

Bridge 2 Recovery 12 Core Truths¹

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

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

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

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

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

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

Core Truth 7. The priorities in my life dictate the progress of my life. Matthew 6:33.

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

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

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

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

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

¹ R.B. Ouellette, Pastor First Baptist Church of Bridgeport Michigan, developed the Bridge to Recovery faith-based program that helps people overcome their battles with personal struggles and addictions. <https://recovery-bridge.com/core-truths/> accessed Dec 2024

Bridge 2 Recovery 12 Core Truths

Core Truth 1. **My recovery depends on my relationship with God.** Hebrews 11:6, *“But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.”*

Core Truth 2. **I will never make progress until I become honest about my struggle.** Psalm 51:3, *“For I acknowledge my transgressions: and my sin is ever before me.”*

Core Truth 3. **Victory begins with surrender.** Romans 12:1-2, *“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

Core Truth 4. **In Jesus, I can have freedom and forgiveness.** Isaiah 55:7, *“Let the wicked forsake his way, and the unrighteous man His thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon.”*

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

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

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

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

Core Truth 9. **My past does not need to determine my future.** Philippians 3:13-14, *“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”*

Core Truth 10. **True success is not achieved by keeping rules, but by maintaining a right relationship with God and others.** Matthew 22:37-40, *“Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.”*

Core Truth 11. **My choices affect me and also those around me.** Romans 5:12, *“Wherefore, as by one man sin entered into the world, and death by sin; so death passed upon all men, for that all have sinned...”*

Core Truth 12. **My friends will affect my future.** Psalm 1:1, *“Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.”*