

Recovery Program

“He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favour.” - Luke 4:18-19



Syllabus


Christian Families Today
A Christian Counseling and Training Ministry
www.ChristianFamiliesToday.org

Recovery Program Syllabus

Purpose:

The CFT Recovery Program exists to educate and encourage individuals on how to gain freedom from their addictions through understanding and appropriating their identity in Christ by the Spirit's enabling power.

Philosophy:

"All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work (or behavior)."

Believers who understand who they are and what they have in Christ will not continue to engage in self-destructive addictive behaviors as an ongoing lifestyle. CFT maintains that true and lasting change is not a consequence of self-determination or our ability to "behave or do right." It is a direct result of knowing and believing that God has made believers right, in Christ, and is making believer's behavior right as we place our full weight, trust, confidence and faith in Him.

Scripture states, "And without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who seek Him." Scripture also says, "...those who receive the abundance of grace and of the gift of righteousness will reign (or be victorious) in life through the One, Jesus Christ." And again Scripture says, "knowing this, that our old self was crucified with Him, that our body of sin might be done away with, that we should no longer be slaves (or held bondage) to sin." And Jesus says, "You are already clean because of the word which I have spoken to you."

Objective:

CFT believes that God wants His children free from drug and alcohol addictions. Freedom from addictions for some may occur instantaneously or "miraculously," while most experience a deliberate process of transformation that occurs as we grow in our knowledge and understanding of God and who we are in Christ. However, for all, the process of transformation occurs through the "renewing of the mind." Scripture states, "And do not be conformed to this world, but be transformed by the renewing of your mind."

Therefore, our program is designed around the fact that belief drives behavior. Scripture says, "For as he thinks within himself, so he is." The CFT Recovery Program's objective is to teach and train believers that godly behavior is a normal and natural consequence of a believer growing in their knowledge and understanding of God and who they are in Jesus Christ.

The apostles, in John 6:28, ask Jesus, "What shall we do, so that we may work (or behave) the works (or behavior) of God?" Jesus responds in verse 29, "This is the work (or behavior) of God, that you believe in Him whom He has sent."



Course Description:

The Recovery Program has been designed around CFT's exchanged-life counseling model. Small groups, preferably of 8 and 12 people, will meet one day a week for 15 weeks. Each meeting will consist of two one-hour sessions. The first hour will be interactive and the second will be a lecture with a time for questions and answers.

The Exchanged Life or identification truths will be taught in the lectures. Each session serves as a stepping-stone to the next session. Because it is necessary to correlate scripture reading and study with one's own practical experience, care is taken to maintain a balance of learning, dialogue, and personal growth. Our program also includes attending a weekend Grow In Grace Seminar (Friday evening and Saturday – Please check our website for dates and times of upcoming seminars).

Outside Assignments:

In addition to the regularly scheduled sessions, attendees will meet individually with a program instructor twice after the eighth week. These two sessions will be focused on developing an awareness of individual programmed flesh patterns. The attendees can coordinate individually with the program instructors to find a time that will work for them.

Attendees are encouraged to participate in assignments outside of class that reinforce the identification truths. These assignments include daily devotional readings and Action Steps. The daily devotional guide, *One Day at a Time*, is designed to be read throughout the fifteen weeks. The Action Steps provide an opportunity for our attendees to practically engage with the identification truths discussed in the previous lesson. Attendees are asked to review their notes between each session to continue renewing their minds. We believe that the desire to learn and grow must come from within; therefore, instructors will not be looking over your shoulder to make sure you are completing your outside assignments.

Attendees should be aware that learning also occurs incidentally, that is, through interacting with the staff and fellow students. We encourage group discussion and personal application. As you share and identify with your fellow attendees' struggles with addiction, you will develop trusting relationships. CFT provides a safe environment for healing to occur.

The Exchanged Life:

The Exchanged Life is simply a term that describes what happened to each believer at the moment of his or her salvation. When a believer receives Christ he or she exchanges his or her old life in Adam for a new life in Christ.⁸ This is the Exchanged Life.

The Apostle Paul sums up the Exchanged Life when he says, "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me." (Galatians 2:20) Paul also refers to the Exchanged Life when he says, "For He delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son. . . ." (Colossians 1:13)



Summary of Sessions:

Weeks 1-8 establish the foundations that enable us to experience God's plan for freedom from addiction.

•**Week #1:** The Relationship Diagram: During this session we will look at an illustration of how our thoughts and expectations have influenced our behaviors before the fall of man, after the fall of man, and how God has restored our ability to function in right relationship with Him, ourselves, and others as He originally intended.

•**Week #'s 2 & 3:** The Concept of God: In session 2 and 3 we will develop a biblical understanding of who God is. We will look at how we have acquired our current concept of God, the dangers of having false concepts of God, and gain an accurate view of who God is based on the Bible.

•**Week #'s 4-6:** The Snowmen: In session 4,5, and 6 we will develop a correct concept of man through a series of illustrations. In session 4 we will illustrate how God designed man to function prior to the fall. In session 5 we will look at the consequences of the fall of man. Then in session 6 we will look at how God brought about restoration enabling us to function once again as He originally intended.

•**Week #'s 7-8:** The Flesh: In session 7 and 8 we will have a comprehensive discussion about how we seek to meet our needs and find worth and value on our own terms, in our own strength, apart from God. We will answer the questions such as: What is the flesh? and How does the flesh develop both in a general sense and specifically in our own lives? We will look at the different types of flesh and compare the "fleshly" man to the new spiritual man.

Weeks 9-15 emphasize how we can build upon the foundational truths established in weeks 1-8 and start experiencing our freedom from addiction that God has already secured for us in Christ.

•**Week #9:** Overcoming Shame: In session 9, we will illustrate the differences between guilt and shame, discuss how shame develops, demonstrate how the lies we receive through shame result in destructive false identities, and then discover how to gain relief from shame through Jesus Christ.

•**Week #10:** Overcoming Guilt & Receiving Forgiveness: In session 10 we will look at the purpose of guilt, the consequences of guilt, why sometimes we don't experience freedom from guilt, and how to experience true freedom from guilt.

•**Week #11:** Forgiving others & Asking for Forgiveness: In session 11 we will discuss the critical need to forgive and to ask for forgiveness. We will look at what forgiveness really is, why we need to forgive, and to look at a path of forgiveness that has proven useful to many people. We will also look at what it means to ask forgiveness

•**Week #12:** The Purpose of Brokenness: In session 12 we will look at why God allows us to experience the painful consequences of trying to make life work apart from Him. We will cover the differences between temp-



tations and burdens, and why God allows us to experience hardships and burdens in our lives.

•**Week #13:** Codependency: In session 13 we will look at codependency. We will discuss how codependency contributes to addictive behavior and will do a comparison between healthy family systems and unhealthy family systems. We will establish how codependency enables addictive behavior and emphasize the need to take responsibility for our actions. Then we will discover how to gain freedom from codependency in Christ.

•**Week #14:** Where Do We Go From Here: In session 14 we will do a comprehensive review of all sessions. We will also present other opportunities that we offer here at CFT that will encourage you to continue growing in your freedom from addiction.

•**Week #15:** The conclusion of this program is a session with Mike Quarles the author of *One Day at a Time*.

Additional Requirements: Each attendee is required to attend (1) Grow in Grace Seminar that is included in the cost of the program (see Course Description on how attendees can access information). We encourage attendees to invite family and friends to attend this seminar.

After week 8, Each attendee will schedule two times to meet individually with the class instructor to review a personal history.

Finances:

The fee for the CFT Recovery Program which includes 15 sessions, program notebook, registration fee for one to the Grow In Grace Seminar, and the devotional book *One Day at a Time* is \$240. There is an application fee of \$40.00 fee due with the application that is non-refundable but transferrable. The balance of \$200 is due prior to the first session.

Private Counseling:

We recognize that there are intense issues that arise during the course of the program. Attendees are encouraged to work through issues on an individual basis with our trained counseling staff if the need arises.

Respecting Schedules:

We ask all attendees to be respectful of their fellow attendees by arriving ten minutes early to sessions. Course moderators will make themselves available at the conclusion of each session to address questions, comments, and concerns as they arise.

Team Concept:

Please remember that the focus of CFT is the Exchanged Life approach to discipleship. Occasionally, someone will want to emphasize denominational doctrines. We request that attendees respect the desire of CFT to minister to all denominations by refraining from focusing, promoting, or emphasizing denominational doctrines and/or issues. All are free to discuss denominational doctrines and/or issues with our individual counselors.



Absence:

We recognize that there will be occasions where attendees may be unable to attend a session for one reason or another. In the event that an attendee is unable to attend, we would ask that you contact our office and make arrangements for picking up the notes from the particular session missed in order to remain current. Because much of the learning occurs incidentally, through relationships developed with fellow attendees and staff, we would ask that you limit your absences to two.

The topics have been carefully selected and build upon each other week by week. For this reason, attendees who choose to skip more than two sessions will be ineligible to complete the current class but will be allowed to start again in the next available class at no additional cost.

Attendees pledge to attend the weekly meetings free from the influence of drugs and alcohol. Attendees who show up to the sessions under the influence of drugs and/or alcohol will be dismissed by the moderator. Dismissal will count toward the maximum absence limit of two.

Dress:

Although we do not have a dress code, business casual is encouraged. Our primary concern is your attendance and participation and that through your clothing you do not distract others from learning and growing.

Office Operations:

1. Scheduling

- Evening classes: Monday, Thursday (6:30pm thru 8:45pm)
- Morning classes: Monday, Wednesday, & Thursday (9am thru 11:15am)

2. Confidentiality – By participating in CFT’s Recovery Program, the participant commits himself to a code of confidentiality. Confidentiality is essential for providing a safe and secure place for all participants. Care must be taken to refrain from discussing any information that would be considered personal and private with others, especially with people outside the class. Confidentiality should be observed at all times including breaks, commuting times or other social activities where a violation of trust could occur. Recording is not allowed.

3. Telephones – Phones are available for personal use and inter-office communications. Long distance calls should either be collect calls, charged to a credit card or placed on a calling card. Incoming calls should use 770-502-8050. Cell phones, if needed, should be placed on vibration.

4. Building Access – Office Hours:

Monday – Thursday 9:00am to 5:pm

Friday Closed for Staff Research & Development



5. Refreshments – Coffee will be provided for all attendees. Attendees are encouraged to bring refreshments to share. (Classes may wish to create a refreshment list so that attendees can sign up to bring snacks).

6. Housekeeping – CFT does not use a cleaning service. The staff and volunteers perform all housekeeping chores. We ask attendees to do their part to help us keep the office “peachy” clean.

7. Smoking – CFT is a non-smoking facility and smoking is never permitted.

About Christian Families Today:

Christian Families Today (CFT) is a non-profit interdenominational ministry founded by Greg and Connie Brezina in 1980. CFT’s purpose is to share God’s grace so that others may know and worship Jesus intimately as Savior, Lord, and Life in the context of family.

Encouraging others is accomplished through one-on-one Exchanged Life “Christian discipleship” and “Christian life coaching,” Grow In Grace Seminars, Advanced Discipleship Training I& II, marriage, parenting, and family enrichment seminars, and the CFT Recovery Program.

The reason CFT can offer the Recovery Program at a low cost because others are financially investing in the program. Each staff minister involved in the program raises their salary from the donations of those who believe in their ministry. After going through the program, you will receive one letter inviting you to financially partner with CFT and the staff minister who conducted your recovery program.

For further information regarding the CFT Recovery Program or any of the other opportunities at Christian Families Today, please contact us at:

Christian Families Today

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