

HELP, HOPE AND HEALING

For those with loved ones struggling with addiction.

“Come to me all who are weary and heavy laden and I will give you rest. Take my yoke upon you, for my burden is easy and my yoke is light.” ~ Matthew 11:28-30



UNLOAD UNNECESSARY BAGGAGE:

We cannot cure the addiction.

We cannot rescue, fix, or save the one who is addicted.

We cannot protect them from the consequences of their choices without becoming co-dependent or enabling

We cannot control their actions - what they do with their bodies *or* their minds.

We didn't cause it.



EASE YOUR LOAD

We can pray.

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:12

Pray without ceasing. 1 Thessalonians 5:17

Love your neighbor as yourself.

We can care well for ourselves.

Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one” ~ Matthew 5:37

We can set healthy boundaries.

We can recognize our own limits.

With man this is impossible, but with God all things are possible. ~ Matthew 10:27

We can educate ourselves.

Keep hold of instruction; do not let go; guard her, for she is your life. ~ Proverbs 4:13

We can be honest with God and ourselves.

Humble yourselves before the Lord, and He will lift you up. James 4:10

We can ask for help.

Oil and perfume make the heart glad, so a man's counsel is sweet to his friend. ~ Proverbs 27:9

We can love well, letting go and trusting God.

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.” ~ Proverbs 3:5

We can speak the truth in love.

These are the things that you shall do: Speak the truth to one another; render in your gates judgments that are true and make for peace; Zechariah 8:16

We can forgive and ask forgiveness.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

Messages that defeat us.

Truths that sustain us.

I am helpless.

Psalm 18:6; Psalm 107:28-30; Philippians 4:6-7; 1 Thessalonians 5:16-18; Hebrews 4:16; James 1:5-6; Romans 8:26-27; Matthew 18:19-20

It is hopeless.

Mark 10:27; Lamentations 3:22-26; Romans 8:24-26

I am all alone.

James 4:8; Proverbs 18:24; Psalm 25:16; 27:10

I am so afraid.

Joshua 1:8; Isaiah 41:10

**I am spent – physically, emotionally
spiritually, and financially**

Isaiah 40:31; Matthew 11:28-30; Jeremiah 31:25

It's my fault. (I should/shouldn't have)

1 John 3:21-22

Bible passages on Hope

“Because of the Lord’s great love we are not consumed, for his compassions never fail. I say to myself, “The Lord is my portion; therefore, I will wait for him.” They are new every morning; great is your faithfulness. ... The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.” ~ Lamentations 3:22-25

“For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but with the Spirit himself intercedes for us with groans that words cannot express.” ~ Romans 8:24-26

“We have this hope as an anchor for the soul, firm and secure.” ~ Hebrews 6:19

Cast all your cares upon Him and he will sustain you. ~ 1 Peter 3:7

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.
~ Psalm 55:22

In the time of favor (when the time is right), I will answer your prayers, and in the day of salvation I will help you. (I have not and I will not forget about you.) ~ Isaiah 49:8-15

Be joyful in hope, patient in affliction, constant in prayer. ~ Romans 12:12

God is not unjust; he will not forget your work and love you have shown him as you’ve helped His people and continue to help them. ~ Hebrews 6:10