those lies, they will quietly pull you back toward old behavior. Step 2 is about coming to believe that Jesus Christ can restore you to sanity. That belief is fueled by **truth**, not by wishful thinking.

When Jesus was tempted in the wilderness, He didn’t argue with the devil using emotions or logic; He answered with **Scripture**: “It is written...” (Matthew 4:1–11). He modeled for you how to fight lies—with the Word of God.

Here’s the pattern:

- **Lie**: “I can’t change.”  
**Truth**: “With God all things are possible” (Matthew 19:26).
- **Lie**: “God is done with me.”  
**Truth**: “He who began a good work in you will carry it on to completion” (Philippians 1:6).
- **Lie**: “I’m too far gone.”  
**Truth**: “Where sin increased, grace abounded all the more” (Romans 5:20).

You “talk back” to old thinking by literally **saying the Scripture out loud**, writing it in your journal, and choosing to agree with it even when your feelings disagree. Over time, your brain and your heart start to believe what God says more than what addiction says.

This is not positive thinking; it is **biblical thinking**. You are learning to let God have the final word over your past, your present, and your future.

### Questions for Reflection & Journaling

1. What lie about myself, God, or my future hits me the most often?

2. What Scripture from previous days (or one staff has given) speaks directly against that lie?
3. How did Jesus handle temptation and lies in Matthew 4:1–11?
4. Today, write the lie at the top of your journal page and then write a verse under it as God's answer. Read the verse out loud several times.
5. Ask God: "Lord, help me believe what You say more than what my past or my feelings say."

### DAY 30 — WRITING MY FIRST HONEST PRAYER IN THIS PROGRAM

Guided assignment to write a raw, honest, surrendering prayer.

Up to now, many of your prayers may have been "jail prayers," "court prayers," or "foxhole prayers"—desperate bargains for rescue. God heard those, but He is now inviting you into something deeper: **honest, surrendered conversation** from the heart.

David prayed brutally honest prayers. He told God when he was angry, afraid, ashamed, confused, or desperate. Yet he always came back to trust, surrender, and worship. Psalm 62:8 says, "Trust in Him at all times, you people; pour out your hearts before Him; God is a refuge for us." Pour out your heart—that's the invitation.

Today, you will write your **first fully honest prayer** of this program. No churchy language. No performance. No pretending. Just truth before God. Include:

- **Where you really are** — "Lord, I feel \_\_\_\_\_. I'm scared of \_\_\_\_\_. I'm angry about \_\_\_\_\_. I'm ashamed of \_\_\_\_\_."
- **What you really did** — "I have sinned by \_\_\_\_\_. I have hurt people by \_\_\_\_\_."
- **What you really want** — "I want to change, but I'm afraid of \_\_\_\_\_. I want You to help me with \_\_\_\_\_."
- **Your surrender** — "I admit I can't fix this. I surrender my will and my life to You today. Teach me how to walk with You."

This prayer is a Step 1–3 moment: you admit powerlessness, express belief in Christ's mercy, and offer your will and life to Him as best you know how today. You do not have to feel spiritual. You do not have to have fancy words. God already knows; He is inviting you to **agree with Him** and invite Him in.

Keep this prayer. You may look back in a few months and see how far God has brought you from this moment.

### **Questions for Reflection & Journaling**

1. How have I prayed in the past—mostly bargaining, mostly emergencies, or mostly relationship?
2. What do I feel most afraid to be honest with God about?
3. What does Psalm 62:8 teach me about pouring out my heart before Him?
4. Right now, write a full-page prayer to God that is as honest as you know how to be—about your addiction, your past, your fears, and your desire (or lack of desire) to change. Don't hold back.
5. After writing, ask: "Lord, what do You want to say back to me?" Be still, then write what you sense that lines up with His Word.

## **DAY 31 — STEP 2: COMING TO BELIEVE CHRIST CAN RESTORE ME**

Shifting from "I can't" to "He can."

Step 1 was about getting honest: "My life is unmanageable. I can't fix this." Step 2 is the first step of hope: "There is One who can." Many of us came into recovery full of doubt. We believed in God in some vague way, but not in a way that changed how we lived. We might have prayed in jail, bargained in crisis, or asked for help when we were dope-sick, but deep down we thought, "This is just who I am. I'll always be an addict. I'll always mess it up." Step 2 confronts that lie. It doesn't deny your past; it declares that your past does not have the final word. The Word of God says, "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (2 Corinthians 5:17). Step 2 is believing that verse could actually be true about you.

Coming to believe is a process, not a magic moment. You may not feel “full of faith” yet. You might still feel broken, tired, and afraid. That’s okay. Step 2 doesn’t say, “We felt that Christ would restore us.” It says we **came to believe** He could. Belief grows as you watch what He does: the obsession to use begins to loosen, your thinking starts to clear, you make it through a day sober you never thought you could, you sense conviction where you once felt nothing. These are small signs that a bigger Power is at work. Jesus said, “Apart from Me you can do nothing” (John 15:5), but He also said, “With God all things are possible” (Matthew 19:26). Step 2 holds both: without Him, bondage; with Him, possibility.

Addiction told you that change was impossible. Every relapse seemed to prove it. Every failed program, broken promise, destroyed relationship, and disappointing attempt reinforced the belief, “I can’t do this.” Step 2 agrees with half of that: you can’t. But it refuses the second half: **Christ can**. He can restore your sanity, your will, your desires, your relationships, your character. He doesn’t just sober people up; He resurrects them. The same Jesus who cast out demons, healed the sick, calmed storms, and raised the dead has not retired. He is present on this ranch, in this program, in your life, inviting you to trust Him one day at a time.

### Questions for Reflection & Journaling

1. When I’m honest, what do I really believe right now about Jesus’ ability to restore my life from addiction?
2. How have my past relapses and failures shaped my beliefs about change?
3. What Scriptures (like 2 Corinthians 5:17 or Matthew 19:26) challenge the belief that “I’ll always be this way”?
4. Where have I already seen small signs of God working in me since entering this program?
5. Write a simple Step 2 prayer: “Jesus, I admit I can’t change myself. I’m asking You to restore me to sanity and freedom in Your way and Your time.”

## DAY 32 — JESUS THE HEALER, NOT JUST THE JUDGE

Isaiah 61 and Luke 4.

Many of us grew up seeing God mostly as Judge—angry, distant, waiting for us to mess up. When we think of Jesus, we imagine someone disappointed in us because of our charges, our record, our addiction, and the chaos we caused. But Scripture paints a different picture. In Isaiah 61, a prophecy about Christ, it says that the Spirit of the Lord is upon Him “to preach good news to the poor... to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound.” In Luke 4, Jesus stands up in the synagogue, reads that very passage, and then says, “Today this Scripture is fulfilled in your hearing.” He is saying, “This is what I came to do.”

Jesus is absolutely the righteous Judge, but when He walked on earth, look who He spent time with: the addicted, the immoral, the demonized, the sick, the outcasts, the thieves, the traitors, the religious failures. He didn’t excuse their sin, but He didn’t run from their mess either. He stepped into it. He forgave. He delivered. He restored. He called them to repentance, then gave them the power to live differently. The same Jesus who set captives free 2,000 years ago is the One you are crying out to now in this program. He is not shocked by your addiction. He is not surprised by your record. He came for people exactly like you.

Seeing Jesus as Healer changes how you approach Him. Instead of hiding, you begin to bring Him your wounds. Instead of trying to clean up first, you admit your brokenness and come as you are. Instead of expecting punishment, you come expecting truth, mercy, and transformation. That doesn’t mean He will ignore your sin; it means He will deal with it at the cross and begin healing the root issues underneath. Step 2 is not just believing that **a** higher power exists—it is believing that **this** Jesus, the One of Isaiah 61 and Luke 4, is willing and able to heal a man enslaved by alcohol and drugs.

### **Questions for Reflection & Journaling**

1. When I picture Jesus, do I see Him more as a Judge waiting to punish me or as a Healer willing to restore me? Why?
2. How does Isaiah 61 describe the kind of people Jesus came for? Where do I see myself in that description?
3. Read Luke 4:16–21 if available. What stands out to me about Jesus claiming that mission for Himself?
4. What specific parts of my life (mind, emotions, relationships, body) need His healing touch right now?

5. Write a short prayer: “Jesus, I have seen You as \_\_\_\_\_. Today I ask You to reveal Yourself to me as Healer in the area of \_\_\_\_\_.”

## **DAY 33 — THE FATHER’S HEART: GOD IS NOT AGAINST ME**

Healing distorted views of God.

Addiction often grows in soil watered by distorted views of God. If we see God as harsh, impossible to please, quick to abandon, or uninterested, we will either run from Him or perform for Him—but we will not trust Him. Some of us grew up with fathers who were absent, abusive, addicted, or emotionally shut down. Others had good fathers but still learned that love had to be earned. Without realizing it, we projected those experiences onto God. We thought He was like the people who hurt us. Yet Scripture tells us, “The Lord is compassionate and gracious, slow to anger, abounding in love” (Psalm 103:8), and again, “If God is for us, who can be against us?” (Romans 8:31).

In addiction, it often felt like everything and everyone was against you—courts, cops, family, employers, even your own body and mind. The enemy used those experiences to whisper, “God’s against you too.” But the cross of Christ says the opposite. At the cross, Jesus took the punishment for your sin so that you could be reconciled to the Father. God did not spare His own Son but gave Him up for you. That is not the action of a God who is against you; that is the action of a Father who is fighting for your freedom, even at His own cost. Step 2 calls you to begin believing that the Father’s heart toward you is not hatred or indifference, but wounded love longing to restore you.

Seeing God’s heart rightly is critical for recovery. If you think He is against you, you will sabotage your own progress, stay away when you fail, and use shame as an excuse to give up. If you begin to believe He is for you in Christ—even when He disciplines you—you will run to Him instead of away from Him. Hebrews 4:16 says we can “come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” Early in recovery, you are in constant need. The good news is that your Father is not standing with folded arms of disgust; He is holding open arms of grace.

### **Questions for Reflection & Journaling**

1. Based on my life experience, what have I believed about God’s attitude toward me?



2. How have my experiences with earthly fathers or authority figures shaped that belief?
3. What do Psalm 103:8 and Romans 8:31 reveal about the Father's heart for me in Christ?
4. How would my recovery change if I truly believed God is for me, not against me?
5. Write honestly to God: "Father, I've believed You are \_\_\_\_\_. I ask You to heal my view of You and show me who You really are."

## **DAY 34 — THE HOLY SPIRIT: MY DAILY COUNSELOR IN RECOVERY**

John 14–16 overview.

If Step 1 shows you your need and Step 2 points you to Christ as the answer, Step 3—and the daily walk that follows—depend on the Person Jesus sent to live in His followers: the Holy Spirit. Jesus told His disciples in John 14 that He would ask the Father, and the Father would give them "another Helper" (or Counselor, Comforter) to be with them forever—the Spirit of truth. In John 16, Jesus says the Holy Spirit will convict the world of sin, righteousness, and judgment, and that He will "guide you into all truth." For a man coming out of addiction, that description is exactly what you need: a Helper who comforts, convicts, guides, and teaches you daily.

The Holy Spirit is not a force or a feeling; He is God dwelling in you when you belong to Christ. You are not expected to walk out recovery by sheer willpower or self-improvement. Scripture says, "Walk in the Spirit, and you shall not fulfill the lust of the flesh" (Galatians 5:16). That means your sobriety and transformation are not just about stronger resolve; they are about deeper dependence on the Spirit. He is the One who nudges your conscience when you start to lie, who softens your heart in worship, who brings verses to mind in temptation, who exposes pride when you review your DCI, who reminds you to forgive instead of resent, and who provides strength when cravings hit.

In addiction, your counselor was your drug of choice. You turned to alcohol, pills, meth, heroin, porn, or other escapes to "help" you through pain. Now, the Holy Spirit becomes your true Counselor. When fear rises, you can call on Him. When confusion hits, you can ask for His guidance. When you sit in Quiet Time, you invite Him to illuminate the Word. When you journal, you ask Him to show you what's really going on. He will not

always tell you what you want to hear—but He will always tell you what you need to hear, in love. Step 2 is not just believing **in** God—it is beginning to trust the Holy Spirit as your daily Helper in the fight against addiction.

### Questions for Reflection & Journaling

1. What have I believed (or not understood) about the Holy Spirit up until now?
2. How does it change my recovery to know that God Himself, through His Spirit, wants to live in me and guide me?
3. Where have I sensed conviction, comfort, or guidance since coming into this program that might have been the Holy Spirit?
4. How did I used to “counsel” myself with drugs or alcohol when I was hurting or stressed?
5. Write a prayer: “Holy Spirit, I invite You to be my Counselor in recovery. Show me truth, convict me where I need it, and strengthen me to walk with Jesus.”

## DAY 35 — LEARNING TO RECOGNIZE GOD’S VOICE VS. CONDEMNATION

Conviction vs. shame.

Early in recovery, a lot of internal voices start shouting at once. The voice of old streets. The voice of past failures. The voice of people who cursed you or rejected you. The voice of your own shame. And somewhere in that mix, the voice of God. It is critical to learn the difference between the **condemnation** of the enemy and the **conviction** of the Holy Spirit. Romans 8:1 says, “There is therefore now no condemnation to those who are in Christ Jesus.” Condemnation says, “You’re trash. You always screw up. God is done with you. Why even try?” Conviction says, “This was wrong. Turn from it. Come back. I’m ready to forgive and restore you.”

Condemnation pushes you away from God; conviction draws you toward Him. Condemnation attacks your identity: “You are nothing but an addict and a failure.” Conviction addresses your actions: “That choice was sinful and destructive.” Condemnation leaves you hopeless; conviction offers a path forward through repentance and grace. John 16:8 says the Spirit convicts of sin, but always with the goal of leading us into truth and deeper dependence on Jesus. Satan, whose name means

“accuser,” loves to use your addiction and past to hammer you with relentless shame. If you don’t learn the difference, you will assume God is the One beating you down and you’ll run from the only One who can heal you.

In recovery, you will make mistakes. You may have days when your attitude is bad, when you resist authority, when you are tempted to lie or isolate, when old behavior patterns try to push back in. When that happens, listen carefully. If you sense, “That was wrong. Go make it right. Confess it. Ask for forgiveness. Learn from this,” that’s likely the Spirit. If you sense, “See? You’re no good. You’ll never change. This program is a joke. God is tired of you,” that’s the accuser. Learning to turn toward conviction and reject condemnation is part of Step 2: coming to believe that Christ did not die to condemn you but to save, restore, and transform you.

### **Questions for Reflection & Journaling**

1. What phrases or thoughts inside my head feel like condemnation—attacking my worth and identity?
2. What do I sense when the Holy Spirit is gently convicting me of something specific?
3. How does Romans 8:1 help me separate God’s heart from the enemy’s accusations?
4. Think of a recent mistake or bad attitude here. How did I respond—did I run in shame or turn to God in confession?
5. Write a short declaration: “I reject condemnation in Jesus’ name. Lord, teach me to respond to Your conviction and receive Your mercy.”

## **DAY 36 — COMMON FEARS ABOUT HEARING FROM GOD**

“What if I don’t hear anything?” “What if I’m wrong?”

As you begin Quiet Time, journaling, and listening, it’s normal to feel nervous or doubtful. Many men in recovery wrestle with fears like: “What if I don’t hear anything?” “What if I think it’s God and I’m wrong?” “What if He tells me to do something I can’t handle?” “What if He ignores me because of my past?” These fears are real, but they are rooted more in shame and unbelief than in Scripture. Jesus says in John 10:27, “My

sheep hear My voice, and I know them, and they follow Me.” If you belong to Him, He is capable of getting your attention. He is a better Shepherd than you are a listener.

“What if I don’t hear anything?” Sometimes God is silent because He wants you to trust what He has already said in His Word. Sometimes your mind is noisy and needs training to be still. Sometimes He is testing your persistence. Silence is not rejection. “What if I’m wrong?” You will sometimes misinterpret what you sense. That’s why God gives His Word, His Spirit, and His people. You test what you hear against Scripture and wise counsel. Being afraid of getting it wrong should not keep you from learning to listen. He is a patient Teacher. “What if He asks too much?” The One who died for you will never lead you into something that is ultimately bad for you. He may lead you into discomfort, confession, forgiveness, or obedience—but it will be for your freedom.

In addition, you trusted the voice of your cravings more than any other voice, and that voice constantly lied to you. Now, Step 2 is inviting you to transfer your trust to the voice of Christ, who cannot lie. He will not always say what you want, but He will always say what you need. Don’t let fear keep you from the very relationship that can save your life.

### **Questions for Reflection & Journaling**

1. What specific fears do I have about trying to hear from God?
2. How does John 10:27 challenge my fear that God will not speak to me personally?
3. When I don’t sense anything in Quiet Time, how do I usually respond—frustration, giving up, or patient faith?
4. What’s worse: occasionally wrestling to discern God’s voice, or continuing to live guided only by my own old thinking and cravings?
5. Write honestly: “Lord, here are my fears about hearing from You: \_\_\_\_\_. Help me to trust Your heart and learn to recognize Your voice over time.”

### **DAY 37 — USING QUIET TIME TO LET GOD DEFINE MY IDENTITY**

Journaling what He says about me.

Addiction tried to name you: “junkie,” “drunk,” “crackhead,” “loser,” “criminal,” “failure,” “crazy,” “bipolar,” “manipulator,” “felon,” “screw-up.” People around you may have used similar labels. Over time, those words sank deep. You began to see yourself only through the lens of your worst choices. Recovery is not just about changing behavior—it is about letting God rename you. Quiet Time becomes the place where you stop letting your past, your charges, or your addiction define you and start letting Christ speak identity over you. Scripture says, “See what great love the Father has lavished on us, that we should be called children of God!” (1 John 3:1) and “You are a chosen generation... His own special people” (1 Peter 2:9).

In your Quiet Time, you can begin asking questions like, “Lord, who do You say that I am?” Then open the Word and look for identity Scriptures: forgiven (Ephesians 1:7), new creation (2 Corinthians 5:17), beloved (Colossians 3:12), adopted (Romans 8:15), workmanship (Ephesians 2:10), no longer condemned (Romans 8:1). Write these verses in your journal as if God Himself is speaking them over you, because He is. You may not feel like any of it is true yet. Early in Step 2, your feelings still echo your old life. That’s okay. You are not called to believe your feelings; you are called to believe God.

Letting God define your identity changes how you face cravings, shame, and temptation. When the thought comes, “You’re still just a junkie,” you can answer from Quiet Time: “No, in Christ I am a new creation and a child of God.” When shame says, “God is done with you,” you can respond: “There is no condemnation in Christ.” This is not denial; it is agreement with heaven. You are not pretending your past didn’t happen— you are refusing to let it be the loudest voice in the room.

### **Questions for Reflection & Journaling**

1. What labels have I worn most of my life because of addiction, crime, or family?
2. How have those labels affected the way I’ve treated myself and others?
3. Which identity Scriptures (child of God, forgiven, new creation, etc.) are hardest for me to believe? Why?
4. During Quiet Time today, ask, “Lord, what do You say about me?” Then write down one verse and rewrite it as a personal statement (for example: “I am forgiven in Christ”).
5. How might my choices start to change if I consistently believed what God says about me instead of what my past says?

## DAY 38 — RECORDING GOD’S PROMISES IN MY JOURNAL

Keeping a “Promises from God” page.

When life has been full of broken promises—your own and others’—it’s hard to trust anyone’s word, even God’s. Many people promised they wouldn’t leave and left. You promised you wouldn’t use and used. You promised to show up and didn’t. That history of broken promises can make your heart cynical. But Scripture declares, “God is not a man, that He should lie” (Numbers 23:19), and “He who promised is faithful” (Hebrews 10:23). God’s promises are not like human promises; they do not depend on your mood or performance. They depend on His character.

A powerful Step 2 tool is to start a **“Promises from God”** section in your journal. This is where you collect verses that speak directly to your situation—addiction, fear, shame, temptation, restoration, provision, guidance. Promises like: “I will never leave you nor forsake you” (Hebrews 13:5), “Whoever calls on the name of the Lord shall be saved” (Romans 10:13), “No temptation has overtaken you except such as is common to man; but God is faithful... will also make the way of escape” (1 Corinthians 10:13), “He who began a good work in you will carry it on to completion” (Philippians 1:6).

Every time a promise stands out in Quiet Time, write it on that page. Date it. Maybe write a sentence about why it matters to you. On hard days—when cravings hit, when you get corrected, when you feel misunderstood, when you miss home—you can go back to that page and remind your soul: “God has made commitments to me that He intends to keep.” This is how hope is fed. Step 2 is not just believing that something vague and spiritual might someday help you; it is believing that the specific promises of a specific God are trustworthy for a specific addict like you.

### Questions for Reflection & Journaling

1. How have broken promises (mine or others’) affected my ability to trust anyone’s word, including God’s?
2. What is one Bible promise I already know that speaks directly to my situation?
3. How does knowing that “God cannot lie” challenge my doubt and cynicism?
4. Today, start a “Promises from God” page. Write at least one promise and a line about why you need it.

5. When I'm discouraged or tempted, how could going back to this list of promises help me stay in recovery and in faith?

## **DAY 39 — HOW GOD USES HIS WORD TO RENEW MY MIND**

Romans 12:2 in real-life practice.

Your brain has been trained by years of addiction—impulsive decisions, instant gratification, shortcuts, hustles, lies, street codes, and survival thinking. Those thought patterns don't disappear just because you stopped using. They have been carved into your mind like deep ruts in a dirt road. Romans 12:2 says, "Do not be conformed to this world, but be transformed by the renewing of your mind." God does not just want to remove the drugs or alcohol; He wants to **rebuild the way you think**.

His Word is the primary tool He uses. When you read Scripture, meditate on it, memorize it, and apply it, you are slowly replacing old lies with new truth. For example, old thinking says, "If I feel it, I have to obey it." God's Word says, "Walk by the Spirit, and you will not carry out the desires of the flesh" (Galatians 5:16). Old thinking says, "Nobody cares about me; I'm alone." God's Word says, "I will never leave you nor forsake you." Old thinking says, "Once an addict, always an addict; this is just who I am." God's Word says, "Such were some of you. But you were washed, you were sanctified, you were justified..." (1 Corinthians 6:11).

Renewing your mind is not a one-day event. It is a daily discipline. Quiet Time, Scripture reading, Scripture memory, DCI, and journaling all work together to create new mental and spiritual pathways. Over time, you will notice that your first reaction changes. Instead of immediate anger, a verse may come to mind. Instead of reaching for escape, you may think of prayer. Instead of believing shame, you may remember grace. That is not self-help; that is the Holy Spirit using the Word to transform you. Step 2 is not blind faith; it is faith rooted in a God who actually changes the way you think so that your life can change.

### **Questions for Reflection & Journaling**

1. What are some examples of "old thinking" from my addiction that still show up in my mind?

2. How does Romans 12:2 describe the process God uses to change me from the inside out?
3. Can I remember a time when a verse or a truth from God's Word changed how I reacted to something?
4. What is one specific lie I think often, and what verse could I use to replace it?
5. How committed am I to letting God renew my mind through His Word over the long haul—not just for 90 days, but for life?

## DAY 40 — HOPE IN SMALL STEPS: NOTICING DAILY CHANGES

Journaling evidence of God at work.

When you've done damage for years, it's easy to get discouraged if you don't see massive change overnight. You look at the wreckage—legal issues, broken relationships, financial mess, physical damage, emotional scars—and think, "What's the point?" But God usually rebuilds a life the same way addiction destroyed it: **one decision at a time**, one day at a time. Step 2 is about hope, and hope often grows as you notice small, daily changes God is producing—not just the big miracles.

Maybe yesterday you wanted to snap at someone but bit your tongue and prayed instead. Maybe you were tempted to lie and chose to tell the truth. Maybe you woke up wanting to give up but showed up to class anyway. Maybe a verse suddenly made sense. Maybe you felt conviction where you used to feel nothing. Maybe you went to bed sober instead of high. These may feel small compared to the mountain in front of you, but they are **massive** in the Kingdom of God. Philippians 1:6 assures you that "He who began a good work in you will carry it on to completion until the day of Christ Jesus." That means God is not halfhearted about your transformation—He is committed.

A powerful tool in this phase is to start writing "evidence of God at work" at the end of your day. One or two sentences is enough. "Today I noticed... I stayed honest in group. I felt convicted when I disrespected staff. I asked for prayer instead of shutting down. I finished my work detail without complaining. I memorized one verse." These notes are not bragging; they are **witness statements** that God is actually moving in your life. On dark days, you can flip back and see a record of His activity. That builds real hope, not



fantasy. Recovery is not about becoming perfect in 90 days; it's about becoming responsive to God in the next 24 hours.

### Questions for Reflection & Journaling

1. When I get discouraged, what do I usually focus on—the mountain of what's still broken, or the small things God is already changing?
2. How does Philippians 1:6 encourage me about God's commitment to finishing what He started in me?
3. What is one clear sign of growth I've seen in myself since entering this program (even if it feels small)?
4. At the end of today, write 2–3 sentences in your journal starting with: "Today I saw God at work when..."
5. How could regularly recording these small evidences of change help me stay in hope and keep walking out Steps 1, 2, and 3?

## DAYS 41–50 — Growing in Hearing, Journaling, and DCI (Step 2 Deep Dive)

### DAY 41 — ASKING GOD: "WHAT LIE AM I BELIEVING TODAY?"

Journaling prompt and listening.

Addiction is built on lies—lies about God, lies about yourself, lies about your worth, lies about pain, lies about what you "need," lies about what you can handle, lies about how tomorrow will turn out. Jesus said the devil is "the father of lies" (John 8:44), and addiction becomes one of his most effective delivery systems. Every time you used, you were listening to a lie: "Just one more will calm me down... nobody will notice... I can manage it this time... I deserve this... I can't handle life sober... God won't help me." These lies felt true because addiction had rewired your brain to believe them.

Now, in Step 2, you are learning to believe Christ more than your cravings, more than your trauma, more than your shame, and more than the lies that trained you for years. One of the most powerful questions you can ask in Quiet Time is: **"Lord, what lie am I believing today?"** Don't rush the answer. Sit with it. Write the question in your journal. Let the Holy Spirit bring something to mind—maybe a thought, a memory, a sentence, a fear, or an old belief that still shapes your reactions.

Once the lie surfaces, write it plainly. Then ask God for the truth that contradicts it. For every lie, God has already spoken a truth in His Word. If the lie is, “I’ll always be an addict,” God says, “If the Son sets you free, you are free indeed” (John 8:36). If the lie is, “God won’t speak to me,” He says, “My sheep hear My voice” (John 10:27). If the lie is, “I’m worthless,” He says, “You are My workmanship” (Ephesians 2:10). The lie will always lead you back to bondage; the truth will always lead you back to Christ.

### Reflection Questions

1. What lie has shaped most of my decisions during addiction?
2. What lie has surfaced recently as I’ve been in this program?
3. What Scripture contradicts that lie?
4. How does believing the lie affect my recovery and mindset?
5. What truth is God asking me to walk in today?

### DAY 42 — ASKING GOD: “WHERE DO YOU WANT TO HEAL ME TODAY?”

Letting Him highlight areas of focus.

Healing is not random. God heals intentionally, layer by layer, according to your readiness, your willingness, and your surrender. Step 1 opened your eyes to your brokenness. Step 2 opens your heart to the idea that Jesus actually wants to heal you—emotionally, spiritually, mentally, and relationally. Psalm 147:3 says, “He heals the brokenhearted and binds up their wounds.” Not just some wounds—**your wounds**.

When you ask, “Lord, where do You want to heal me today?” you are giving Him permission to deal with what matters most in this moment. You may think He wants to deal with your anger, but He may want to deal with your fear. You may think He wants to deal with your addiction, but He may want to deal with the lie underneath it. You may think He wants to deal with your behavior, but He may want to deal with the wound that produced the behavior.

Sometimes God highlights a memory, a regret, a relationship, or an insecurity. Sometimes He points to a part of your identity that needs His truth. Sometimes He exposes a survival pattern that helped you in childhood but is killing you in adulthood.

Remember: Jesus doesn't heal to embarrass you; He heals to free you. Journaling this question invites the Holy Spirit to guide your transformation instead of you trying to figure it out alone.

### **Reflection Questions**

1. What emotional or spiritual wound feels most tender right now?
2. When I ask God where He wants to heal me, what comes to mind first?
3. How has this specific area affected my addiction?
4. What Scripture speaks hope into this wounded place?
5. What would healing in this area begin to look like?

### **DAY 43 — THE DCI AS A DAILY CONVERSATION STARTER WITH GOD**

Taking each defect to Him.

The DCI is not a punishment. It's not a religious chore. It's not busywork. It is a spiritual mirror that helps you see yourself honestly. Psalm 139:23–24 says, "Search me, O God... see if there is any wicked way in me, and lead me." Each line of your DCI reveals something God wants to talk to you about. Pride. Anger. Lust. Dishonesty. Laziness. Fear. Impatience. Self-pity. Manipulation. Addiction thrives on blindness; the DCI trains your eyes to see.

Instead of rushing through your DCI, use it as a conversation starter. If you marked "high anger," ask, "Lord, what triggered that today?" If you marked "dishonesty," ask, "Where did I avoid truth?" If you marked "fear," ask, "What was I afraid of?" Don't just mark boxes—dialogue with God. The DCI becomes a discipleship tool when it becomes relational.

In addiction, you ignored your inner world; now God is teaching you to face it. As you bring each defect into conversation with Him, you will begin to see patterns, roots, lies, and triggers. The Holy Spirit will show you where He wants to strengthen you and where He wants to convict you. This is how transformation happens—not by trying harder, but by talking honestly to God about what's actually going on inside you every day.

## Reflection Questions

1. Which defect appears most often on my DCI?
2. What patterns am I beginning to notice when reviewing my DCI?
3. How does bringing each defect into prayer change how I view myself?
4. What is one defect God is consistently highlighting to me?
5. How can I begin journaling my DCI instead of just checking boxes?

## DAY 44 — BRINGING MY FEARS TO GOD INSTEAD OF STUFFING THEM

Journaling fear honestly.

Fear dominated many of our lives long before addiction did. Fear of failure. Fear of rejection. Fear of abandonment. Fear of confrontation. Fear of responsibility. Fear of success. Fear of being truly known. When fear piled up, addiction offered escape: numb out, check out, forget, avoid, and survive. But stuffing fear doesn't work anymore—you're sober now. You can feel again. And that is terrifying.

Psalm 56:3 gives a simple but profound instruction: "When I am afraid, I will trust in You." It doesn't say, "If I'm afraid," but "When." Fear will rise—but now you take it to God instead of to a chemical. When you journal your fear, be honest: "Lord, I'm scared of failing this program... I'm scared of losing my family... I'm scared of my own emotions... I'm scared You won't come through." God is not intimidated by your fear; He is drawn to your honesty.

When you bring fear to the Lord, He often reveals the lie behind it. Fear says, "You're alone." Truth says, "I will never leave you" (Hebrews 13:5). Fear says, "You can't handle this." Truth says, "My grace is sufficient for you" (2 Corinthians 12:9). Fear says, "You're going to fall." Truth says, "He is able to keep you from stumbling" (Jude 24). Recovery requires courage—but courage is not the absence of fear; it is the decision to bring fear into God's presence instead of numbing it.

## Reflection Questions

1. What fears have been loudest since entering the program?
2. What fears used to push me back into addiction?
3. What lie sits underneath one of my biggest fears?
4. What Scripture confronts that lie?
5. Write a short, honest prayer: “Lord, today I am afraid of \_\_\_\_\_. I bring it to You.”

## DAY 45 — BREAKING “STINKING THINKING” WITH SCRIPTURE MEMORY

Specific verses against shame, fear, anger.

Addiction warped your thinking. Stinking thinking is any thought pattern that fights God’s truth and feeds old behavior. Shame (“I’ll never change”), fear (“I can’t do this sober”), anger (“Everyone is against me”), hopelessness (“What’s the point?”), and self-pity (“Why does this always happen to me?”) all lead back to bondage.

Romans 12:2 says your mind must be renewed, and one of the strongest tools God gives you is **Scripture memory**. Memorizing the Word of God rewires your brain. It plants truth where lies used to grow. Psalm 119:11 says, “I have hidden Your Word in my heart, that I might not sin against You.” When temptation hits, your memory becomes your weapon.

Here are some examples:

- **For shame** — Romans 8:1 (“No condemnation”)
- **For fear** — 2 Timothy 1:7 (“Not a spirit of fear”)
- **For cravings** — 1 Corinthians 10:13 (“Way of escape”)
- **For anger** — James 1:19–20 (“Slow to anger”)
- **For hopelessness** — Philippians 1:6 (“He will finish the work”)
- **For identity** — 2 Corinthians 5:17 (“New creation”)

When you memorize Scripture, you give the Holy Spirit vocabulary to speak to you in temptation and weakness. Without Scripture, your mind goes back to its defaults—which were shaped by addiction. With Scripture, you begin fighting with God’s strength, not your own.

### Reflection Questions

1. What stinking thinking patterns show up most often for me?
2. What verse could confront the lie underneath each pattern?
3. How does Scripture memory help me fight cravings, shame, and old habits?
4. What verse will I commit to memory this week?
5. How can I practice speaking God's Word out loud to counter old thoughts?

## **DAY 46 — HEARING GOD IN THE MIDDLE OF BOREDOM, IRRITATION, AND WORK**

Learning to listen throughout the day.

Recovery isn't glamorous. Many days feel repetitive—work detail, classes, meals, chores, chapel, sleep, repeat. Boredom is one of the most dangerous states for an addict because it used to be the doorway to relapse. Irritation is another danger—your old self wants to react. But God trains you not only in Quiet Time but in the ordinary, “boring” moments.

Colossians 3:23 says, “Whatever you do, do it heartily, as to the Lord.” That means God is speaking not only in Scripture and journaling but while you mop a floor, clean a toilet, dig a ditch, or stand in line. Listening for God during work helps you develop a daily relationship instead of a once-a-day ritual. The Holy Spirit can nudge you to calm down when irritation rises. He can remind you of Scripture when you want to complain. He can show you a brother who needs encouragement. He can convict you when your heart grows lazy or prideful.

Addiction trained you to only look for escape. God is now training you to look for Him. You don't have to wait for a church service to hear His voice. You can sense Him in the work detail, in the irritation, in the stillness, in the laughter, in the pressure, and even in the boredom. Recovery is not about escaping life—it is about learning to walk with God in the middle of it.

### **Reflection Questions**

1. How have boredom or irritation led me into bad decisions in the past?

2. When was the last time I sensed God nudging me during work or chores?
3. What attitude do I usually bring to work detail—resentment or worship?
4. How could I practice listening for God during my daily tasks?
5. What Scripture can I meditate on during work today?

## **DAY 47 — GRATITUDE IN JOURNALING: WRITING WHAT I'M THANKFUL FOR**

How gratitude shifts perspective.

Gratitude is spiritual warfare. Addiction trained you to focus on pain, loss, resentment, injustice, self-pity, and what you “deserve.” Gratitude breaks that cycle. 1 Thessalonians 5:18 says, “In everything give thanks; for this is the will of God.” Gratitude doesn’t ignore pain—it reframes it. It shifts your eyes from what is missing to what God is doing.

Every day, take a moment in your journal to write three things you’re thankful for. They don’t have to be dramatic: “I woke up sober. I had a good talk with a brother. I sensed God’s peace for a moment. I remembered a verse. I didn’t lose my temper today.” Gratitude rewires your brain. Studies—even secular ones—show that gratitude improves mood, reduces cravings, increases self-control, and stabilizes emotions. Spiritually, it birth faith.

When you practice gratitude, you stop seeing this program as punishment and start seeing it as God’s mercy. You start noticing His fingerprints in your daily life. Gratitude doesn’t change your circumstances—it changes you, which allows God to work more deeply in your heart.

### **Reflection Questions**

1. What do I tend to focus on more—what’s wrong or what God is doing?
2. How has entitlement or resentment shaped my addiction?
3. What Scripture encourages me to give thanks in hard seasons?
4. Write 3 things I’m thankful for today.

5. How would daily gratitude change my attitude and recovery?

## **DAY 48 — FAITH VS. FEELINGS: SHOWING UP EVEN WHEN I FEEL NOTHING**

Staying consistent.

Early recovery is full of emotional ups and downs. Some days you feel hopeful; other days you feel numb, angry, depressed, or spiritually disconnected. Feelings are real, but they are not reliable. They are shaped by brain chemistry, trauma, habits, and past sin. Isaiah 40:31 says those who wait on the Lord—not those who feel the Lord—will renew their strength.

Faith is choosing obedience even when your emotions disagree. Showing up to Quiet Time when you don't feel spiritual. Going to class when you feel discouraged. Journaling when you feel blank. Serving when you feel irritated. Participating when you feel withdrawn. Faith says, "Lord, I'm here. I'm offering myself to You whether I feel it or not."

Addiction taught you to follow feelings. If you were bored—you used. If you were stressed—you used. If you were lonely—you used. If you were angry—you used. Now God is teaching you to follow faith, not emotion. This discipline will save your life. Feelings can be liars; faith is anchored in truth. Showing up daily shapes your character far more than emotional highs ever will.

### **Reflection Questions**

1. How did feelings control my decisions during addiction?
2. What spiritual practices do I tend to skip when I "don't feel it"?
3. What Scripture reminds me to walk by faith, not emotion?
4. What discipline do I need to show up for today regardless of how I feel?
5. Write a prayer: "Lord, I choose faith over feelings today."



## DAY 49 — RECOGNIZING THE GENTLE NUDGE OF THE HOLY SPIRIT

Learning subtle promptings.

God often speaks quietly, not loudly. Elijah heard God not in the earthquake, fire, or wind, but in a “gentle whisper” (1 Kings 19:12). The Holy Spirit’s nudges are often subtle: a small conviction, an inner check, a Scripture that comes to mind, a sense of peace or uneasiness, a prompting to apologize, a reminder to pray, a feeling that you shouldn’t say something, or a sudden compassion for someone.

Before recovery, you were too numb, high, angry, or distracted to notice these whispers. But now your heart and mind are becoming sensitive again. Pay attention. When you feel a soft tug to do what’s right—that’s the Spirit. When something inside you feels unsettled because you’re drifting back into old thinking—that’s the Spirit. When you sense a warning before you say or do something foolish—that’s the Spirit.

Jesus said the Holy Spirit will “teach you all things” (John 14:26) and “guide you into all truth” (John 16:13). He is the One forming Christ inside you. Learning to recognize His gentle nudges is one of the greatest gifts of Step 2. He will not shout over your will—but He will whisper truth that leads to freedom.

### Reflection Questions

1. Have I noticed any subtle nudges or checks from the Holy Spirit lately?
2. What was happening in those moments?
3. How did I respond—did I obey or ignore?
4. What Scripture helps me identify the Spirit’s voice?
5. Ask the Lord: “Help me recognize Your voice more clearly.”

## DAY 50 — WRITING A TESTIMONY OF ONE WAY GOD SPOKE TO ME THIS MONTH

Short, simple story.

One of the most powerful ways to grow in faith is to **remember** what God has already done. Throughout Scripture, God commands His people to write and share testimonies

so that future generations will know His faithfulness (Psalm 78:4–7). Testimonies don't have to be dramatic; they just have to be true.

Today, write a one-page story about one way God has spoken to you in the past 30 days. Maybe it was during Quiet Time. Maybe through a verse. Maybe through a correction. Maybe through a brother. Maybe through conviction. Maybe through peace. Maybe through a moment of clarity. Maybe through something that didn't even seem spiritual at first.

Tell the story:

- What was happening?
- What did you hear, sense, or understand?
- How did it line up with Scripture?
- How did it affect you?
- How can you carry that forward?

This testimony becomes a marker—a reminder that God is active in your life. When the next storm hits, you can look back and say, “God met me before. He will meet me again.” Testimony strengthens faith and deepens Step 2.

### **Reflection Questions**

1. What is one clear moment God spoke to me this month?
2. How did I know it was Him?
3. How did His word or prompting change my perspective or decision?
4. How does writing this testimony help build my faith?
5. What is one thing from this testimony I want to carry into next month?

## **DAY 51 — WHY MY VIEW OF GOD AFFECTS MY RECOVERY**

If I see Him wrongly, I respond wrongly.

The way you see God will shape the way you walk out recovery. If you see Him as an angry, impatient judge waiting for you to mess up, you'll live in constant fear, shame, and hiding. If you see Him as distant and uninterested, you'll try to handle everything in your own strength and only call on Him when you're desperate. If you see Him as weak or powerless, you'll assume real change isn't possible and slip back into “I'll always be this way” thinking. But Scripture paints a very different picture. God reveals Himself as

**Father** (Luke 15), as **Healer** (Exodus 15:26), as **Good Shepherd** (Psalm 23; John 10), as **Redeemer** (Isaiah 43:1), and as the One who is “full of grace and truth” (John 1:14). How you view Him will either open your heart to His help or close it in self-protection.

Addiction twisted your view of God. Sin, shame, bad religion, inconsistent authority figures, and painful experiences all contributed to a distorted picture. Maybe your father was absent, abusive, or emotionally shut down, and now you subconsciously expect God to be the same. Maybe religious people shamed you or used the Bible like a weapon, so you expect God to only speak in anger. Maybe you prayed during overdoses, arrests, or relapses and felt like nothing changed, so now you assume God doesn’t care. But Jesus shows us the truth: “Anyone who has seen Me has seen the Father” (John 14:9). If you want to know what God is really like, look at Jesus—merciful, truthful, patient, strong, compassionate, willing to touch lepers and sit with outcasts.

Your recovery is not just about getting sober—it’s about letting God correct how you see Him. If you believe He’s against you, you’ll fight Him. If you believe He’s cold and distant, you’ll keep Him at arm’s length. If you believe He’s always disappointed, you’ll quit trying. But if you begin to believe He’s for you, you will run to Him when you’re weak (Romans 8:31). If you believe He’s patient, you’ll keep coming back when you stumble. If you believe He truly loves you, you’ll trust Him enough to surrender deeper and deeper parts of your life.

In Step 1, you admitted you were powerless. In Step 2, you are deciding **who** you believe has the power to restore you. If your picture of God is wrong, you’ll constantly hesitate. Let Him rewrite that picture through His Word. Let Him show you He’s not your parole officer—He’s your Redeemer. He’s not the one who crushed you—He’s the One who came to bind up your wounds (Isaiah 61:1).

### **Reflection Questions**

1. Growing up, what did I believe God was like—angry, distant, loving, or something else?
2. How did my addiction experiences shape my view of God?
3. What does Jesus’ life (in the Gospels) show me about the true heart of God?
4. What wrong belief about God is hurting my recovery right now?
5. What truth about God do I need to start receiving and meditating on daily?

## DAY 52 — ASKING GOD: “WHAT DO YOU WANT ME TO SURRENDER TODAY?”

Daily surrender journaling.

Recovery isn't just a one-time surrender at an altar; it's a **daily surrender** at the level of your thoughts, desires, reactions, and decisions. Step 1 said, “I can't manage my life.” Step 2 says, “Christ can restore me.” Step 3 says, “I will turn my will and life over to Him.” That doesn't happen in theory; it happens one day at a time, one decision at a time. Luke 9:23 says, “If anyone would come after Me, he must deny himself, take up his cross **daily**, and follow Me.” Daily means today—this morning—not “someday.”

One of the simplest and most powerful questions you can write at the top of your journal is: “**Lord, what do You want me to surrender today?**” The answer may be something obvious like a resentful attitude, a fantasy, a secret thought life, a desire to control a relationship back home, or a craving to be seen as “the tough one.” Or it may be something subtle: your sarcasm, your right to complain, your obsession with what others think, or your need to always be right. Sometimes the Holy Spirit will put His finger on something you didn't even realize was a problem until you got honest.

Addiction was all about self-will and self-protection: “My way, my relief, my timing, my comfort.” Surrender is the opposite: “Lord, Your way, Your timing, Your comfort, Your will.” This is where the real battle is. It isn't just about not using; it's about letting God dismantle the inner attitudes that drove you to use. Every time you surrender something, it loosens addiction's grip a little more. Every time you cling, it tightens.

When you ask God what to surrender, don't argue with His answer. Write it down, talk to Him about it, and make a concrete choice that day to release it. You may need to tell a staff member or a brother what you're surrendering so they can walk with you. The more often you ask this question, the more your heart shifts from resistance to willingness—and willingness is where miracles begin.

### Reflection Questions

1. What is one thing I already know God is asking me to surrender but I've been resisting?
2. How did self-will show up in my addiction?

3. When I write, “Lord, what do You want me to surrender today?” what comes to mind first?
4. How does surrender actually protect my sobriety and peace?
5. What practical step can I take today to surrender in action, not just in words?

## DAY 53 — THE CONNECTION BETWEEN HONESTY AND HEARING CLEARLY

How lies and secrets clog the line.

Hearing from God is not just about technique; it’s about **condition of heart**. If your heart is full of secrets, lies, half-truths, and hidden motives, it’s like trying to listen to a radio station with heavy static. The voice is there, but it’s fuzzy, unclear, and easily drowned out. Psalm 66:18 says, “If I had cherished sin in my heart, the Lord would not have listened.” That doesn’t mean God stops loving you—He never stops—but it does mean dishonesty interferes with your ability to hear and respond.

Addiction trained you to live a double life—saying one thing, doing another; smiling on the outside, dying on the inside; promising change, but secretly planning the next high. That lifestyle didn’t just damage your relationships with people; it damaged your sensitivity to God’s voice. Now that you’re in a Christ-centered recovery environment, God is teaching you that **honesty and hearing go together**. When you hide, the line gets cloudy. When you confess, the line clears. Jesus said, “Blessed are the pure in heart, for they shall see God” (Matthew 5:8). Purity of heart is not perfection; it is undivided honesty.

When you sit down for Quiet Time, the first step is not demanding answers from God; it’s opening your heart honestly: “Lord, here’s where I lied... here’s where I hid... here’s where I pretended... here’s where I refused correction... here’s where I held onto bitterness.” As you bring these things into the light, you’ll notice something: God’s peace returns. His Word comes alive again. His whispers become clearer. Not because He moved—but because you stopped running.

This is why the DCI and ongoing confession are so vital in this phase. They aren’t just about moral inventory; they are about clearing the channel so you can hear the One who loves you. The Holy Spirit speaks most clearly where honesty lives most consistently.

## Reflection Questions

1. How did dishonesty and double-life living affect my ability to sense God before?
2. Where am I still tempted to hide, minimize, or twist the truth in this program?
3. How does honest confession clear my heart to hear God more clearly?
4. What Scripture encourages me to walk in the light (1 John 1:7, etc.)?
5. What truth do I need to finally speak today so the “static” begins to clear?

## DAY 54 — RECEIVING GOD’S FORGIVENESS WHEN I FAIL IN THE PROGRAM

Not running when I blow it.

You will not walk through this program perfectly. You will have bad days, bad attitudes, emotional blowups, old reactions, and maybe moments where you feel like you completely failed. The question is not **if** you will stumble, but **what you do when you do**. In addition, failure usually led to either denial (“I didn’t do anything wrong”) or despair (“I’m hopeless, so I might as well keep using”). Both responses kept you stuck.

The gospel offers a different path. 1 John 1:9 promises, “If we confess our sins, He is faithful and just to forgive us and to cleanse us from all unrighteousness.” That is not a theory; it’s a covenant. When you blow it—when you get smart with staff, lash out at a brother, fantasize, lie, or drift into old thinking—you now have a new option: **run to Christ, not away from Him**. Bring it into the light quickly. Tell the truth. Confess to God. Confess to appropriate leadership. Ask forgiveness where needed. Then receive the cleansing He offers.

Receiving forgiveness means you stop punishing yourself after God has already forgiven you. Some men stay stuck in self-hatred: “How could I do that again? I’m such a screw-up.” That is not conviction—that is condemnation. Romans 8:1 declares, “There is now no condemnation for those who are in Christ Jesus.” Conviction points to the cross and says, “Come be cleansed.” Condemnation points to your shame and says, “Stay stuck.” Recovery requires you to learn the difference.

When you receive God’s forgiveness, it doesn’t mean you avoid consequences. You may still get written up, lose privileges, or face hard conversations. But you face them

as a forgiven son, not a condemned criminal. That changes everything. The man who learns to quickly confess and quickly receive grace will grow far faster than the man who hides or wastes weeks beating himself up.

### **Reflection Questions**

1. How did I used to respond to failure in addiction—denial, blame, or despair?
2. What keeps me from receiving God’s forgiveness quickly when I blow it here?
3. What does 1 John 1:9 promise me about confession and cleansing?
4. Is there anything I need to confess today rather than carry in secret?
5. How would my recovery change if I ran to God instead of away from Him after failing?

## **DAY 55 — LETTING GOD SPEAK INTO MY ATTITUDE TOWARD AUTHORITY**

Staff, dorm monitors, Big Brothers.

Authority has probably been a loaded word in your life. Maybe you had parents who abused authority, leaders who misused it, or systems that seemed unfair. Maybe you grew up feeling controlled, criticized, or overlooked. Over time, you learned to either fight authority (rebellion) or fake it (compliance). Addiction is deeply tied to authority issues: “No one tells me what to do. I’ll live my way.” But Hebrews 13:17 reminds believers to “obey your leaders and submit to them, for they are keeping watch over your souls.” In this program, God is using staff, dorm monitors, and Big Brothers as tools to shape your character—not to crush you.

Your attitude toward authority will either accelerate your growth or slow it to a crawl. If you automatically resist correction, argue with rules, roll your eyes at assignments, or justify every behavior, you are not just wrestling with people—you’re wrestling with God’s process. Romans 13:1 says, “There is no authority except from God,” which means that while human leaders are imperfect, God still uses them as part of His training in your life. The goal is not blind obedience to flawed people; the goal is a humble and teachable heart before the Lord.

Letting God speak into your attitude toward authority means you start asking Him honest questions: “Lord, why do I react so strongly when someone corrects me? Why does being told what to do make me want to shut down or explode? What wound is underneath this? What lie am I believing—that all authority is abusive, that I’m still a little kid with no voice, that I have to fight to survive?” The Holy Spirit will often connect your current reactions to past pain—and then invite you into healing and trust.

In this phase, part of your homework is to see authority as a mirror: your reactions to leadership reveal places in your heart where God still wants to bring freedom. As you let Him transform your attitude, you will experience something surprising—less inner conflict, less rebellion, more peace, and a deeper sense of safety. You’ll realize that authority, handled God’s way, is not your enemy. It’s part of how He protects and forms you.

### **Reflection Questions**

1. How have past experiences with authority shaped my reactions today?
2. What do I feel inside when staff or a dorm monitor corrects me?
3. What lies might I be believing about authority in general?
4. What does Scripture teach me about godly leadership and submission?
5. What attitude toward authority is God asking me to surrender?

## **DAY 56 — LEARNING TO PRAY FOR PEOPLE I DON’T LIKE**

Intercession and heart change.

Nothing reveals your heart like how you treat people who rub you the wrong way. In addition, if someone annoyed you, you talked about them, avoided them, used them, or cut them off. You may have even escalated to violence, manipulation, or deep bitterness. But Jesus calls His disciples to something radically different: “Love your enemies and pray for those who persecute you” (Matthew 5:44). That includes the guy who gets on your nerves in the dorm, the staff member you think is too strict, the family member who doesn’t respond the way you want, or the person whose attitude triggers your anger.



Praying for people you don't like doesn't mean you suddenly feel warm emotions toward them. It means you invite God into the relationship instead of letting resentment rule. When you consistently pray for someone, something shifts. You may start by praying through gritted teeth: "Lord, I don't even want to pray for him, but I choose to obey You." Over time, the Holy Spirit softens your heart. You begin to see the other person as a broken, struggling human being—just like you—rather than as an enemy or obstacle.

Intercession is a powerful tool against relapse because bitterness and unforgiveness are major triggers for addiction. Ephesians 4:31–32 tells us to "get rid of all bitterness... forgiving one another, just as God in Christ forgave you." When you hold onto resentment, you are holding onto one of addiction's favorite playgrounds. When you pray, you start cutting off that fuel supply. Forgiveness is not saying what they did was okay; it's saying, "I refuse to let this poison my heart."

As you learn to pray for difficult people, you're not just working on "being nice"—you're cooperating with God in deep heart surgery. You're letting Him make you into a man who responds in the Spirit instead of the flesh. This is the kind of man who can stay sober long-term, because he can handle relational pain without running to a substance.

### **Reflection Questions**

1. Who is one person in the program (or back home) I really don't like right now?
2. What do I feel when I think or talk about them?
3. How has resentment or bitterness fed my addiction in the past?
4. What does Jesus command me to do toward my "enemies"?
5. Take a moment and write a short, honest prayer for that person now.

## **DAY 57 — SEEING WORK AS WORSHIP: INVITING GOD INTO MY TASKS**

Shovels, cleaning, and quiet time work together.

In addiction, work was often the enemy. Some avoided it, manipulated around it, got high to get through it, or lost job after job because of it. Others worked obsessively but never invited God into it, using work as another escape or identity. In this program, God is retraining your relationship with work. Colossians 3:23 says, "Whatever you do, work

at it with all your heart, as working for the Lord, not for men.” That means sweeping floors, scrubbing bathrooms, hauling trash, doing farm work, or washing dishes can all become **worship** when you offer them to God.

Seeing work as worship changes your attitude. Instead of grumbling—“Why do I have to do this?”—you begin to pray, “Lord, I offer this task to You. Shape my character while I do it. Use this to build discipline, humility, and perseverance in me.” Recovery is not just about what happens in group or chapel; it’s also about how you live with a broom in your hand. Work becomes the training ground where God grows patience, focus, responsibility, and a new work ethic that will impact your future jobs, your family, and your sense of identity.

Addiction made you untrustworthy. It stole time, energy, clarity, and motivation. Now, each time you show up and work faithfully, you are quietly rebuilding trust with God, with others, and even with yourself. When you push through tiredness, irritation, or boredom without quitting, you are practicing the same persistence you will need when cravings hit, when life is stressful, or when relationships are hard. Work and sobriety are deeply connected. A lazy spirit opens the door to old patterns; a surrendered work ethic strengthens your foundation.

Invite God into your tasks: “Lord, help me work with integrity today. Help me honor You even when no one is watching. Help me do this as if I were serving You directly.” Over time, you’ll begin to notice something surprising—your heart feels cleaner when your hands are busy in obedience.

### **Reflection Questions**

1. How did addiction affect my work ethic and reliability?
2. What is my attitude right now toward work detail in the program?
3. How can I practically offer today’s tasks to God as worship?
4. What character traits is God trying to build in me through work?
5. What would it look like to show up to work tomorrow “as unto the Lord”?

## **DAY 58 — HOW GOD USES BROTHERS TO CONFIRM WHAT HE’S SAYING**

Through accountability and feedback.

God speaks through His Word, through His Spirit, and also through His people. Proverbs 27:17 says, “As iron sharpens iron, so one man sharpens another.” In addition, you may have surrounded yourself with people who agreed with your excuses, co-signed your bad choices, or joined you in sin. Now, God is surrounding you with brothers who are also seeking recovery. They won’t be perfect, but He will use them to sharpen, challenge, and confirm what He’s speaking to you.

Sometimes, what you hear in Quiet Time will be echoed by a brother’s comment in class, a staff member’s correction, or a testimony shared in group. You might be journaling about pride and then hear another man share about how pride almost took him out. You might sense God nudging you about honesty and then get confronted about a half-truth you told. That’s not random—that’s the Holy Spirit using community to underline His message. 2 Corinthians 13:1 reminds us, “Every matter must be established by the testimony of two or three witnesses.”

God also uses brothers to point out blind spots—places you can’t see clearly about yourself. You may think you’re doing great, but a roommate might lovingly say, “Hey, you’ve been really negative lately,” or, “You keep dodging responsibility in group.” That feedback may hurt your pride, but if you receive it as from the Lord, it can accelerate your growth. The same is true the other way around: God may use you to confirm something in a brother’s life as you share honestly.

Learning to hear God in community is crucial for long-term sobriety. Lone-ranger Christianity is dangerous. Isolation is where relapse grows. Humility says, “I need other eyes on my life. I need brothers who will tell me the truth. I need leaders who will speak into my blind spots.” As you invite this, you’ll find that God’s voice becomes more consistent, not less—because you see Him working through more than just your private experiences.

### **Reflection Questions**

1. How has God already used a brother or staff member to confirm something He’s dealing with in me?
2. How do I usually react to feedback or correction—defensive, thankful, or shut down?
3. What does Proverbs 27:17 teach me about my need for others?

4. Who are two men here I can invite to be honest with me about what they see?
5. How might God want to use me to encourage or confirm something in someone else today?

## **DAY 59 — JOURNALING MY FEARS ABOUT THE FUTURE AND LETTING GOD ANSWER THEM**

Writing both fear and God's reply.

As the weeks go by, your mind will naturally drift toward the future: "What will happen with my case? My kids? My job? My marriage? My parents? Where will I go after the program? Will I relapse? Will anyone trust me again? Will I ever feel normal?" These questions are heavy, and if they stay unspoken, they can feed anxiety, depression, and a desire to escape. Jesus knows this. That's why He said, "Do not worry about tomorrow... each day has enough trouble of its own" (Matthew 6:34). He wasn't minimizing your concerns; He was inviting you into daily trust.

One powerful practice in this phase is to **journal your fears about the future—and then let God speak back**. On one side of the page, write your fears honestly: "Lord, I'm afraid my family will never forgive me. I'm afraid I won't make it out there. I'm afraid I'll fail again. I'm afraid I'll never shake this shame." Don't clean it up. He already knows. On the other side of the page, write what you sense Him saying in response, grounded in Scripture: "I am with you always" (Matthew 28:20). "I restore the years the locust has eaten" (Joel 2:25). "He who began a good work in you will carry it on to completion" (Philippians 1:6). "Nothing is impossible with God" (Luke 1:37).

When you give your fears a voice, they lose some of their power. When you give God's promises a voice, they gain power. You start to see that fear speaks in "what if," but God speaks in "I will." Fear imagines disaster; God speaks destiny. Fear says, "You're alone out there." God says, "I will never leave you or forsake you" (Hebrews 13:5). This journaling practice doesn't magically fix every situation, but it trains your heart to bring anxiety into the light instead of letting it quietly rot your faith.

This is an important relapse-prevention tool. Many men leave programs with unspoken fear and end up back in old patterns because they try to carry the future alone. Learning to talk to God about your future **now** prepares you to walk with Him when you get there.

### **Reflection Questions**

1. What are my top three fears about life after this program?
2. How did I used to handle fear about the future when I was in addiction?
3. What promises from Scripture speak directly to those fears?
4. How does writing both my fear and God's reply help my faith?
5. Take a page in your journal today: one column for fears, one for God's answers.

## **DAY 60 — WRITING A LETTER TO GOD ABOUT WHERE I NEED HIM MOST**

Processing Step 2 in a personal way.

Step 2 says you “came to believe that Jesus Christ could restore you to sanity, purity, and wholeness.” That’s not just a doctrine; it’s deeply personal. It means there are specific places where you desperately need Him: in your thinking, your emotions, your sleep, your relationships, your past, your cravings, your shame, your identity. Today’s assignment is simple but powerful: **write a letter to God about where you need Him most right now.**

Set aside time, grab your journal, and start like this: “Dear Lord...” Then be real. Tell Him where you feel the weakest. Tell Him where you feel most broken. Tell Him what scares you, what confuses you, what frustrates you. Tell Him how addiction has affected your heart, your mind, your family, your dreams. Tell Him what you long for but are afraid to hope for. Cry out like David did: “Create in me a clean heart, O God, and renew a steadfast spirit within me” (Psalm 51:10). Or like the desperate father in Mark 9:24 who said, “Lord, I believe; help my unbelief!”

This letter is not for performance. It’s not to impress staff or look spiritual. It’s to pour out your heart to the One who already knows you completely and loves you perfectly. Psalm 62:8 invites you, “Trust in Him at all times... pour out your heart before Him.” That’s what this is—heart-pouring. When you pour out, He pours in. You give Him your confusion; He gives you His peace. You give Him your shame; He gives you His forgiveness. You give Him your fear; He gives you His promises.

Keep this letter. Later in the program—maybe in Block 2 or 3—you can look back and see how God has already begun to answer it. That will strengthen your faith and remind

you that Step 2 isn't just words in a workbook. It's the story of a real God restoring a real man, one honest cry at a time.

### Reflection Questions

1. If I'm honest, where do I feel most desperate for God's help right now?
2. How comfortable am I with pouring out my heart to God in writing?
3. What Scriptures give me language for my cry (Psalm 51, Psalm 34, Psalm 40, etc.)?
4. After writing this letter, what do I sense God whispering back to me?
5. How does this exercise deepen my belief that Christ really can restore me?

### DAY 61 — STEP 3: TURNING MY WILL AND LIFE OVER TO CHRIST

What this means practically in the ranch.

Step 1 admitted: **"My life is unmanageable. I am powerless."** Step 2 discovered: **"Jesus Christ can restore me to sanity, purity, and wholeness."** Step 3 is the turning point: **"I turn my will and my life over to the care of God through Jesus Christ."** That's not just a religious phrase—it's a daily, practical decision, especially here on the ranch. Your **will** is your choices, your preferences, your way of doing things. Your **life** is everything that concerns you—your past, present, and future; your family; your feelings; your relationships; your reputation; your dreams. Step 3 means these no longer belong to addiction, to self-will, or to fear, but to Christ.

In addiction, your will ran the show: "I'll do what I want, when I want, how I want." Even when you knew it was killing you, you still chased the next high, the next drink, the next fix. Romans 6:16 says, "You are slaves of the one you obey." You may not have called your addiction "lord," but you treated it like one—it dictated where you went, who you were with, what you valued, and what you sacrificed. Turning your will and life over to Christ is a change of ownership. You stop letting chemicals, cravings, and old patterns boss you around and begin letting Jesus lead you.

On the ranch, Step 3 looks very concrete. It looks like **accepting correction** instead of arguing. It looks like **staying in the program** when everything in you wants to bolt. It looks like **doing your work and studies as unto the Lord** (Colossians 3:23), not just

to get through the day. It looks like **obeying structure** even when you don't feel like it. It looks like bringing your attitudes, temptations, fears, and thoughts to Christ instead of handling them the old way. Step 3 is not just prayed once in chapel; it's practiced all day long: "Lord, not my will, but Yours be done" (Luke 22:42).

The good news is this: When you turn your will and life over to Christ, you are not jumping into the hands of a cruel master. You are placing yourself under the care of a Savior who loved you enough to die for you (Romans 5:8). He is more committed to your recovery than you are. He is not just asking for control; He is promising care.

### Reflection Questions

1. In addiction, what really ran my life—God, my will, or my addiction?
2. What does it mean to me personally to "turn my will and life over" to Christ?
3. Where on the ranch have I already started practicing Step 3 without realizing it?
4. What area am I still trying to keep control of?
5. How does knowing Christ loves me make surrender less scary?

## DAY 62 — LORDSHIP VS. NEGOTIATION: JESUS IS EITHER IN CHARGE OR HE ISN'T

No halfway.

Most of us try to live with Jesus as **Advisor**, not **Lord**. We like His forgiveness, His comfort, and His blessings—but we still want veto power over His instructions. That mindset is **negotiation**, not surrender. We think, "I'll obey You in these areas, Lord, but not in that one. I'll give You Sundays but not my sex life. I'll give You my addiction but not my anger. I'll give You my future but not my relationships." Yet Jesus said clearly, "Why do you call Me 'Lord, Lord,' and do not do what I say?" (Luke 6:46). Lordship means He's in charge, not just consulted.

Addiction lived by negotiation: you negotiated with family ("I'll stop when..."), with the law ("Just this one more time"), with yourself ("I can control it"), and even with God ("Get me out of this and I'll change"). But the truth is, **negotiation kept you sick**. It allowed you to hold onto just enough control to keep using. It's the same in recovery: as long as

you're negotiating with Christ about what He can and cannot touch, you're leaving doors open for relapse. Jesus does not share lordship with addiction, ego, or fear. He doesn't agree to be "Lord over 60%" of your life.

On the ranch, lordship looks like saying, "Yes, Lord" even when you don't feel like it. It means accepting your schedule as part of His will for you right now. It means embracing structure, chores, and restrictions as tools He's using to shape your character. It means trusting that when staff confronts you, God is using them to deal with your heart. Romans 12:1 calls us to "offer your bodies as a living sacrifice." Sacrifices don't negotiate. They are **fully given**.

The freedom you want is on the other side of "no more deals." When you stop bargaining and start surrendering, the Holy Spirit's power increases in your life. That's where genuine change happens.

### **Reflection Questions**

1. Where am I still negotiating with Jesus instead of obeying Him?
2. What parts of my life have I said, "You can have this, Lord, but not that"?
3. How did negotiation with God and others keep my addiction alive?
4. What Scripture about Jesus' lordship speaks to me (e.g., Luke 6:46, Philippians 2:9–11)?
5. What's one area I will stop negotiating with God about today?

### **DAY 63 — WRITING A STEP 3 PRAYER OF SURRENDER**

Personal written commitment.

There comes a time in recovery where your heart needs to move from "**I know I should surrender**" to "**Lord, I choose to surrender.**" Writing a Step 3 prayer is one way to mark that turning point. Psalm 25:1–2 says, "To You, O Lord, I lift up my soul. O my God, I trust in You." A Step 3 prayer is you lifting up your soul—your will, your life, your past, your future—and placing it in His hands on purpose.



This is not about fancy religious language. It's about being clear, honest, and specific. You might write something like:

"Lord Jesus, I admit I cannot manage my life on my own. My addiction, my choices, and my sin have wrecked my life and hurt many people. I believe You can restore me. Today, I choose to turn my will and life over to You. I give You my cravings, my anger, my relationships, my fears, my future, my past, my shame, and my dreams. I lay them at Your feet. Help me to obey You in this program and beyond. I belong to You. Have Your way in me. Amen."

When you write this, don't rush. Take your time. Think about Step 1 (powerless), Step 2 (He can), and then pour your heart into Step 3 (I will trust and surrender). You can re-read this prayer often—especially on hard days when you want to quit or take control back. It becomes a covenant between you and the Lord, a written reminder that you chose Him as Lord, not just Savior.

Some men are afraid to write a Step 3 prayer because they fear they won't live it perfectly. Remember: God isn't asking for perfect performance; He's asking for a willing heart. He knows sanctification is a process (Philippians 1:6). Your Step 3 prayer is not a statement that you will never struggle again; it's a declaration of whose hands you want your life to be in from now on.

### **Reflection Questions**

1. What do I personally want to say to God in a Step 3 surrender prayer?
2. What specific areas (habits, relationships, fears) do I need to include in that prayer?
3. How does it feel to write, in my own words, "I turn my will and life over to You"?
4. What promise from Scripture do I want to stand on in my Step 3 prayer?
5. When will I set aside time today to write and/or re-read my Step 3 prayer?

### **DAY 64 — INVITING GOD INTO MY SCHEDULE: SURRENDERING MY DAY EACH MORNING**

"Here is my day, Lord."

On the ranch your schedule is pretty much set: wake-up, Quiet Time, classes, work detail, meals, groups, lights out. It can feel like there's not much to "surrender" because so much is already decided for you. But Step 3 is not just about big life choices; it's about the **attitude you bring** to each day. Proverbs 3:5–6 says, "Trust in the Lord with all your heart... in all your ways acknowledge Him, and He shall direct your paths." "All your ways" includes your daily routine.

Each morning, you have a choice: drag your feet through the day with resentment and complaining, or **offer your schedule to God as an act of worship**. A simple prayer like, "Lord, here is my day. I surrender it to You. Lead my thoughts in class. Help me work hard. Guard my mouth in the dorm. Use every part of this schedule to shape me. I am Yours today," can completely shift your mindset. Romans 12:1 calls this presenting your body as a living sacrifice. You're putting your day on the altar.

Addiction made your days chaotic and self-centered. You woke up chasing a high, chasing money, chasing escape. Now, in recovery, God is re-teaching you how to live one day at a time under His leadership. When you start the morning with surrender, you are telling your flesh and your addiction, "You don't get to call the shots today." You're handing that role to Christ. That is a powerful relapse-prevention move because most relapses begin with many days of quiet, internal unsundered attitudes.

Over time, you may notice that when you surrender your day upfront, you handle irritation, triggers, and disappointments differently. Why? Because you already gave the day to God. That fight with a brother, that tough work task, that correction from staff—they're no longer random; they're part of the day you surrendered. And God promises to work all things together for good to those who love Him (Romans 8:28).

### Reflection Questions

1. How do I usually start my day—stressed, resistant, surrendered, or numb?
2. What would it look like to consciously hand my whole schedule to God each morning?
3. How might surrendering my day affect my attitude toward rules and responsibilities?
4. What Scripture can I pray at the beginning of my day (e.g., Psalm 143:8)?
5. Will I take 3–5 minutes tomorrow morning to pray, "Here is my day, Lord"?

## DAY 65 — SURRENDERING MY RIGHT TO COMFORT

Learning to endure discomfort.

Addiction trained your brain to avoid discomfort at all costs. Feel anxious? Use. Feel lonely? Use. Feel bored? Use. Feel rejected, angry, or ashamed? Use. Comfort became your god. Yet Jesus says, “Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me” (Luke 9:23). Cross-carrying is not comfortable. Recovery is not comfortable. Obedience is not always comfortable. Step 3 means surrendering your **right to comfort** and embracing God’s process even when it stretches you.

On the ranch, discomfort shows up in all kinds of ways: waking up early when your body wants to sleep in, working hard when you feel lazy, dealing with people you don’t naturally like, sitting in class when your mind wants to wander, confronting character defects instead of numbing them. When you demand comfort, every one of these things becomes a reason to complain or mentally check out. When you surrender comfort, every one of these things becomes a growth opportunity.

2 Corinthians 1:3–4 calls God “the God of all comfort,” but His comfort is different from the fake comfort of drugs and alcohol. His comfort comes **after** you face reality, not instead of it. It meets you in the pain, not as an escape from it. When you surrender your right to comfort, you’re saying, “Lord, I will not run to my old false comforts. I will endure this discomfort with You and let You strengthen me.” That’s where spiritual muscles grow.

This surrender is essential for long-term sobriety. Life outside the ranch will still bring discomfort—bills, conflict, stress, temptation, loneliness. If you keep demanding comfort, you’ll run back to old coping mechanisms. But if you learn now to endure discomfort with Christ, you’ll carry a new strength into the rest of your life.

### Reflection Questions

1. What kinds of discomfort did I used to escape with drugs or alcohol?
2. How am I still seeking comfort more than growth in this program?
3. What does it mean for me practically to lay down my “right” to feel good all the time?

4. How has God already comforted me in healthier ways (peace, His Word, fellowship)?
5. What uncomfortable situation today can I face with Him instead of resisting or escaping?

## **DAY 66 — SURRENDERING MY RIGHT TO BE RIGHT**

Humility in conflict.

Addiction and pride go hand-in-hand. Many men would rather lose relationships, jobs, and opportunities than admit, “I was wrong.” James 4:6 says, “God opposes the proud but gives grace to the humble.” If God Himself is resisting the proud, then clinging to your right to be right is literally blocking His grace in your recovery. Step 3 surrender includes laying down the demand to always win arguments, always explain yourself, and always defend your image.

On the ranch, conflict is unavoidable. You live with other broken men in close quarters. There will be misunderstandings, irritations, and disagreements. The old you will want to argue, justify, talk over, or shut down. The surrendered you will start to learn phrases like, “You’re right, I was wrong,” “I’m sorry,” “Help me understand,” and “I see your point.” Philippians 2:3 calls us to “do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”

Surrendering your right to be right doesn’t mean you never speak truth or set boundaries. It means you stop making **being right** more important than being Christlike. You choose relationship over ego. You choose growth over self-protection. In addiction, you probably lost many relationships because you always had to have the last word. In Christ, you gain relationships by choosing humility instead of dominance.

Every time you choose to listen instead of argue, to apologize instead of defend, to seek understanding instead of victory, you are practicing Step 3. You are saying, “Lord, my pride is not in charge here—You are.”

### **Reflection Questions**

1. How has my need to be right damaged relationships in the past?

2. What does it feel like inside when someone corrects me or disagrees with me?
3. What Scripture helps me embrace humility (Philippians 2:3–8, James 4:6–10)?
4. Who do I need to apologize to instead of trying to prove my point?
5. What would it look like to surrender my right to be right in the next conflict I face?

## **DAY 67 — GIVING GOD MY REACTIONS: ANGER, SARCASM, AND SILENT TREATMENT**

Letting Him deal with responses.

You may think your **actions** are your main problem, but in recovery you start to see that your **reactions** reveal your heart. When you feel disrespected, corrected, misunderstood, or uncomfortable, something inside you reacts—anger, sarcasm, cussing, mocking, clowning, shutting down, or giving the silent treatment. These reactions are old survival tools. Step 3 surrender means you begin handing not only your behaviors to God, but also your **reactions**.

James 1:19–20 says, “Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.” That means your instant anger, sarcasm, and shutdown moods are not neutral—they’re blocking the very change God wants to produce. In addition, those reactions pushed people away, caused chaos, and justified further using: “They made me mad, so I had to get high.” Now, those same reactions can wreck your progress in the program if left unchecked.

Giving God your reactions looks like pausing when you feel that internal trigger and praying silently, “Lord, here’s my anger. Here’s my urge to cut him down. Here’s my desire to shut off and punish with silence. I surrender this reaction to You. Help me respond in the Spirit, not the flesh.” It looks like taking a breath instead of exploding. It looks like honestly sharing your feelings later in a respectful way instead of letting bitterness grow. It looks like confessing your reaction when you blow it and asking forgiveness instead of defending it.

Over time, as you keep surrendering these reactions, the Holy Spirit will grow the fruit of **self-control** (Galatians 5:22–23) in you. That’s a crucial ingredient in long-term sobriety.

If you can learn to let God govern your reactions here, you will be far more stable when you face pressure outside the ranch.

### Reflection Questions

1. What are my most common unhealthy reactions—anger, sarcasm, shutting down, etc.?
2. When do these reactions show up most often (correction, boredom, feeling disrespected)?
3. How did these reactions feed my addiction in the past?
4. What Scripture can I lean on when I feel myself reacting (James 1:19–20)?
5. What reaction do I need to bring to God today and ask Him to change?

## DAY 68 — OBEDIENCE WHEN NO ONE IS WATCHING

Secret character.

A huge part of Step 3 is what happens when eyes are not on you. It's easy to look obedient when staff is nearby, when you're in group, or when you know you're being evaluated. But real transformation is proven in the **secret places**—in the dorm after lights out, in your thoughts during work, in how you talk when leadership isn't around. Jesus warned about "hypocrites" who did everything to be seen by others (Matthew 6:1–4). He cares about who you are in secret, not just who you appear to be in public.

Addiction thrived in secrecy: secret use, secret lies, secret messages, secret rendezvous, secret stashes. Recovery thrives in honesty—even when no one is looking. Step 3 surrender means you start living as if God's presence matters more than human eyes. Hebrews 4:13 says, "Nothing in all creation is hidden from God's sight." That's not meant to terrify you; it's meant to free you from double life living. You don't have to play two roles anymore.

On the ranch, obedience when no one is watching looks like following dorm guidelines even when you could get away with breaking them, not sneaking contraband, not engaging in inappropriate talk, not entertaining fantasies, not stirring up division. It looks like doing your work thoroughly even when the supervisor isn't right there. It looks like

honoring quiet time even when you're tired. This is where integrity is built—the kind of integrity that will keep you sober when you're back out in the real world and no one from the program is checking on you.

As you practice secret obedience, something important happens: your self-respect begins to grow. You start to like the man you are becoming—not because you're perfect, but because you know you're being real. That inner stability is a powerful safeguard against relapse.

### **Reflection Questions**

1. How did I live a double life in addiction?
2. Where am I still tempted to act one way in front of staff and another way in private?
3. What does it mean to me that God sees everything—but loves me and is for me?
4. What “secret obedience” step can I take today?
5. How will building integrity when no one is watching prepare me for life after the program?

## **DAY 69 — SURRENDERING CONTROL OVER RELATIONSHIPS BACK HOME**

Letting God handle family and friends.

One of the biggest stress points in recovery is what's happening—or not happening—back home. You may be worried about your kids, your spouse, your girlfriend, your parents, your court case, your job, your housing. You may feel the urge to control, fix, micromanage, or emotionally manipulate from a distance. But you're here, and you're limited in what you can do. That's where Step 3 becomes intensely real: **“Lord, I surrender my relationships and the outcomes to You.”**

1 Peter 5:7 says, “Cast all your anxiety on Him because He cares for you.” That includes anxiety about how others see you, whether they'll forgive you, whether they'll wait for you, whether you'll get your old life back. Trying to control these things from the ranch will exhaust you and distract you from the work God is doing in you now. Often,

the best gift you can give your family is to let God fully work on you here instead of chasing phone calls, drama, or emotional rollercoasters.

Surrendering control doesn't mean you stop caring about your loved ones. It means you release them to God's care instead of trying to be their savior. It means you accept that God may need to heal them in ways you cannot control. It means respecting boundaries leadership gives you about phone calls, visits, or letters, trusting that God can move in their hearts whether or not they respond immediately. Recovery is not, "Lord, fix them so my life gets easier." It's, "Lord, fix me, and I trust You with them."

The same God who met you in your brokenness is able to meet them in theirs. Step 3 invites you to stop playing God in their lives and start trusting God with their lives.

### **Reflection Questions**

1. Which relationships back home do I worry about the most?
2. How do I try to control or manage those relationships from here?
3. What would it look like to practically "cast" those anxieties on God (1 Peter 5:7)?
4. How might God be working in my loved ones even without my control?
5. Take a moment and pray, "Lord, I surrender \_\_\_\_\_ (name) to You."

## **DAY 70 — LETTING GOD INTO MY PLANS FOR THE FUTURE**

Giving Him my dreams and fears.

As the days move forward, your mind naturally drifts to "What's next?"—after Block 1, after graduation, after the ranch. You may have dreams: getting a job, restoring your family, serving in ministry, going back to school, starting a business. You may also have fears: parole, probation, court, money, housing, temptation, old neighborhoods. Proverbs 16:9 says, "In their hearts humans plan their course, but the Lord establishes their steps." Step 3 means inviting God not just into your present, but into your **future**.

In addition, your plans were usually self-centered and short-term: how to get high, how to avoid consequences, how to get what you wanted. Now, Christ is leading you into a different kind of future—one built on obedience, humility, service, and faith. Letting God



into your plans means you stop saying, “This is what I’m going to do, no matter what,” and start saying, “Lord, this is what I desire, but I submit my plans to You. Close any doors that are not from You. Open the doors that are. Lead me, and I will follow.”

James 4:13–15 warns against arrogant planning: “You do not even know what will happen tomorrow... you ought to say, ‘If it is the Lord’s will, we will live and do this or that.’” That doesn’t mean you can’t make goals; it means your goals must be surrendered. You write them in pencil, not in permanent marker, and you hand the pen to God. He may keep some dreams exactly as they are, delay others, reshape some, and replace a few with something far better than you imagined.

As you let Him into your future, anxiety begins to decrease. You realize you don’t have to figure everything out today. Your job is to be faithful where your feet are. God’s job is to order your steps. The same Jesus who rescued you from addiction is wise enough to lead you into a future that glorifies Him and blesses others.

### Reflection Questions

1. What are my biggest dreams for life after the program?
2. What are my biggest fears about the future?
3. How did I used to make plans in addiction—did I invite God into them at all?
4. What would it look like to truly submit my future to the Lord’s will (James 4:15)?
5. In my journal today, can I write: “Lord, here are my dreams and fears. I place my future in Your hands”?

## DAY 71 — RESPONDING TO CORRECTION WITHOUT EXCUSES

Journaling after correction.

One of the clearest tests of surrender in a residential drug and alcohol program is **how you respond to correction**. In addiction, most of us hated being corrected. We argued, lied, blamed, stormed off, joked it away, or shut down. Our pride and shame worked together to keep us from hearing truth. But Proverbs 12:1 says plainly, “Whoever loves discipline loves knowledge, but he who hates correction is stupid.” That’s strong language from God—not to insult you, but to wake you up: if I keep resisting correction, I’m choosing foolishness over growth. Step 3 is not just about saying, “God, I

surrender”; it’s about showing it by how I respond when staff, Big Brothers, or dorm monitors point something out. On the ranch, correction is not punishment—it is one of God’s main tools for transformation. The same Jesus who saved you is now training you, and part of that training is hearing things about yourself that you may not want to see.

Addiction made your heart defensive. You got used to protecting your image at all costs. Now, in recovery, God is dismantling that false self. When someone corrects you, the old patterns will rise up: “You don’t understand,” “It wasn’t that bad,” “They did it too,” “You’re just picking on me.” Those are excuses, not surrender. James 1:19 calls us to be “quick to listen, slow to speak, slow to become angry.” Responding to correction without excuses means you slow down your mouth and speed up your listening. It means you go back to your bunk or your journal after correction and ask, “Lord, what are You trying to show me through this?” Even if the correction wasn’t delivered perfectly, the Holy Spirit can use it. Instead of rehearsing why they were wrong, you ask God, “Where are You right about me?”

A surrendered man doesn’t just tolerate correction—he **uses** it. He writes about it, prays about it, and lets it shape him. Over time, you will notice that the men who grow the most in this program are not the ones who never get corrected, but the ones who respond to correction with humility instead of excuses. That is the opposite spirit of addiction and the beginning of real freedom.

### **Reflection Questions**

1. How have I usually responded to correction in my addiction and early recovery?
2. What excuses rise up in me when someone points out a fault?
3. What Scripture (like Proverbs 12:1 or James 1:19) do I need to remember when corrected?
4. When was a time correction actually protected me, even if I didn’t like it in the moment?
5. After my next correction, will I take time to journal, “Lord, what are You showing me through this?”

## **DAY 72 — SUBMITTING TO THE PROGRAM STRUCTURE AS DISCIPLESHIP**

Seeing rules as training.

When you first arrive at a Christ-centered recovery ranch, the structure can feel overwhelming: wake-up times, chores, classes, work detail, lights out, dress codes, quiet time, limited phone calls. Addiction trained you to live with very little structure—do what you want, when you want, how you want. That chaos made relapse easy and responsibility hard. In this program, structure is not just about control; it is about **discipleship**. Hebrews 12:11 says, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace to those who have been trained by it.” The question is not “Will I have rules?” but “Will I let these rules train me?”

Program structure is God’s way of re-teaching your mind and body how to live a sober, stable life. Getting up on time, doing your work with excellence, going to class, showing up for groups, and following dorm policies may feel small, but they are building blocks for long-term recovery. Before, you used your freedom to destroy yourself. Now, for a season, God limits your freedom to rebuild your character. Romans 13:5 talks about being “subject” to authority for conscience’ sake—not because leadership is perfect, but because your heart needs to learn submission after years of rebellion. Every time you willingly submit to program structure, you are practicing Step 3: “I turn my will and my life over to the care of God.”

Instead of seeing the resident manual as a list of restrictions, start seeing it as a **training manual**. Structure is like spiritual physical therapy for a soul that has been dislocated by addiction. You might not like every stretch, but you need it to walk again. The more you fight structure, the more you delay your healing. The more you embrace it, the more you prepare yourself for life outside—where you will need self-discipline, not external discipline, to stay free. Jesus invites you to learn His rhythm: “Take My yoke upon you and learn from Me” (Matthew 11:29). The program is one way He straps that yoke on so you can learn.

### Reflection Questions

1. How did my lack of structure in addiction contribute to my destruction?
2. What parts of the program structure do I complain about the most?
3. How would my attitude change if I saw rules as discipleship instead of punishment?

4. What Scripture helps me accept discipline as training (Hebrews 12:11, Romans 13:5)?
5. What is one area of structure I will choose to submit to today as an act of surrender to Christ?

## **DAY 73 — BIG BROTHER, STAFF, AND DORM MONITORS AS GOD’S TOOLS, NOT ENEMIES**

Reframing authority.

In addition, you likely had a complicated relationship with authority. Police, judges, bosses, family members, and even pastors may have felt like your enemies. Your flesh learned to see any authority as a threat to your independence. But in a Christ-centered recovery program, God intentionally surrounds you with Big Brothers, staff, and dorm monitors **not** to control you, but to shepherd you. Ephesians 4:11–12 teaches that God gives leaders “to equip His people for works of service, so that the body of Christ may be built up.” These leaders are part of His equipment crew for your new life.

Big Brothers and dorm monitors see you up close in ways staff sometimes cannot. They notice your moods, your patterns, your attitudes. Staff sees the bigger picture—your progress, your resistance, your potential. If you see them as enemies, you will interpret every correction as an attack and every limit as control. But if you see them as God’s tools, you will recognize something deeper: the Lord is using them to touch areas of your heart that addiction has kept hidden. Hebrews 13:17 says, “Obey your leaders and submit to them, for they are keeping watch over your souls.” That’s an intense assignment. The men and women God has placed over you are not perfect, but they are responsible before God for how they help watch over your soul.

Reframing authority is part of Step 2 and Step 3. Step 2 says, “I come to believe Christ can restore me,” and part of how He restores you is through people. Step 3 says, “I turn my will and life over to God’s care,” and part of God’s care right now includes the structure and leadership at this ranch. When you fight them, you’re really resisting Him. When you receive from them, you’re really receiving from Him. Ask God to show you what He wants to teach you through each authority figure, instead of just reacting to their personality or flaws.

### **Reflection Questions**

1. How has my past shaped the way I look at authority figures?
2. When has a leader at this program tried to help me, but I took it as an attack?
3. What Scripture helps me see godly leadership as a gift (Ephesians 4:11–12, Hebrews 13:17)?
4. Who do I need to start viewing as God’s tool for my growth—not my enemy?
5. How can I pray for the Big Brothers, staff, and dorm monitors who are investing in me?

## DAY 74 — USING THE DCI TO TRACK MY SURRENDER LEVEL

Where I still resist God.

The Daily Character Inventory (DCI) isn’t just a checklist—it’s a **surrender gauge**. It reveals where your heart is still clinging to old ways and where Christ is gaining ground. Each attitude pair—humility vs. pride, honesty vs. deceit, gratitude vs. entitlement, submission vs. rebellion, purity vs. lust, self-control vs. impulsivity—shows you whether your will is in charge or God’s will is. 2 Corinthians 13:5 says, “Examine yourselves to see whether you are in the faith; test yourselves.” The DCI is one way to obey that command.

In addition, there was very little self-examination. You avoided mirrors—physical and spiritual. The DCI forces you to look. But don’t just mark boxes; **notice patterns**. Where do you consistently mark the unhealthy side? Pride? Anger? Resentment toward authority? Lustful thoughts? Complaining? Those aren’t just “slip-ups”; they’re signs of areas where you are not yet fully surrendered. Romans 8:5 says people live either “according to the flesh” or “according to the Spirit,” and your DCI helps you see which one is driving your days.

Instead of using the DCI just as homework, turn it into a conversation with God:

“Lord, I marked resentment again today—that tells me I am still holding onto my right to be angry. Show me how to surrender this.”

“Lord, I marked dishonesty—I’m still hiding in some areas. Help me walk in truth.”

“Lord, I marked self-pity—I’m focused more on ‘why me’ than on what You’re doing in me.”

As you track your surrender level through the DCI, you will see progress over time. You will also see stubborn areas that need deeper attention, prayer, and sometimes confession to staff or a Big Brother. Don't be discouraged by what the DCI exposes. Be grateful. It's much better to see where you resist God now, in a safe environment, than to be blindsided later outside the program.

### Reflection Questions

1. Which DCI categories do I most often mark on the unhealthy side?
2. What does that pattern reveal about areas where I haven't fully surrendered?
3. How can I turn my DCI into prayer rather than just a chart?
4. What Scripture can I pray over one stubborn area (e.g., pride, anger, lust)?
5. How has the DCI already helped me see growth—or resistance—in my character?

## DAY 75 — SURRENDERING MY MOUTH: COMPLAINING, GOSSIP, AND JOKING

Speech as a surrender issue.

One of the last places men surrender is **the mouth**. Yet Jesus said, "Out of the abundance of the heart the mouth speaks" (Luke 6:45). That means your words reveal your surrender level. Complaining shows an ungrateful heart. Gossip shows an unsafe, divisive heart. Dirty or harsh joking shows a heart still clinging to the old world, not the new life in Christ. Ephesians 4:29 commands, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."

In addition, your speech probably reflected the culture you were in: cussing, cutting others down, bragging about sin, complaining about authority, talking slick to get what you wanted. That kind of speech kept you in bondage. On the ranch, your words can either help create a safe environment of healing or a toxic environment of division. Complaining about rules feeds rebellion. Gossip about other residents feeds mistrust. Constant negative joking about staff, the program, or other men feeds a culture that undermines recovery.

Surrendering your mouth is a powerful form of Step 3. It means you ask the Holy Spirit to be your “speech filter.” You pause before you speak and ask, “Will this build someone up or tear them down?” It means choosing to stay silent when the dorm starts complaining. It means refusing to pass along gossip even if you think it’s true. It means cleaning up your jokes so they honor Christ instead of glorifying sin. James 3 compares the tongue to a small rudder that steers a big ship. If you let God steer your tongue, He will help steer your whole life in a new direction.

### Reflection Questions

1. What kinds of speech (complaining, gossip, crude joking) do I fall into most?
2. How has my mouth caused problems in addiction and relationships?
3. What does Ephesians 4:29 say about how my words should change?
4. What is one specific change I can make in how I talk today?
5. How can I use my words to encourage someone in the dorm instead of tearing down?

## DAY 76 — LETTING GOD DECIDE HOW FAST I CHANGE

Patience with the process.

Addiction is all about **instant**—instant relief, instant high, instant escape. That mindset leaks into recovery: we want instant healing, instant maturity, instant restoration. When change feels slow, we get discouraged or angry with God, the program, or ourselves. But spiritual growth is more like farming than microwaving. Galatians 6:9 says, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Step 2 taught you to believe Christ can restore you. Step 3 invites you to let Him decide **how** and **how fast**. Some chains break quickly; others take daily surrender over months and years. Some character defects fall off early; others are stubborn and require repeated correction, confession, and surrender. Philippians 1:6 promises that “He who began a good work in you will carry it on to completion,” but the timing belongs to Him, not you. If you try to control the pace of your change, you’ll either fake progress to look good or quit when growth feels too slow.

On the ranch, letting God decide the pace means staying faithful to the daily disciplines—Quiet Time, DCI, classes, work—even on days when you don’t feel “dramatic breakthrough.” It means not comparing your process to another brother’s. His breakthrough is his; yours will come in God’s time. It means being honest about where you still struggle without giving up. In addiction, impatience led you back to the bottle, the pill, the pipe, the needle. In recovery, patience keeps you on the path when change is real but gradual.

Surrender includes your **timeline**. When you hand that over to God, you can rest more and strive less. You can say, “Lord, I’m Yours. Do what You want in me, when You want, how You want. Just don’t let me walk away.” That’s a prayer He loves to answer.

### **Reflection Questions**

1. Where do I feel frustrated about how “slow” I’m changing?
2. How did my need for instant results feed my addiction?
3. What does Galatians 6:9 or Philippians 1:6 say about God’s timing?
4. How can I stay faithful to the process even when I don’t feel big changes?
5. What area do I need to stop rushing and start trusting God with?

### **DAY 77 — JOURNALING: “LORD, WHAT AM I STILL HOLDING ONTO?”**

Honest inventory.

By this point in the induction block, you’ve surrendered a lot—but there are almost always hidden pockets of resistance. Journaling the question, “Lord, what am I still holding onto?” is a powerful Step 3 exercise. Psalm 139:23–24 prays, “Search me, O God, and know my heart... see if there is any offensive way in me, and lead me in the way everlasting.” You’re inviting God to put His finger gently on anything you still grip: secret resentments, private fantasies, hidden motives, unspoken fears, or quiet plans to go back to “just a little” of the old life one day.

In addiction, you clutched your right to manage your own life. Even now, in recovery, part of you may be thinking, “I’ll do this program, but I’m not giving up that relationship,” or “I’ll stay sober, but I’m keeping this one compromise,” or “I’ll follow God, but I’m not



forgiving that person.” These are spiritual “stash” you keep hidden in your heart—like a user hiding dope in the wall “just in case.” The problem is that anything you hold back from God becomes the enemy’s landing zone later.

When you journal, “Lord, what am I still holding onto?” be ready for conviction, not condemnation. The Holy Spirit may bring up something you haven’t thought about in years, or something you’ve been making excuses for the entire time you’ve been here. He might highlight a relationship, a mindset, a secret sin, or a plan you haven’t surrendered. Write it down. Don’t argue. Don’t stuff it. Let that page become your altar. Surrender is rarely comfortable, but it is always freeing.

Remember: Christ doesn’t expose what you’re holding onto so He can humiliate you. He does it so He can unhook your heart from what will destroy you and connect you more deeply to Himself.

### **Reflection Questions**

1. When I ask, “Lord, what am I still holding onto?” what comes to mind first?
2. Why have I been reluctant to surrender this area?
3. How might this “stash” in my heart become a future relapse risk?
4. What Scripture comforts or challenges me about full surrender (Psalm 139:23–24, Luke 9:23)?
5. Am I willing today to write out a simple prayer releasing this area to Christ?

## **DAY 78 — WHEN I DON’T FEEL LIKE OBEYING: CHOOSING HIS WILL ANYWAY**

Faith over feelings.

Feelings are powerful, but they are not supposed to be your master. In addiction, feelings drove almost everything: “I feel stressed, so I use. I feel bored, so I use. I feel angry, so I use. I feel lonely, so I use.” Recovery in Christ teaches you a new way: obedience **even when you don’t feel like it**. Jesus modeled this in the Garden of Gethsemane when He prayed, “Not My will, but Yours be done” (Luke 22:42), sweating drops of blood. He didn’t feel like going to the cross in His humanity, but He chose the Father’s will anyway.

On the ranch, there will be many moments where you don't feel like obeying: you don't feel like getting up, doing Quiet Time, going to class, listening in group, following a direction, apologizing, staying silent, or giving up a certain behavior. If you wait until you feel like obeying, you will rarely obey. Step 3 is about a new principle: **I obey because He is Lord, not because I feel like it.** Feelings eventually catch up with obedience, but they don't always lead it.

Romans 6:13 urges, "Offer yourselves to God... and offer every part of yourself to Him as an instrument of righteousness." That includes your will and your body even when your emotions lag behind. Every time you choose obedience over feeling, you weaken the old addiction pathways in your brain and strengthen new pathways of self-control and trust. This is where real sobriety is built. Many relapses begin with little daily choices to obey feelings instead of God long before a drink or a drug shows up.

When obedience feels hard, tell God the truth: "Lord, I don't want to do this right now. But I choose Your will, not mine. Help me obey." That honest prayer turns your struggle into worship.

### Reflection Questions

1. What are some things in this program I really don't feel like doing?
2. How did obeying my feelings instead of God's truth fuel my addiction?
3. What does Jesus' prayer in Luke 22:42 teach me about obedience?
4. Can I remember a time when I obeyed even without feeling it—and later was grateful?
5. What obedience decision can I make today even if my emotions resist it?

## DAY 79 — ALIGNING MY WORK ETHIC WITH MY SURRENDER

Working as unto the Lord.

For many men, addiction wrecked their work ethic. Some bounced from job to job, some only worked long enough to support their habit, some lived off others, and some functioned well at work but fell apart privately. In recovery, God wants to rebuild your relationship with **work**. Colossians 3:23 says, "Whatever you do, work at it with all your

heart, as working for the Lord, not for human masters.” That includes ranch work—shovels, cleaning, kitchen duty, maintenance, farm work, whatever is assigned.

Work at the ranch is not just a way to keep you busy; it is a major part of your discipleship. Addiction taught your body and mind to avoid effort and chase ease. Now, steady, consistent work retrains your brain and heart. It teaches responsibility, perseverance, teamwork, humility, and service. If your surrender to Christ doesn’t reach your work ethic, it is not yet complete. Step 3 shows up in how you sweep, scrub, dig, carry, and serve.

When you complain through every work assignment, drag your feet, do the bare minimum, or only work hard when watched, you are really saying, “My will is still in charge here.” But when you choose to work hard even when the task feels beneath you, when you’re tired, or when no one is noticing, you are honoring Christ and preparing yourself for a stable life after the program. Proverbs 12:24 says, “The hand of the diligent will rule, but the lazy man will be put to forced labor.” God is forming diligence in you to replace laziness, chaos, and entitlement.

Aligning your work ethic with surrender also heals your testimony. Maybe your family has only ever seen you as undependable. As Christ changes your work ethic here, you become a man who can be trusted again—on the job, at home, and in ministry. That’s part of your restoration story.

### **Reflection Questions**

1. How did my addiction affect my attitude toward work?
2. What is my honest attitude toward my current work assignments on the ranch?
3. What does it mean to “work as unto the Lord” in practical terms?
4. How might a changed work ethic bless my family and future?
5. What change will I make today in how I approach my assigned tasks?

### **DAY 80 — WRITING OUT A DAILY SURRENDER ROUTINE**

Morning → DCI → Prayer → Work.

You've now learned many tools: Quiet Time, DCI, journaling, confession, Scripture memory, and practical surrender. To carry these into the next block—and into life after the ranch—you need a **simple daily surrender routine**. 1 Corinthians 14:40 says, "Let all things be done decently and in order." A routine helps you live out Steps 1–3 in order, every day, one day at a time.

A basic surrender routine might look like this:

- **Morning:** Wake up and meet with God. Read Scripture, ask Him to speak, and pray a simple surrender prayer: "Lord, I give You my will and life today. Lead me."
- **DCI Review:** Sometime during the day or evening, complete your DCI honestly. Notice where you walked in the Spirit and where the flesh showed up.
- **Journaling & Prayer:** Write out one or two questions to God ("What are You teaching me?" "What do You want me to surrender?") and record what you sense Him saying through His Word and His Spirit.
- **Work as Worship:** Consciously decide to do your assigned work as unto the Lord, not just the program.
- **Check-in With a Brother or Mentor:** Share one area of struggle and one area of growth, allowing God to use others to confirm what He's showing you.

When you write out your own version of this—tailored to your schedule and personality—you are forming a **recovery lifestyle**, not just completing homework. Psalm 5:3 says, "In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly." This is the spirit of a surrender routine: daily voice, daily laying down, daily expectation.

Without a routine, old patterns quietly slip back in. Crisis becomes your only teacher again. But with a Christ-centered routine, you build a new "normal": a life where surrender is reinforced every morning, every evening, and through every task. This prepares you for Block 2 and beyond, where you'll go deeper into moral inventory and responsibility from a foundation of daily surrender.

### Reflection Questions

1. What elements (Quiet Time, DCI, journaling, work, check-ins) do I want in my daily surrender routine?

2. When during the day can I realistically practice each part?
3. How has having structure in this program already helped my sobriety and faith?
4. What Scripture can I use as the “theme verse” for my daily routine (Psalm 5:3, Romans 12:1)?
5. Will I take time today to write out my personal daily surrender routine in my journal?

## **DAY 81 — WHAT HAS GOD SHOWN ME IN MY FIRST 90 DAYS?**

Guided reflection.

Ninety days ago, you walked onto this property with a different mind, different habits, different fears, and a different way of living. You may have come angry, numb, terrified, proud, broken, or all of the above. You were still living under the weight of active addiction, the fog of chemicals, the chaos of the streets, the confusion of double life, and the shame of what you’d done. In these first three months, God has been quietly and steadily pulling back the layers. He has used early mornings, long workdays, rules, structure, Quiet Time, DCI, journaling, staff, Big Brothers, correction, and even conflicts with other residents to show you things about yourself you could not or would not see before. Psalm 25:4–5 says, “Show me Your ways, Lord, teach me Your paths. Guide me in Your truth and teach me...” That’s exactly what He has been doing—teaching, guiding, and revealing.

This is a moment to **slow down and look back**. What has God shown you about your addiction? Maybe you now see that alcohol or drugs were not your only problem—they were your way of avoiding deeper wounds, character defects, and spiritual emptiness. What has He shown you about your relationships? Maybe you see how you used people, lied to them, or pushed them away. What has He shown you about Himself? Maybe you used to see Him as distant, harsh, or uninterested, but now you’ve seen glimpses of His patience and mercy. Romans 2:4 reminds us that “God’s kindness is intended to lead you to repentance.” These ninety days have been full of that kindness—sometimes gentle, sometimes painful, always purposeful.

Take time in your journal to list the **top things God has revealed**. This isn’t about making yourself look good or bad—it’s about admitting the truth. The Holy Spirit has been your Counselor every day, even on days you didn’t feel Him. He has used Step 1 to show you your powerlessness, Step 2 to show you Christ’s power, and Step 3 to show you the beauty and cost of surrender. If you don’t capture what He’s shown you,

you risk losing it in the noise of daily life. Tonight is about remembering and honoring the work God has already begun.

### **Reflection Questions**

1. What are three specific things God has shown me about my addiction in these 90 days?
2. What has God revealed about Himself—His character, His patience, His holiness, His love?
3. What new truths about myself have come to light that I didn't see clearly before?
4. How have Quiet Time, DCI, and journaling helped God show me these things?
5. How do I want to respond to what God has shown me as I move into the next block?

### **DAY 82 — KEY ATTITUDES THAT HAVE BEGUN TO CHANGE**

Noticing growth.

Before Jesus begins to change habits, He often starts by changing **attitudes**. In addiction, your attitudes were shaped by self-will: entitlement, rebellion, self-pity, bitterness, pride, suspicion, and spiritual apathy. You may have believed nobody could tell you anything, that rules were made to be broken, that you were always the victim, or that God could never really use someone like you. Ephesians 4:23 calls us to “be made new in the attitude of your minds.” Over these first 90 days, God has been doing exactly that.

Maybe you've noticed that you complain a little less, even when the work is hard. Maybe you've become more open to correction instead of exploding or shutting down. Maybe your attitude toward authority has softened—you no longer see staff as enemies, but as imperfect people God is using to help you grow. Maybe your attitude toward sin has changed; what you once laughed at now grieves you. Maybe your attitude toward yourself is different—you've begun to believe that Christ really can restore you, not just the guy next to you. All of these are signs that the Holy Spirit is reshaping your heart.

Remember: **attitude change is a miracle**. Drugs and alcohol trained your heart to react one way for years. You did not “decide” your way into a new attitude; God has been at work. Philippians 2:5 says, “In your relationships with one another, have the same mindset as Christ Jesus.” As you move into the Examination Block, being aware of these early changes will encourage you. You’re not the same man who walked in here. You’re not finished, but you’re not who you were.

### Reflection Questions

1. What attitudes were strongest in my addiction (rebellion, self-pity, pride, entitlement, etc.)?
2. Where have I seen even small shifts in my attitude over these 90 days?
3. How has God used structure, correction, and work to change my attitude?
4. What Scripture best describes the new attitude God is forming in me (Philippians 2:5, Ephesians 4:23)?
5. How can I cooperate with God as He continues to change my attitudes in the next block?

### DAY 83 — KEY ATTITUDES THAT ARE STILL STUBBORN

Areas still resistant.

Honesty means not only celebrating growth but also admitting where you’re still **stubborn**. Some attitudes don’t shift easily. You may still feel that tug toward self-pity when things don’t go your way. You may still resent authority inside, even when you don’t show it outside. You may still secretly believe you know better than the program. You may still cling to your “right” to be angry, your “right” to be understood, or your “right” to control certain outcomes. Psalm 51:6 says, “Surely You desire truth in the inner parts.” God already sees the attitudes that haven’t moved much yet—He’s asking you to see them too.

Addiction carved deep grooves into your thinking. Lies like “I always get the short end,” “nobody really cares,” “rules are just control,” or “I’ll never really change” may still echo inside. These attitudes keep you on the edge of rebellion, even if you’re not acting out. They’re like hidden underground roots that, if left untouched, can grow back into

full-blown destructive behaviors later. The Examination Block (Steps 4–6) will go after these roots more directly, but Step 3 invites you to **name them now** and offer them up to God.

Instead of beating yourself up for these stubborn attitudes, use them as prayer targets. Romans 8:7 describes the “mind governed by the flesh” as hostile to God—that hostility shows up in stubborn attitudes. But verse 6 says, “The mind governed by the Spirit is life and peace.” Tonight is about asking the Holy Spirit to govern what your flesh still resists. You cannot uproot these attitudes alone—but you can stop denying they exist and start inviting Christ into them.

### Reflection Questions

1. What attitudes remain mostly unchanged since I arrived (resentment, pride, suspicion, fear, self-pity)?
2. How do these stubborn attitudes show up in my daily life on the ranch?
3. What do I fear might happen if I really let God change these attitudes?
4. What Scripture speaks to these stubborn places (Romans 8:6–7, Psalm 51:6)?
5. Am I willing to bring these attitudes honestly into Block 2 and let God dig deeper?

## DAY 84 — WRITING MY “BEFORE AND AFTER (SO FAR)” STORY

Early testimony.

Revelation 12:11 says, “They overcame him by the blood of the Lamb and by the word of their testimony.” Your testimony is not just the story of your worst sin; it is the story of what Jesus has done and is doing. At the 90-day mark, you don’t have a finished “after”—but you **do** have a powerful “before and after (so far).” Before: the chaos of addiction, the broken relationships, the legal problems, the shame, the secrets, the double life, the spiritual deadness. After (so far): 90 days clean on the ranch, learning to hear from God, beginning to face truth, developing discipline, and stepping into surrender.

Writing your “before and after (so far)” testimony helps you see that these three months have not been wasted. Romans 6:21 asks, “What benefit did you reap at that time from



the things you are now ashamed of?” Your “before” reminds you what sin and addiction produced—death, emptiness, destruction. Your “after (so far)” shows what Christ is now producing—clarity, stability, conviction, hope, and early transformation. This is not a story of how strong you are; it is a story of how merciful God has been.

When you write this, be honest but not graphic. Focus on **God’s hand**: how He got your attention, how He brought you here, how He has kept you sober, how He’s used this program, and what has begun changing inside you. This testimony will encourage you later when you’re tempted to doubt your progress. It may also encourage future residents who will sit where you sit now and need proof that God really works in this place.

### Reflection Questions

1. How would I describe my “before” in 4–6 honest sentences?
2. What has changed “so far” that I could not have produced on my own?
3. Where do I see God’s fingerprints on my story in these 90 days?
4. How does Revelation 12:11 challenge me to share what Christ is doing?
5. Will I take time to write a one-page “before and after (so far)” testimony this week?

## DAY 85 — WHAT I’VE LEARNED ABOUT HEARING GOD’S VOICE

Lessons learned.

When you first arrived, the idea of **hearing from God** may have felt strange, confusing, or impossible. Addiction had dulled your spiritual ears with noise, chemicals, guilt, and chaos. Over these 90 days, through Quiet Time, journaling, Scripture, teaching, and even conviction, you’ve begun learning what Jesus meant when He said, “My sheep listen to My voice; I know them, and they follow Me” (John 10:27). You have discovered that hearing God is less about lightning bolts and more about a daily relationship.

What have you learned practically? Maybe you’ve noticed that His voice is often gentle but firm—convicting without condemning. Maybe you’ve seen that He often speaks through His Word first, highlighting a verse, a phrase, or a story that fits your situation.

Maybe you've found that when you ask honest questions in your journal, certain thoughts come that are full of truth, peace, and alignment with Scripture—not like your old “stinking thinking.” Maybe you've noticed that sometimes God speaks through staff or brothers confirming something you already sensed in your spirit.

Hearing God does not make you “super-spiritual”—it makes you dependent. Step 2 taught you that Christ can restore you; hearing His voice daily is part of how He does it. Romans 10:17 says, “Faith comes by hearing, and hearing by the word of Christ.” Your faith has been slowly strengthened every time you've seen Him answer, correct, comfort, or direct you. As you move into the deeper examination of Block 2, you will need this skill more than ever. God's voice will guide you through painful memories, hard truths, and deep confession—but He will also speak healing, identity, and hope.

### Reflection Questions

1. What did I believe about hearing God before I started this program?
2. What have I learned about how God speaks through Scripture, prayer, and journaling?
3. How have I experienced conviction that felt like God, not just guilt?
4. When did I sense God speak clearly to me during these 90 days?
5. How do I want to keep growing in hearing His voice in the next block?

## DAY 86 — WHAT I'VE LEARNED ABOUT MY CHARACTER DEFECTS

Step 1–3 reflection.

At the beginning, “character defects” might have sounded like a clinical term or something that applied to “those guys,” not you. Ninety days into a Christ-centered program, you know better. You've seen, through the DCI and through honest reflection, how pride, fear, anger, lust, dishonesty, laziness, manipulation, resentment, control, and self-pity have all played roles in your addiction. You've learned that addiction was not just about a substance—it was about the **person you were becoming without God**. Jeremiah 17:9 says, “The heart is deceitful above all things and beyond cure. Who can understand it?” These months have been God answering that question—He has been helping you understand your heart.

Step 1 has shown you where your defects made your life unmanageable. Step 2 has shown you that Christ can restore not just your sobriety but your character. Step 3 has taught you that admitting your defects is not enough; you must surrender them to God. You've learned that willpower cannot remove them. You've also learned that they don't vanish overnight. They are being exposed, convicted, and slowly weakened as you walk in the light.

As you move into Steps 4–6, you'll go deeper into how these defects grew, where they started, and how they've harmed you and others. But pause now to thank God that you can finally **name** them. Many men live and die without ever seeing the pride, fear, or selfishness that drove their choices. You are blessed to have a mirror in your hand and the Holy Spirit shining His light. 1 John 1:7 says, "If we walk in the light, as He is in the light... the blood of Jesus, His Son, purifies us from all sin." You are learning what that looks like in real time.

### Reflection Questions

1. What are the top 3–5 character defects God has exposed in me during these 90 days?
2. How did these defects fuel my addiction and damage my relationships?
3. What have I learned about my powerlessness to remove them by myself?
4. Where have I seen early signs of change or softening in these areas?
5. How do I feel about letting God go even deeper into these defects in the next block?

## DAY 87 — COMMITTING TO CONTINUE QUIET TIME AND DCI IN BLOCK 2

Carry-over commitment.

Tools only change your life if you **keep using them**. Quiet Time and the DCI are not just "Induction assignments"—they are meant to become lifelong tools. In these first 90 days, you've seen what happens when you show up early to meet with God, open His Word, listen, and write. You've also seen how the DCI forces you to look honestly at your attitudes from the last 24 hours. As you enter Block 2, the enemy will whisper, "You

already know this stuff. You can slack off now.” That is a lie. The deeper you go into examination and confession, the more you need daily connection and daily inventory.

Jesus said in John 15:5, “Apart from Me you can do nothing.” Quiet Time is your daily way of abiding in Him—remaining in Him. The DCI is your daily way of cooperating with Him—agreeing with His truth about your heart. Without these, you will rely on old patterns, old thinking, and old strength. With them, you stay close, honest, and teachable. Step 3 is not a one-time decision; it is renewed every time you get alone with God and every time you mark that chart with humility.

Tonight, you are being invited to make a **personal commitment**: “Lord, as I move into Block 2, I will continue to give You the first part of my day and the last reflection of my day. I will not abandon these tools just because the schedule changes or the content gets deeper. I want these tools to be part of my whole life, not just this program.” God honors that kind of decision. Psalm 63:1 says, “Early will I seek You.” You are building a lifestyle, not checking a box.

### **Reflection Questions**

1. How have Quiet Time and the DCI helped stabilize my mind and spirit in these 90 days?
2. What happens to my attitude on days when I skip or rush these tools?
3. What commitment do I want to make to God about Quiet Time in Block 2?
4. What commitment do I want to make about honestly completing my DCI each day?
5. Will I write a short personal commitment statement about continuing these tools and sign it?

## **DAY 88 — THANKING GOD FOR HIS PATIENCE WITH ME**

Gratitude journaling.

If you look back over the last 90 days, you will see many moments where God could have given up on you—but He didn’t. You may have complained, resisted, shut down, fantasized about leaving, argued with staff, compared yourself to others, or had days where you didn’t want to hear or obey anything. And yet, here you are: still sober, still in the program, still being drawn toward Christ. Psalm 103:8 says, “The Lord is

compassionate and gracious, slow to anger, abounding in love.” His patience has been the safety net under every stumble.

Gratitude is a powerful weapon in recovery. Addiction trained your heart to focus on what you don’t have, what you didn’t get, how unfair life has been. Gratitude shifts your eyes to what you **have received**: mercy instead of judgment, a bed instead of the street, food instead of hunger, structure instead of chaos, brothers instead of isolation, teaching instead of ignorance, and most of all, countless chances to start again when you fail. 1 Thessalonians 5:18 says, “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

Tonight, your assignment is to write a **gratitude list** specifically about God’s patience. Thank Him for not letting you die in your addiction. Thank Him for every time He blocked your plans. Thank Him for the times He convicted you instead of leaving you in your sin. Thank Him for staff who didn’t quit on you. Thank Him for the Holy Spirit’s persistent voice. Gratitude doesn’t erase pain, but it cleanses your heart of entitlement and softens you for deeper change.

### **Reflection Questions**

1. In what specific ways has God been patient with me these 90 days?
2. Who has God used (staff, Big Brothers, residents) to show His patience to me?
3. How has gratitude helped me fight self-pity and complaining?
4. What Scriptures about God’s patience mean the most to me (Psalm 103, 2 Peter 3:9)?
5. Will I write at least 10 specific “thank You” statements to God in my journal tonight?

## **DAY 89 — PRAYING OVER THE NEXT BLOCK: EXAMINATION AND MORAL INVENTORY**

Preparing heart for Block 2.

You are about to move from **Induction (Steps 1–3)** into **Examination (Steps 4–6)**—from admitting powerlessness and surrendering to beginning a deeper moral

inventory and confession. This is a sacred turning point. Many men never reach it. Some quit when the process starts getting close to their secrets. Others run when conviction touches deeper childhood wounds or long-standing sins. But you are being invited to walk forward with Christ into truth that heals. Psalm 139:23–24 has been the heart of this transition all along: “Search me, O God, and know my heart...”

Block 2 will ask more of you: more honesty, more courage, more willingness to look at patterns, trauma, sin, and responsibility. You will not be doing it alone. The same God who carried you through 90 days of detox, structure, surrender, and early change will carry you through moral inventory and confession. But you need to begin **praying into it now**. Ask God to prepare your heart. Ask Him to protect you from shame and despair. Ask Him to strengthen you for truth and repentance. Ask Him to guide the staff and leaders who will walk with you through the Life Portrait and confession process.

Philippians 4:6–7 tells you to bring everything to God in prayer, with thanksgiving, and promises that His peace will guard your heart and mind. As you anticipate the next block, anxiety may try to show up: “What if it’s too much? What if I can’t handle it? What if they really know everything?” Pray through those fears. This is not a punishment phase—it is a healing phase. But healing requires surgery, and surgery requires trust. Tonight you begin that trust with prayer.

### **Reflection Questions**

1. What feelings come up when I think about doing moral inventory and confession in Block 2?
2. What fears do I need to bring to God about going deeper into my story?
3. How has God already proven that He can handle my truth?
4. What specific things can I pray for regarding the next block (courage, clarity, safe relationships, protection from shame)?
5. Will I write out a simple written prayer asking God to prepare my heart for Block 2?

## **DAY 90 — A COVENANT OF SURRENDER: SIGNING MY 90-DAY INDUCTION COMMITMENT**

Writing and signing a simple covenant prayer.

In the Bible, covenants were solemn commitments made before God—statements of loyalty, faith, and direction. You are not making a covenant to be perfect; you are making a covenant to **keep walking**. At the end of these 90 days, it is time to put into words what your heart is choosing: “Lord, I will continue this journey with You, one day at a time.” Joshua stood before Israel and said, “Choose for yourselves this day whom you will serve... But as for me and my house, we will serve the Lord” (Joshua 24:15). Today is your version of that choice.

Your 90-day covenant of surrender should be simple, honest, and personal. It might sound something like:

“Lord Jesus,

I thank You for bringing me through these first 90 days. I confess that I cannot save or change myself. You have shown me my addiction, my sin, my character defects, and my need for You. Today, I choose again to turn my will and my life over to Your care. I commit to continue in this program, to use the tools You’ve given me, to walk in honesty, and to let You examine and transform me in the next block. I surrender my past, my present, and my future into Your hands. By Your grace and with Your strength, I will not quit. I belong to You. In Your Name, Amen.”

You can use this or write your own. When you sign and date it, you are not signing a contract with the ranch—you are marking a milestone between you and God. This paper will not keep you sober; Christ will. But it will remind you, on hard days, of a decision you made when your heart was clear and your mind was sober. Hebrews 10:23 says, “Let us hold unswervingly to the hope we profess, for He who promised is faithful.” This covenant is your way of professing that hope.

### Reflection Questions

1. What do I want my 90-day covenant prayer to say to God?
2. What specific commitments am I ready to make (staying, honesty, using tools, continuing surrender)?
3. How does Joshua 24:15 challenge me to choose whom I will serve?
4. Who might I want to share this covenant with (staff, Big Brother, trusted brother) for accountability?

5. Will I sign and date my covenant and keep it somewhere I can reread on hard days?

## CONCLUSION TO BLOCK 1

### “Crossing the First Mountain”

*The Conclusion of Your First 90 Days — Induction, Surrender, and the Beginning of Transformation*

You’ve reached a milestone very few men ever reach. Ninety days of structure, sobriety, honesty, discipline, early surrender, and daily obedience in a Christ-centered recovery environment is no small thing. When you walked onto this ranch, you didn’t just enter a program—you stepped onto **holy ground**, whether you knew it or not. God had already marked these three months as the beginning of your rebuilding, the laying of your foundation, the first real clearing of the fog.

This block—**Induction (Steps 1–3)**—has been the first mountain. The climb was steep. At times, it felt impossible. But God Himself walked every step with you.

You admitted powerlessness not as defeat but as the doorway to freedom. You came to believe that Christ Himself could restore you—not a counselor, not a system, not willpower. And you turned your will and life over to Him—not perfectly, not flawlessly, but honestly and daily.

What God has done in these first 90 days is nothing short of miraculous. You arrived addicted, confused, ashamed, angry, numb, or broken—and for many, all of those at once. But the Lord has begun to steady your steps. You’ve learned to listen. You’ve learned to show up. You’ve learned to take correction. You’ve learned to work with your hands and open your heart at the same time. You’ve learned to sit still long enough for God to speak. These are miracles.

**Don’t let the enemy tell you otherwise.**

**God Has Proven Something to You**

Not that you are strong— but that **He is faithful**.

Not that the ranch works— but that the **Holy Spirit has not given up on you**.



Not that you've figured life out— but that **Christ is rebuilding you one choice at a time.**

Philippians 1:6 promises,

*“He who began a good work in you will carry it on to completion...”* —He didn't bring you this far to abandon you now.

### **What Lies Ahead Is Not Punishment—It's Healing**

Block 2 is where things get real. It's where truth meets courage. Where secrets meet light. Where wounds meet the Healer. Where patterns meet confession. Where responsibility meets grace.

This next phase—**Examination and Moral Inventory (Steps 4–6)**—is not about crushing you. It's about restoring what addiction stole from you: integrity, clarity, responsibility, self-respect, and emotional honesty. It's where God begins to help you understand your story so you stop repeating it. It's where you finally face the truth—not alone, not ashamed, but guided by Christ and supported by His people.

### **Block 1 Was About Stabilizing — Block 2 Is About Transforming**

You've learned discipline. You've learned surrender. You've learned to sit with God. You've learned to face the mirror. Now you will learn **ownership, healing, and freedom.**

This is not the time to pull back. This is the time to lean in.

### **Your Past Brought You Here — Your Future Begins Now**

You are not who you were on Day 1. You are not the addict who stumbled in half-alive. You are not the man chained to chemicals, chaos, or darkness. You are a man Christ is rebuilding from the inside out.

Block 1 was not meant to fix you—it was meant to prepare you. You now enter the next phase with clearer eyes, a calmer mind, a more honest heart, and a new ability to hear God. These 90 days laid your foundation. Now God begins to build.

### **Walk Into the Next Chapter With Courage**

You have survived detox, discipline, structure, early faith, and surrender. Now you will learn truth, responsibility, confession, and restoration. You will learn how to face what you once ran from. You will learn how to speak what you once hid. You will learn how to

heal what you once ignored. And you'll learn how to make things right where you once caused harm.

Christ, who carried you through Steps 1–3, will walk with you into Steps 4–6. You are not alone. You are not abandoned. You are not hopeless. You are **His workmanship**, and He is not finished.

**Welcome to the next mountain.**

Take a breath. Thank God for bringing you this far. And step forward with your heart open.

The real work—and the real healing—begins now.

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