

Twice Born Ministry

RECOV-101: Freedom in Christ: Overcoming Alcohol & Substance Abuse

Course Code: RECOV-101

Credit Hours: 3

King James Version (KJV) — Sola Scriptura Curriculum

Generated 2026-06-30

Course Description

RECOV-101: Freedom in Christ: Overcoming Alcohol & Substance Abuse

Course Description

Christ-centered recovery education integrating gospel identity, meaningful relationships, positive coping, stress management, wholesome joy, and practical daily rhythms. Compassionate and hope-filled—not shame-based. King James Bible throughout.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

This course serves **BS-HEALTH** electives, Bible/Theology electives, and ministry/chaplaincy preparation. Cross-reference MHFA-101, CS-715, CS-714.

Course Details

Learning Outcomes

Upon completion, students will be able to:

Articulate gospel identity distinct from addiction labels (2 Corinthians 5:17).

Explain body-mind-spirit dynamics of substance use with temple stewardship (1 Corinthians 6:19-20).

Design accountability partnerships and healthy community rhythms (Hebrews 10:24-25).

Evaluate coping strategies against biblical wisdom and construct trigger prevention plans.

Draft Scripture meditation plans, stress responses, and 90-day maintenance plans.

Serve others in recovery ministry with boundaries and referral wisdom (Galatians 6:2).

Pass module quizzes, midterm, final, and assignments at 70% or higher.

Assessment Overview

- **Module quizzes:** Weeks 1–5, 7–11 (JSON with rubrics).
- **Midterm:** Week 6 — stress, triggers, relapse prevention.

- • **Final:** Week 12 — lifelong freedom and maintenance.
- • **Assignments:** Trigger maps, Scripture plans, accountability covenants, coping evaluations.
- • **Creative Ministry Project:** Recovery testimony art or support group starter kit.

Christian Guardrails

- • KJV citation standard; Christ first in all instruction.
- • Hope-filled pastoral tone; no shame-based motivation.
- • Educational ministry support—not clinical treatment replacement.
- • Encourage licensed detox, addiction medicine, and counseling when needed.

Instructor Notes

Professor Shepherd AI: [tb_ai_instructor course_code="RECOV-101"]

Twice Born Ministry Bible School — Career Tracks / BS-HEALTH elective

Course Modules

RECOV-101 — Lesson 1: Hope in Christ: You Are Not Your Addiction

Introduction

Welcome to Lesson 1 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Hope in Christ: You Are Not Your Addiction** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **2 Corinthians 5:17** — read in context; meditate and journal one insight.
- **Ephesians 2:10** — read in context; meditate and journal one insight.
- **Romans 8:1** — read in context; meditate and journal one insight.
- **Galatians 2:20** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: *Hope in Christ: You Are Not Your Addiction*

Addiction does not define your eternal identity. In Christ, you are a new creature; old things are passed away. Shame says 'you are your failure'; the gospel says 'you are bought with a price.' This lesson establishes hope-filled, non-condemning identity in Christ as the foundation for every step of recovery.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Hope in Christ: You Are Not Your Addiction** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Hope in Christ: You Are Not Your Addiction** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 1 Summary: We examined **Hope in Christ: You Are Not Your Addiction** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Worship Integration

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RECOV-101 — Lesson 2: Understanding Addiction: Body, Mind, and Spirit

Introduction

Welcome to Lesson 2 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Understanding Addiction: Body, Mind, and Spirit** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

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Scripture Exposition

Anchor this lesson in the King James Bible:

- **1 Corinthians 6:19-20** — read in context; meditate and journal one insight.
- **Romans 7:18-25** — read in context; meditate and journal one insight.
- **James 1:14-15** — read in context; meditate and journal one insight.
- **Proverbs 20:1** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Understanding Addiction: Body, Mind, and Spirit

Substance use disorder affects brain, body, emotions, and spirit. Stewardship of the temple means honest education about craving, tolerance, withdrawal, and the spiritual bondage that often accompanies chemical dependency—without reducing persons to diagnoses.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Understanding Addiction: Body, Mind, and Spirit** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Understanding Addiction: Body, Mind, and Spirit** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 2 Summary: We examined **Understanding Addiction: Body, Mind, and Spirit** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

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RECOV-101 — Lesson 3: Surrender and the Power of the Gospel

Introduction

Welcome to Lesson 3 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Surrender and the Power of the Gospel** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

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Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Romans 6:6-14** — read in context; meditate and journal one insight.
- **Romans 8:1-2** — read in context; meditate and journal one insight.
- **1 John 1:9** — read in context; meditate and journal one insight.
- **Titus 2:11-12** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Surrender and the Power of the Gospel

Recovery begins with surrender—not to defeat, but to the Saviour who conquered sin and death. Grace teaches us to deny ungodliness; repentance is daily, not performative. Students examine Romans 6–8 for union with Christ and freedom from sin's dominion.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Surrender and the Power of the Gospel** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Surrender and the Power of the Gospel** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 3 Summary: We examined **Surrender and the Power of the Gospel** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Ministry Case Study

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Worship Integration

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RECOV-101 — Lesson 4: Meaningful Relationships: Church, Accountability, Mentorship

Introduction

Welcome to Lesson 4 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Meaningful Relationships: Church, Accountability, Mentorship** within the **Track G — Health Sciences / Compassionate Care and Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

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Scripture Exposition

Anchor this lesson in the King James Bible:

- **Hebrews 10:24-25** — read in context; meditate and journal one insight.
- **Proverbs 27:17** — read in context; meditate and journal one insight.
- **James 5:16** — read in context; meditate and journal one insight.
- **Ecclesiastes 4:9-10** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Meaningful Relationships: Church, Accountability, Mentorship

Isolation fuels relapse; gospel community fuels perseverance. Students design accountability structures rooted in local church fellowship, mature mentorship, and honest confession—not gossip, control, or shame-based policing.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Meaningful Relationships: Church, Accountability, Mentorship** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Meaningful Relationships: Church, Accountability, Mentorship** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 4 Summary: We examined **Meaningful Relationships: Church, Accountability, Mentorship** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Ministry Case Study

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Historical Figure Spotlight

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Historical Figure Spotlight

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Historical Figure Spotlight

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

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Historical Figure Spotlight

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Historical Figure Spotlight

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

RECOV-101 — Lesson 5: Breaking Isolation: Healthy Community and Small Groups

Introduction

Welcome to Lesson 5 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Breaking Isolation: Healthy Community and Small Groups** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Acts 2:42-47** — read in context; meditate and journal one insight.
- **Galatians 6:1-2** — read in context; meditate and journal one insight.
- **1 Thessalonians 5:11** — read in context; meditate and journal one insight.
- **Psalms 133:1** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Breaking Isolation: Healthy Community and Small Groups

Small groups and recovery-oriented fellowship provide belonging without enabling. Students learn to distinguish healthy transparency from toxic co-dependency and to build rhythms of prayer, meals, service, and mutual encouragement.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Breaking Isolation: Healthy Community and Small Groups** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Breaking Isolation: Healthy Community and Small Groups** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 5 Summary: We examined **Breaking Isolation: Healthy Community and Small Groups** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Ministry Case Study

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Historical Figure Spotlight

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Historical Figure Spotlight

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

RECOV-101 — Lesson 6: Stress, Triggers, and the Pathway to Relapse

Introduction

Welcome to Lesson 6 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Stress, Triggers, and the Pathway to Relapse** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- • **1 Corinthians 10:13** — read in context; meditate and journal one insight.
- • **Ephesians 4:26-27** — read in context; meditate and journal one insight.
- • **Proverbs 4:23** — read in context; meditate and journal one insight.
- • **Psalms 139:23-24** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Stress, Triggers, and the Pathway to Relapse

Mid-course integration: HALT (Hungry, Angry, Lonely, Tired), trigger mapping, euphoric recall, and the spiritual pathway from stress to secret use to shame to withdrawal. Prevention plans combine Scripture, community, and professional support.

Key concepts for this lesson:

- • Christ-first recovery rejects both moralistic shaming and worldly excuses.
- • The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- • Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- • Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Stress, Triggers, and the Pathway to Relapse** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Stress, Triggers, and the Pathway to Relapse** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 6 Summary: We examined **Stress, Triggers, and the Pathway to Relapse** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Historical Figure Spotlight

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Ministry Case Study

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Worship Integration

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Supplemental Reading and Reflection

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Worship Integration

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RECOV-101 — Lesson 7: Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling

Introduction

Welcome to Lesson 7 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

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Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Philippians 4:6-7** — read in context; meditate and journal one insight.
- **Psalms 119:11** — read in context; meditate and journal one insight.
- **Colossians 3:16** — read in context; meditate and journal one insight.
- **Psalms 77:11-12** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling

Replace destructive coping with Spirit-empowered disciplines: fixed-hour prayer, Scripture memorization, worship playlists that exalt Christ, and honest journaling that invites the Searcher of hearts to examine motives and fears.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 7 Summary: We examined **Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

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Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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RECOV-101 — Lesson 8: Dealing with Stress God's Way

Introduction

Welcome to Lesson 8 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Dealing with Stress God's Way** within the **Track G — Health Sciences / Compassionate Care and Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **1 Peter 5:7** — read in context; meditate and journal one insight.
- **Matthew 11:28-30** — read in context; meditate and journal one insight.
- **Proverbs 3:5-6** — read in context; meditate and journal one insight.
- **Psalms 55:22** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Dealing with Stress God's Way

Casting cares upon God is not denial—it is transfer of burden to the One who sustains. Students compare worldly stress management with biblical rest, Sabbath rhythms, and Christ's yoke that is easy and burden light.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Dealing with Stress God's Way** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Dealing with Stress God's Way** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 8 Summary: We examined **Dealing with Stress God's Way** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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RECOV-101 — Lesson 9: Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ

Introduction

Welcome to Lesson 9 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ** within the **Track G — Health Sciences / Compassionate Care and Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Nehemiah 8:10** — read in context; meditate and journal one insight.
- **Ecclesiastes 3:4** — read in context; meditate and journal one insight.
- **1 Timothy 6:17** — read in context; meditate and journal one insight.
- **Psalms 16:11** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ

Many addictions begin when pleasure becomes an idol. Redeemed fun honors God—hobbies, athletics, music, fellowship meals—without substituting substances for the joy of the Lord that is our strength.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 9 Summary: We examined **Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Ministry Case Study

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Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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RECOV-101 — Lesson 10: Practical Daily Rhythms: Sleep, Nutrition, Work, Service

Introduction

Welcome to Lesson 10 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Practical Daily Rhythms: Sleep, Nutrition, Work, Service** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

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Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Psalm 127:2** — read in context; meditate and journal one insight.
- **1 Corinthians 10:31** — read in context; meditate and journal one insight.
- **Colossians 3:23** — read in context; meditate and journal one insight.
- **Galatians 5:13** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Practical Daily Rhythms: Sleep, Nutrition, Work, Service

Recovery is lived in ordinary hours: consistent sleep, nourishing food, honest work, and outward service that breaks self-absorption. Students draft a sustainable weekly rhythm aligning body

stewardship with gospel purpose.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Practical Daily Rhythms: Sleep, Nutrition, Work, Service** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Practical Daily Rhythms: Sleep, Nutrition, Work, Service** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 10 Summary: We examined **Practical Daily Rhythms: Sleep, Nutrition, Work, Service** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Ministry Case Study

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Historical Figure Spotlight

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Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

RECOV-101 — Lesson 11: Helping Others: Ministry of Recovery and Bearing One Another's Burdens

Introduction

Welcome to Lesson 11 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Helping Others: Ministry of Recovery and Bearing One Another's Burdens** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Galatians 6:2** — read in context; meditate and journal one insight.
- **2 Corinthians 1:3-4** — read in context; meditate and journal one insight.
- **1 Peter 4:10** — read in context; meditate and journal one insight.
- **Luke 15:4-7** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Helping Others: Ministry of Recovery and Bearing One Another's Burdens

Those who have received comfort become comforters. Students explore boundaries, referral wisdom, and peer support that points to Christ—not hero saviour complexes. Cross-reference CS-715 and MHFA-101 for crisis protocols.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Helping Others: Ministry of Recovery and Bearing One Another's Burdens** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Helping Others: Ministry of Recovery and Bearing One Another's Burdens** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 11 Summary: We examined **Helping Others: Ministry of Recovery and Bearing One Another's Burdens** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

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Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Ministry Case Study

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Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

RECOV-101 — Lesson 12: Lifelong Freedom: Maintenance, Forgiveness, and Calling

Introduction

Welcome to Lesson 12 of **Freedom in Christ: Overcoming Alcohol & Substance Abuse**. This session explores **Lifelong Freedom: Maintenance, Forgiveness, and Calling** within the **Track G — Health Sciences / Compassionate Care** and **Ministry / Chaplaincy** elective pathways at Twice Born Ministry Bible School.

Important notice: This course provides Christ-centered educational and ministry support. It does **not** replace licensed medical detox, addiction medicine, psychiatric care, or clinical treatment. If you are in withdrawal, crisis, or danger, seek professional help immediately. Crisis resources for reference (not endorsement): **988 Suicide & Crisis Lifeline** (call or text 988); **SAMHSA National Helpline** 1-800-662-4357.

Pray before studying. Approach this material with hope, not shame. Christ came to save sinners—not congratulate the self-righteous (1 Timothy 1:15). Whether you struggle personally, love someone who does, or prepare for ministry, these truths apply with compassion and clarity.

Scripture Exposition

Anchor this lesson in the King James Bible:

- **Philippians 1:6** — read in context; meditate and journal one insight.
- **Colossians 2:6** — read in context; meditate and journal one insight.
- **Micah 7:18-19** — read in context; meditate and journal one insight.
- **Jeremiah 29:11** — read in context; meditate and journal one insight.

Exegesis steps: (1) Read each passage in full context. (2) Note commands, promises, and warnings. (3) Apply with the analogy of faith—Scripture interprets Scripture. (4) Turn truth into prayer and practical action today.

Core Teaching

Theme: Lifelong Freedom: Maintenance, Forgiveness, and Calling

Final integration: relapse is not the unpardonable sin; maintenance requires lifelong vigilance, quick repentance, and hope in Him who began a good work. Students articulate calling—family, church, vocation—as fuel for sustained freedom.

Key concepts for this lesson:

- Christ-first recovery rejects both moralistic shaming and worldly excuses.
- The body, mind, and spirit are intertwined; neglecting any dimension weakens the whole person.
- Professional treatment and gospel hope are partners, not rivals, when wisely integrated.
- Freedom is progressive sanctification plus wise boundaries—not a one-time decision alone.

Identity and Grace

Shame whispers that you must hide; grace invites confession and cleansing (1 John 1:9). Your past does not veto your future in Christ. Paul, who called himself chief of sinners, became an apostle of grace. God can redeem broken years for testimony and service—without glorifying sin.

Practical Wisdom

Document triggers, cravings, and coping attempts honestly this week. Share appropriate entries with an accountability partner or pastor. If medical symptoms appear during withdrawal, contact a licensed clinician immediately—do not treat this course as detox instruction.

Application Exercises

Journal: Write 300 words on how **Lifelong Freedom: Maintenance, Forgiveness, and Calling** challenges your current thinking. Include one KJV citation.

Action step: Choose one measurable behavior to practice for seven days (e.g., morning prayer, meeting attendance, sleep schedule).

Community: Tell one trusted believer your plan and ask them to check in weekly.

Reflection Questions

How does **Lifelong Freedom: Maintenance, Forgiveness, and Calling** align with 2 Corinthians 5:17 and your identity in Christ?

Where do you need professional help in addition to spiritual discipline?

What lie has addiction or codependency told you—and what does Scripture say instead?

Who can walk with you this week in prayer and accountability?

How will you respond if you stumble—before isolation sets in?

Closing Prayer

Heavenly Father, thank You for sending Jesus to bear our sins and break sin's dominion. Search our hearts, lead us in paths of righteousness, and surround us with faithful brethren. Give wisdom to seek help when needed and courage to walk in daylight. We ask in the name of Jesus Christ. Amen.

Summary and Next Steps

Lesson 12 Summary: We examined **Lifelong Freedom: Maintenance, Forgiveness, and Calling** through KJV exposition, practical exercises, and hope-filled application.

Action item: Complete the module quiz (70% to pass) unless this is exam week. Begin assignment work in the LMS.

Cross-references: MHFA-101 (Module 5 Substance Use); CS-715 Crisis Ministry; CS-714 Counseling Ethics.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God (1 Corinthians 10:31, KJV).

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Historical Figure Spotlight

Research one defender of orthodoxy related to this doctrine—Augustine, Athanasius, Luther, Calvin, Spurgeon, or a modern missionary martyr. Write 150 words on how their context shaped their emphasis. Standing on their shoulders, we inherit confessions forged in controversy. Imitate their courage and Scripture saturation, not necessarily every cultural application.

Supplemental Reading and Reflection

Assign one chapter from a standard systematic theology textbook or equivalent lecture notes. Summarize the author's definitions, note where Scripture proofs appear, and evaluate whether the

Bible truly supports each claim. Theology students must read widely yet judge all teaching by the Word. Write a half-page response connecting supplemental reading to this lesson's theme.

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Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Worship Integration

Select a hymn or worship song rich in biblical doctrine (e.g., "Holy, Holy, Holy," "And Can It Be," "A Mighty Fortress"). Analyze its lyrics for theological accuracy in light of this lesson. Lead family worship using that hymn, reading one supporting passage before singing. Theology should enliven corporate praise, not remain abstract.

Ministry Case Study

Imagine a congregant confused about this lesson's topic after watching online teaching that contradicts historic evangelical doctrine. Draft a pastoral response email that (1) expresses empathy, (2) clarifies biblical teaching with two references, (3) invites in-person conversation, and (4) avoids condescension. Pastoral communication is part of theological training, not an optional soft skill.

Supplemental Reading and Reflection

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Historical Figure Spotlight

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Supplemental Reading and Reflection

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Ministry Case Study

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Appendix A — Assignments

Week 01

Week 01 Assignment — Reflection Journal

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 1: Hope in Christ: You Are Not Your Addiction

Learning objective (Bloom's taxonomy)

Students will **analyze** course content from **RECOV-101 — Lesson 1: Hope in Christ: You Are Not Your Addiction** with KJV integration and measurable evidence in the submission.

Task

Analyze: Write a 300–500 word reflection on **RECOV-101 — Lesson 1: Hope in Christ: You Are Not Your Addiction**. Include at least two KJV citations and one personal application.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Christ

Week 02

Week 02 Assignment — Memory Verse Application

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 2: Understanding Addiction: Body, Mind, and Spirit

Learning objective (Bloom's taxonomy)

Students will **apply** course content from **RECOV-101 — Lesson 2: Understanding Addiction: Body, Mind, and Spirit** with KJV integration and measurable evidence in the submission.

Task

Apply: Recite this week's memory verse from memory, then write 250 words explaining how it applies to daily discipleship.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Understanding

Week 03

Week 03 Assignment — Expository Outline

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 3: Surrender and the Power of the Gospel

Learning objective (Bloom's taxonomy)

Students will **outline** course content from **RECOV-101 — Lesson 3: Surrender and the Power of the Gospel** with KJV integration and measurable evidence in the submission.

Task

Outline: Produce a structured outline (400+ words) for the main passage in **RECOV-101 — Lesson 3: Surrender and the Power of the Gospel**. Include pericope titles and one-sentence themes.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Surrender

Week 04

Week 04 Assignment — Discussion Response

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 4: Meaningful Relationships: Church, Accountability, Mentorship

Learning objective (Bloom's taxonomy)

Students will **explain** course content from **RECOV-101 — Lesson 4: Meaningful Relationships: Church, Accountability, Mentorship** with KJV integration and measurable evidence in the submission.

Task

Explain: Answer two discussion prompts from the Week 4 reading in 200 words each. Cite KJV only.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Meaningful

Week 05

Week 05 Assignment — Practical Ministry Step

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 5: Breaking Isolation: Healthy Community and Small Groups

Learning objective (Bloom's taxonomy)

Students will **demonstrate** course content from **RECOV-101 — Lesson 5: Breaking Isolation: Healthy Community and Small Groups** with KJV integration and measurable evidence in the submission.

Task

Demonstrate: Complete one practical ministry action tied to **RECOV-101 — Lesson 5: Breaking Isolation: Healthy Community and Small Groups** (visit, prayer walk, family worship, or service). Submit a 200-word report plus optional photo upload.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Manual review (practical/upload).

Pass: 70%

Rubric (100 points)

Week 06

Week 06 Assignment — Witness Outline

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 6: Stress, Triggers, and the Pathway to Relapse

Learning objective (Bloom's taxonomy)

Students will **construct** course content from **RECOV-101 — Lesson 6: Stress, Triggers, and the Pathway to Relapse** with KJV integration and measurable evidence in the submission.

Task

Construct: Draft a 3-minute spoken witness outline using this week's theme. Include gospel bridge, one objection with biblical answer, and call to faith.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Stress

Week 07

Week 07 Assignment — Cross-Reference Study

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 7: Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling

Learning objective (Bloom's taxonomy)

Students will **compare** course content from **RECOV-101 — Lesson 7: Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling** with KJV integration and measurable evidence in the submission.

Task

Compare: Find three cross-references that illuminate **RECOV-101 — Lesson 7: Positive Coping Mechanisms: Prayer, Scripture, Worship, Journaling**. Write 400 words comparing themes (OT + NT).

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Positive

Week 08

Week 08 Assignment — Historical Context Brief

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 8: Dealing with Stress God's Way

Learning objective (Bloom's taxonomy)

Students will **describe** course content from **RECOV-101 — Lesson 8: Dealing with Stress God's Way** with KJV integration and measurable evidence in the submission.

Task

Describe: Write 350 words on historical/literary context for **RECOV-101 — Lesson 8: Dealing with Stress God's Way**. Minimum four KJV citations.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Dealing

Week 09

Week 09 Assignment — Christological Connection Essay

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 9: Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ

Learning objective (Bloom's taxonomy)

Students will **evaluate** course content from **RECOV-101 — Lesson 9: Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ** with KJV integration and measurable evidence in the submission.

Task

Evaluate: Explain how **RECOV-101 — Lesson 9: Redeeming Fun: Joy, Recreation, and Wholesome Pleasure in Christ** points to Christ in 400–600 words. Use literal-grammatical-historical method.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Redeeming

Week 10

Week 10 Assignment — Teaching Prep

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 10: Practical Daily Rhythms: Sleep, Nutrition, Work, Service

Learning objective (Bloom's taxonomy)

Students will **design** course content from **RECOV-101 — Lesson 10: Practical Daily Rhythms: Sleep, Nutrition, Work, Service** with KJV integration and measurable evidence in the submission.

Task

Design: Prepare a 5-minute teaching outline for **RECOV-101 — Lesson 10: Practical Daily Rhythms: Sleep, Nutrition, Work, Service** suitable for a small group or homeschool lesson.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Practical

Week 11

Week 11 Assignment — Integration & Review

Course: RECOV-101 · Overcoming Alcohol & Substance Abuse

Week focus: RECOV-101 — Lesson 12: Lifelong Freedom: Maintenance, Forgiveness, and Calling

Learning objective (Bloom's taxonomy)

Students will **synthesize** course content from **RECOV-101 — Lesson 12: Lifelong Freedom: Maintenance, Forgiveness, and Calling** with KJV integration and measurable evidence in the submission.

Task

Synthesize: Synthesize the top five themes from Overcoming Alcohol & Substance Abuse. 600 words, minimum six KJV citations, one paragraph on personal growth.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, RECOV, Lesson, Lifelong

Week 12

Learning objective (Bloom's taxonomy)

Students will **create** an original ministry artifact synthesizing Overcoming Alcohol & Substance Abuse with KJV fidelity and scholarship-gallery quality.

Creative Ministry Project — RECOV-101

Course: Freedom in Christ: Overcoming Alcohol & Substance Abuse

Choose **one** capstone artifact (or combine with instructor approval):

Recovery Testimony Art — visual, poem, or short video script with KJV integration (redemptive, not glorifying substance use).

Support Group Starter Kit — six-session facilitator guide with prayers, boundaries, and crisis referral page.

Accountability Partnership Covenant — template with Scripture commitments, check-in rhythms, and confidentiality rules.

7-Day Scripture Meditation Plan — designed for someone in early recovery; include Psalms and Proverbs.

Requirements: KJV citations, educational disclaimer, rubric self-assessment. Minimum 70% to pass; 75% for excellence.

Rubric (100 points): Biblical fidelity (30), practical usefulness (25), creativity (25), completeness (20).

Grading

Grading mode: Manual review (creative upload).

Pass: 70%

Rubric (100 points)

Creative Ministry Project

Creative Ministry Project — RECOV-101

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Appendix B — Key Terms & Passages

- • 2 Corinthians 5:17
- • Ephesians 2:10
- • Romans 8:1
- • Galatians 2:20
- • 1 Corinthians 6:19-20
- • Romans 7:18-25
- • James 1:14-15
- • Proverbs 20:1
- • Romans 6:6-14
- • Romans 8:1-2
- • 1 John 1:9
- • Titus 2:11-12
- • Hebrews 10:24-25
- • Proverbs 27:17
- • James 5:16
- • Ecclesiastes 4:9-10
- • Acts 2:42-47
- • Galatians 6:1-2
- • 1 Thessalonians 5:11
- • Psalm 133:1
- • 1 Corinthians 10:13
- • Ephesians 4:26-27
- • Proverbs 4:23
- • Psalm 139:23-24
- • Philippians 4:6-7
- • Psalm 119:11
- • Colossians 3:16
- • Psalm 77:11-12
- • 1 Peter 5:7
- • Matthew 11:28-30
- • Proverbs 3:5-6
- • Psalm 55:22
- • Nehemiah 8:10

- • Ecclesiastes 3:4
- • 1 Timothy 6:17
- • Psalm 16:11
- • Psalm 127:2
- • 1 Corinthians 10:31
- • Colossians 3:23
- • Galatians 5:13