



Recovery Life Ministry

Meetings: 7 pm every Thursday evening at 1275 Tasker Road, Stephens City, VA. **All are welcome** regardless of your church, or if you do not attend any church.

Recovery Life Ministry - Leader is Paul Jennings – blessed by God with 32 years of sobriety. Contact info: paulj@swfhome.org and (540)868-9110

Ministry Purpose: To shepherd those of us suffering from any type of addiction, or self-defeating behavioral or spiritual stronghold, to a personal relationship with Jesus. His healing, redemption and transformation will set us totally free of the devil's chains that will bind and defeat us if we don't change course. YES, Jesus provides believers complete HEALING from our addictions!

Do you struggle with any of these?

Alcoholism, Drug addiction, Obsessive gambling, Pornography and/or sex addiction, Food Addiction, Compulsive spending, Smoking cessation, Cutting/self-harm or suicidal thoughts, Adult child of addicted parent, Anger issues, Co-dependency Issues, Plus similar challenges defeating you in life.

Feeling lost and alone in your struggles?

Meet an understanding and accepting group of new friends that will form a new support network for you on our journey to healing and a better faith and life. Jesus is always with us, and we are together in recovery, so never feel alone again!

Join us in the "Recovery Life" Instead:

The Recovery Life is really the Spirit-filled life of victory and a path to the abundant life promised to us in the Holy Bible- the ultimate authority in the universe. If you've always just wished life had an "instruction manual", we'll be using the one that the Holy Spirit wrote over a period of 1500 years. It was written for us, and is entirely true and accurate. Jesus told us to depend on it. Together we will learn about and discuss why, plus do practical exercises on how to do that.

In Short, This is Who We Are:

We are a Spirit-led Christian recovery support group. We seek a personal saving relationship with *Jesus; through whose stripes we are healed*. Our Bibles & Christian recovery books ground us in God's authority and *healing* power. Our meetings and learning facilitate our progress.

Meeting Format:

Using the G. Sharpe text/workbook and our Bibles, meetings will include learning and practical work exercises. There will be prayer and reflection. We will devote a portion of each meeting to "check-ins" for all group members who wish to share what is on their minds and in their hearts, to ask questions and seek understanding and support from their recovery brothers and sisters. The full program of what may happen at any given meeting is covered in great detail in [the God & the 12 Steps – Breaking the Chains of Addiction](#) and in [The Life Recovery Bible](#) (see book information below)

Church Leadership Recovery & Spiritual Support:

Our whole church leadership team is behind you and this ministry group; one more reason why you are not alone anymore! If you need one-on-one support during your recovery journey, please discuss this with Ministry Leader Paul Jennings. We will arrange some time with a male recovery mentor for the men or a female recovery mentor for the women - by appointment in person or by phone. In emergencies, call 911 or go to the Emergency Room.

Recovery Life Ministry Written Resources:

- [God & the 12 Steps – Breaking the Chains of Addiction](#) by author G. Sharpe, Copyright 2018, published by Deeper Revelation Books, Cleveland, TN 37320 **** See page citations on PAGE 2**
- [The Life Recovery Bible](#), Copyright 1998 2017, by Tyndale House Publishers, Carol Stream, IL 60188 (NLT – New Living Translation)
- [NLT Economy Outreach Bible](#), Large Print Edition (February 1, 2024), published by Tyndale House Publishers, Carol Stream, IL 60188
- Ministry Leader Paul Jennings will have two of these books available for sale at the meetings for cash and at cost. [God & the 12 Steps](#) is \$15.00 and [the NLT Economy Outreach Bible](#) is \$5.00.

These books can also be ordered directly from the publishers or online at either Amazon or Walmart websites. Also, feel free to bring any Bible you already own- it will work great! Finally, it will be helpful if you bring a pen or pencil and a writing pad or notebook with you to the meetings.

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The Spirit-led 12 Steps of Christian Recovery:

1. We admit that within ourselves, we are powerless over our addictions and that our lives have become unmanageable.
2. We choose to believe that a Power greater than ourselves can restore us to sanity and give us a new life. That Power is God.
3. We made a decision to turn our will and our lives over to the care of God, and to make Jesus Christ our Lord and Savior.
4. We make a sincere and fearless moral inventory of ourselves.
5. We admit to God, to ourselves and to another trusted human being the exact nature of our wrongs.
6. We are entirely ready to have God remove our defects of character (our sins) that have contributed to our addictions.
7. We humbly ask Him to remove our shortcomings and sanctify us for His Glory.
8. We make a list of all persons we have harmed, and we are willing to make amends to them all.
9. We will make direct amends to such people whenever possible, except when doing so would harm them or others.
10. We continue to take personal inventory and when we are wrong, we promptly admit it.
11. We seek through prayer and meditation to grow in our relationship with God (the Father, Son, and Holy Spirit), praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as the result of our growing relationship with God and by working these steps, we intend to carry this message to others, and to practice these principles in all our affairs.

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The Lord's Prayer:

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. Amen

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Updated: 11/18/25

The Serenity Prayer:

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Amen

The First Step Prayer:

God, I humbly come to You broken. I admit that I am powerless over my addictions. I concede that my life is unmanageable when I choose to live in sin and be active in my addiction. I am sorry for my sins against you. Please forgive me, Lord. I do not want to hurt You, God, by living in active addiction. Please help me, Jesus, to move forward in my recovery. I want to be set free from my addictions. Please, God, take away my reservations I may have about my addictions. I need a change of heart. Thank you for answering my prayer. Blessed and great is your name. I love you, God. Thank you for loving me. In Jesus name I pray, Amen.

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The Third Step Prayer:

God, I humbly come to You with a surrendered heart. I give up. I want to be spiritually reborn. I turn my will and my entire life over to You, God. Lord Jesus, please forgive me of all my sins. I am sorry for my addictions. I want to be addicted to You. Please, Jesus, come into my heart and be the Lord and Savior of my life. I want to serve You, Lord Jesus. Let Your will be done and not mine. Thank You for taking my life. Please fill me, God, with Your Holy Spirit. Please remove anything in my life that stands in the way of my usefulness to You and others. Let my new life help others to find You, Lord Jesus. When all of this is over, I want to be in heaven with You for all eternity. I love You, God. Thank You for loving me. Thank You, God, for my salvation. Blessed be Your name. In Jesus' name I pray, Amen." ** Page 57

"LORD, help!" they cried in their trouble, and he saved them from their distress. He led them from the darkness and deepest gloom; he snapped their chains.

Psalm 107:13-14

Throw off your old sinful nature and your former way of life, which was corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God- truly righteous and holy. *Ephesians 4:22-24*