

## A Bridge to Recovery, Biblical Counsel

### Core Truth #5 (see <https://recovery-bridge.com>)

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

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

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

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

The Bridge to Recovery for addictions has 3 primary ingredients connect, connect, connect.

Connect with God, the most essential ingredient.

Connect with each other in a group.

Connect with self with daily study of God's word .

Begin this journey, Find victory over strongholds of sin.

Register in the program – Next Step <https://recovery-bridge.com/> 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.  
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- 1) Come In to the APK: Salvation  
The way - The Door - The Ark - Mercy
- 2) Come Now Isa 1118 - Sin as Scarlet  
Red with it all
- 3) Come After ... Become a Follower of Me  
Follow me
- 4) Come Out - Be ye separate
- 5) Come Up Higher Rev 4

## Bridge 2 Recovery 12 Core Truths

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

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

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

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

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

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

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

**Matthew 6:33.**

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

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

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

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

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

## A Relationship with God First Four Core Truths

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."*

Truth 2. I will never make progress until I become honest about my struggle.

Psalms 51:3, *"For I acknowledge my transgressions: and my sin is ever before me."*

- 1) Come In to The A.P.K. - Salvation
- 2) Come Now Isa 11:1 - Sin is Scarlet
- 3) Come After - Draw a Picture of Me
- 4) Come Out - Be ye Separate
- 5) Come Up Higher Rev 4

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."*

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."*

# Working Through Scripture

## Core Truths 5-8

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

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

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

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

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

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

## **Commitment and Connection** i.e. an accountability.

Connect to God (salvation)

Connect to Others (follow up?)

Connect to Self (self discipline?)

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

## **WRITING IT DOWN!**

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

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

## **THE POWER of the WORD of GOD!**

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

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

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

*et.al.*

Every Christian should be a Biblical Christian Counselor. 2Cor.5:17-18  
*17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*  
*18 And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;*

### Five Things a New Convert Should do.

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

- 3) Come After ... Deacon & Pastor of the Fellow we
- 4) Come Out - Do ye separate
- 5) Come Up Hither Rev 4

### The Five 'R's of Reformation

By Pastor Steven Curington RU founder

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

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

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- 5. Reunion Revival.** Gathering together with others of like mind is important. Hebrews 10:23-25.

These five 'R's and those five 'to-do's for a new convert blend to make an excellent Biblical Counseling Methodology for dealing with addiction strongholds.



The key 12 verses to start the relationship:: John 3:16,17,18, 36, 5:24, Romans 3:10,23, 5:8, 6:23, 10:9,10,13:

*Joh 3:16 - 18, 36 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. ... He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.*

*Joh 5:24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.*

*Ro 3:10,23 As it is written, There is none righteous, no, not one: ... For all have sinned, and come short of the glory of God;*

*Ro 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.*

*Ro 6:23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.*

*Ro 10:9-10, 13 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. ... For whosoever shall call upon the name of the Lord shall be saved.*

## GSBC Assignments 1-4

Get a notebook: spiral, Write the first four core truths:

Write out verbatim from an Authorized King James Bible these 12 verses: John 3:16,17,18, 36, 5:24, Romans 3:10,23, 5:8, 6:23, 10:9,10,13

Watch Core-Truths Video #1 <https://recovery-bridge.com/core-truths/>

In your notebook write the first four core truths.

Write out verbatim, How to give a Testimony:

How to Give a Testimony: A testimony will help and encourage others. A few reminders about your testimony.

- Be right around 3 minutes.
- Practice your testimony at home.
- Generalize your past; don't get detailed about sin.
- Focus on how your relationship with God has changed your life.
- Utilize a scripture that has impacted you.
- Share where you are headed in the future.
- Your job is to give God the glory and give hope to others that God can give them victory too.

Watch Core-Truths Video #2

Write out a one paragraph personal salvation testimony.

Watch Core-Truths Video #3

Give your personal salvation testimony to three people

Watch Core-Truths Video #4

Call/Text your Mentor to report that B2R L1#2&3 is complete.

14 The shout of Zion was heard: fearfulness hath surprised the hypocrites. Who among us shall dwell with the devouring fire? who among us shall dwell with everlasting burnings?

15 He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shutteth his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil:

16 He shall dwell on high: his place of defence shall be the multitude of rocks: his watchtower shall be given him; his watchmen shall be men.

17 These eyes shall see the king in his beauty: they shall behold the land that is very far off.

18 These heart shall meditate terror: Where is the scepter? where is the scepter? where is he that counted the towers?

19 They shall not see a strong people, a people of a deeper speech, than those that are afar off: a stumbling tongue, that they cannot understand.

upon all nations, and he shall open all their prisons: he shall utterly destroy them: he hath delivered them to the slaughter.

3 Their slain also shall be cast out, and their stink shall come up out of their carcasses, and the mountains shall be melted with their blood.

4 And all the host of heaven shall be dissolved, and the heavens shall be rolled together as a scroll, and all their host shall fall down, as the fire falleth from the firmament, and as a falling fire from the firmament.

5 For my sword shall be bathed in heaven: behold, it shall come down upon Jerusalem, and upon the people that are my cause, to judgment.

6 The sword of the Lord is filled with blood: it is made fat with fatness, and with the fat of the kidneys of sinners: the Lord hath a sacrifice in Jerusalem, and a great slaughter in the land of Idumea.

7 And the towers shall come down with them, and the bulwarks with them, and their towers shall be as the towers of Sodom, and their bulwarks as the bulwarks of Gomorrah: they shall be as the towers of Sodom, and their bulwarks as the bulwarks of Gomorrah: they shall be as the towers of Sodom, and their bulwarks as the bulwarks of Gomorrah.

13 These shall the great and mighty men be, that shall be cut off, and shall be as the chaff of the threshing floor: they shall be as the chaff of the threshing floor: they shall be as the chaff of the threshing floor: they shall be as the chaff of the threshing floor.

14 And the day shall come, that shall be as the day of the wrath of the Lord: the day shall come, that shall be as the day of the wrath of the Lord: the day shall come, that shall be as the day of the wrath of the Lord.

CHAPTER 36  
 The siege of Jerusalem  
 1 The king of Assyria sent Sennacherib king of Lushki to Jerusalem against the king Hezekiah: the servants of the king of Assyria came against all the fenced cities of Judah, and took them.

20 Look upon Zion, the city of our solemnities: thine walls shall be built, and thy towers shall be as the towers of old times: thine gates shall be opened, and thy streets shall be enlarged: thine walls shall be built, and thy towers shall be as the towers of old times: thine gates shall be opened, and thy streets shall be enlarged.

21 For the Lord shall have mercy upon Zion: he will hear her cry, and will answer her, and will be gracious unto her: he will be gracious unto her, and will be gracious unto her: he will be gracious unto her, and will be gracious unto her.

22 For the Lord shall have mercy upon Zion: he will hear her cry, and will answer her, and will be gracious unto her: he will be gracious unto her, and will be gracious unto her: he will be gracious unto her, and will be gracious unto her.

23 Thy lackings are bound, they could not well strengthen their meat: they could not well strengthen their meat: they could not well strengthen their meat: they could not well strengthen their meat.

24 And the inhabitant shall say, I will be gracious unto her, and will be gracious unto her: I will be gracious unto her, and will be gracious unto her: I will be gracious unto her, and will be gracious unto her.

And the strong shall be as the strong of old times: the day shall come, that shall be as the day of the wrath of the Lord: the day shall come, that shall be as the day of the wrath of the Lord: the day shall come, that shall be as the day of the wrath of the Lord.

13 And thorns shall come up in her palaces, nettles and brambles in the fortresses thereof: and it shall be an habitation of dragons, and a resort for owls.

14 The wild beasts of the desert shall also meet with the wild beasts of the island, and the satyr shall cry to his fellow: the screech owl also shall rest there, and find for herself a place of rest.

CHAPTER 37  
 Hezekiah's prayer  
 1 The word that came to Hezekiah king of Judah, when he had received the letter which Sennacherib king of Assyria had sent him: Hezekiah hid the letter, and read it: and he prayed unto the Lord, and said, O Lord God of Israel, which sayest thus, Jerusalem shall be taken, and the king thereof shall be carried away captive: because they have despised thee, thou shalt bring them down, and shalt break down the tower of the strong, and shalt bring down the high wall.

CHAPTER 38  
 Hezekiah's sickness  
 1 The word that came to Hezekiah king of Judah, when he had received the letter which Sennacherib king of Assyria had sent him: Hezekiah hid the letter, and read it: and he prayed unto the Lord, and said, O Lord God of Israel, which sayest thus, Jerusalem shall be taken, and the king thereof shall be carried away captive: because they have despised thee, thou shalt bring them down, and shalt break down the tower of the strong, and shalt bring down the high wall.

Bridge-To-Recovery GSBC Assignment 5  
 In your notebook write out Core Truths #5 thru #8  
 In your notebook write out and memorize Psalm Chapter 1  
 Watch Core-Truths Video #5 <https://recovery-bridge.com/core-truths/>

CHAPTER 34  
 The day of the Lord's Wrath  
 Come near, ye nations, to hear, and hearken, ye people: let the earth hear, and all that is therein, the world, and all things that come forth of it.

- 5 Invitations From The WORD
- 1) Come In to the ARK= Salvation  
The way Th Door - The ARK - MATHEW
  - 2) Come Now Isa 11:18 - Sin as Scarlet  
Red with it After
  - 3) Come After ... Become a Fisher of Men  
Follow me
  - 4) Come Out - Be ye Separate
  - 5) Come Up Higher Rev 4

# MEDITATING ON GOD'S WORD WILL HELP ME FIND VICTORY AND FREEDOM

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."*