

ABL BH-Brianna's Prayer Study Guide

Lesson 1

- **OPENING THOUGHT**-*Man can live about forty days without food, about three days without water, and about eight seconds without air... but only for one second without hope.* -Hal Lindsey
- **WELCOME**
- **INTRO OF TEAM HOPE**
 - Introduce your *Team Hope* members and let them briefly share why they have chosen to be involved in ABLBH.
 - Have up front leadership explain-
 - I/we will facilitate the meetings but not dictate the direction.
 - There will be structure without rigidity.
 - General rules of courtesy apply.
 - It is okay to disagree as long as you can do it without attacking the other person.
 - We don't expect *A Better Life-Brianna's Hope* to work for everyone.
 - Some are simply not ready to let anything work for them.
 - Some have tried other approaches and will measure this one against them.
 - Some of you will not like someone else that is here.
 - Some of you will depart because of me.
 - You will come to find out that our goal is to be very transparent and almost overly trusting.
 - Beginning here tonight, as far as we are concerned your slate is clean. The poor choices of your past don't matter to us. We/I care about your wise choices of today and tomorrow.
 - **BTW**, We/I don't worry a lot about it if you lie to us. If we/I don't catch it, for the most part that is okay. Just know- *We cannot help you unless we know the truth.*
 - Your honesty and transparency will help us help you.
 - **ONE MORE THING:** We/I are/am willing to accept, connect with, support, encourage, be there with you and for you regardless of your hurts, habits, and hang-ups.
- **MEETING FORMAT**
 - Describe what a meeting will look like.

- Welcome
- Scripture/Poem/Song/Video (Encouraging/Supportive natured)
- Information
- Victory Reports
- Presentation of Victory Tags
- Reading of *Brianna's Prayer*
- 1st lesson
- Break
- 2nd lesson or intro of “Been there, done that, has the scars to prove it” speaker
- Scripture or words of inspiration and encouragement
- Closing comments
- Prayer

● **EVERY MEETING WILL INCLUDE *BRIANNA'S PRAYER*.**

Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.

● **FOR THE NEXT FEW WEEKS, WE WILL DISCUSS *BRIANNA'S PRAYER*.**

- We will look at what she *may have* meant, and we will see how it fits in our lives.
 - **Lesson 2-** *Please, Lord, look after me and my family.*
 - **Lesson 3-** *Please help me to do the right thing.*
 - **Lesson 4-** *...and show people that I am not a bad person inside or out..*
 - **Lesson 5-** *...and help me Lord to get through this disappointment again...*
 - **Lesson 6-** *...and know I make mistakes but who doesn't.*
 - **Lesson 7-** *I don't do it to do wrong.*
 - **Lesson 8-** *I do it cuz I feel I have no other choice.*
 - **Lesson 9-** *I want **a better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*

- **Lesson 11-** *do to me as you feel is best.*
- **Lesson 12-** *I surrender to you.*
- **Lesson 13-** *In Jesus' name, Amen.*

● **WHO/WHAT IS A *Better Life-Brianna's Hope*?**

○ ***Team Hope***

- We know our town, community, area has a drug issue that is epidemic.
- Most of us in most communities have wrongfully spent more time fighting the drug and addiction than fighting for the ***struggler/addict.***
- We believe if there is going to be a change, we must affect it.
- We have seen your struggle and want to help you with the next step to ***a better life.***
- We want to be a friend and a part of your support system.
- We will make every effort to create a non-judgmental environment where you can freely express yourself, support, and interact with one another.
- We care more about your today and tomorrow than your past.
- We will rely upon our faith, offer it to you, but will not force it on you.

○ ***YOU***

- ***Strugglers/Addicts*** battling with addiction and needing help, support, encouragement, compassion, understanding, Christ, and opportunity to overcome.
- Like us are people of worth and value but not without fault.
 - ✓ Forgive any of us that have made you feel any less than human.
- Want ***a better life*** just as we do.
- Like we have all had, deserve another chance.
- Deserve a place where you can be transparent and honest without being judged.

- As we receive your input and get your pulse, we will adapt our ways to better meet your needs and desires.
 - We are here for **you**, not you for us.

- **10 MINUTE BREAK**

- **GUIDELINES AND LIMITS**
 - If you *must* say anything, say “an individual at our meeting”.
 - **No** debating issues on Facebook.
 - **Do not** bring anything illegal with you to these meetings.
 - **IF** I catch wind of that, we will talk, and I have no problem ending that problem.

- **AT TIMES, WE WILL USE A THREE QUESTION APPROACH**
 - *What is NOW?*
 - *What is NEW?*
 - *What is NEXT?*

- **GUEST SPEAKER (From one or more of the following.)**
 - Someone that has *been there, done that, and has the scars to prove it.*
 - Someone from the medical field and/or counseling field.
 - Someone that can give options such as treatment centers, detox/rehab facilities, short term *VS* long term treatment.
 - Those that can help you take the next right step.

- **SOME NIGHTS, WE WILL USE “CONVERSTAION STARTERS”.**
 - What is *addiction?*
 - **The Parable of the Bridge**
 - Current event or article in the news.
 - Questions you want asked and answered.

- **OUR PROMISES TO YOU**
 - We will treat you as the person of worth and value that you are.
 - We are with you and for you.
 - We may disagree with your choice but will not turn away from you because of it.
 - We will do our best to not be manipulated by you.
 - We will be honest with you and hope for the same courtesy.
 - You will be in our prayers.
 - *We will weep with those that weep and rejoice with those that rejoice.*



- With love, we will speak the truth in order that you might confront your own battle.
 - We will do our best to not do for you what you should be doing for yourself.
 - We will equip you with skills and tools for the moment and offer help and hope for the future.
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- **LET YOUR FRIENDS KNOW ABOUT US.**
 - Even if you don't connect, they might.
 - **PLEASE**, do as I always ask those to do that are church shopping:
Give us 3 chances before you decide to walk away.
 - Please use Facebook to pass along any good experience. And please don't tear us apart on there. Come to us and we will talk. We are doing the best we can with what we have.
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- **CLOSING THOUGHT-***Man can live about forty days without food, about three days without water, about eight seconds without air...but only for one second without hope. -Hal Lindsey*



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Lesson 2

- **OPENING THOUGHT- *Everybody, Somebody, Anybody, and Nobody***

*This is a little story about four people named **Everybody, Somebody, Anybody, and Nobody.***

*There was an important job to be done and **Everybody** was sure **Somebody** would do it.*

***Anybody** could have done it, but **Nobody** did it. **Somebody** got angry about that because it was **Everybody's** job.*

***Everybody** thought **Anybody** could do it, but **Nobody** realized **Everybody** wouldn't do it.*

*It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.*

BOTTOM LINE- Nothing got accomplished.

- **WELCOME-** The three greatest compliments *Team Hope* can receive are:

- That you show up more than just the 1st time.
- You bring a friend.
- *That you recognize you are on the journey to **a better life.**
 - We are glad you are here.

- I made a post on Facebook that is one of my goals for this group.

- ***I want us to outgrow this facility.***
 - *As we do, I will go before some local town boards and let them know our situation. I will then remind them how we have heard their comments about the community needing some sort of help for those battling drug issues. Then I will ask what they are going to do to help us find an adequate place to meet. (Use similar if applies.)*

- **INTRO OF TEAM HOPE**

- **VICTORY REPORTS- *How many days clean and from what?***
 - **1 Thessalonians 5:11-** *Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.*

- **BRIANNA'S PRAYER**
 - *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**. Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*

 - Each week, we will look at the prayer statement by statement.
 - **Lesson 2-** *Please, Lord, look after me and my family.*
 - **Lesson 3-** *Please help me to do the right thing*
 - **Lesson 4-** *...and to show people that I am not a bad person inside or out...*
 - **Lesson 5-** *...and help me Lord to get through this disappointment again...*
 - **Lesson 6-** *...and know I make mistakes but who doesn't.*
 - **Lesson 7-** *I don't do it to do wrong.*
 - **Lesson 8-** *I do it cuz I feel I have no other choice.*
 - **Lesson 9-** *I want **a better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In Jesus' name, Amen.*

- **LESSON FOR THE NIGHT- *Please, Lord look after me and my family.***
 - *Please* a respectful plea for help.
 - I believe Brianna's **Please** was not just a courtesy comment.
 - I believe, in this case, it shows some urgency and concern.
 - I sense Brianna using "please" because she knows the need is beyond her own ability to meet.
 - But she knows who can meet her need- **Lord**

- **Lord** = God, Jesus, Creator, Christ, Savior, Great Physician-Higher Power.
- Call him “a Higher Power”, “the Big G”, “the Guy Upstairs”.
 - ✓ The Bible has 100’s of titles for Him.
 - ✓ Many of the titles become relevant to us as we meet and come to know Him at that level.
- **Look after me and my family.**
 - I get the impression that Brianna realized she was in over her head.
 - ✓ But get this- **we all are.**
 - ✓ We were not created with the DNA that has given us the power to make it through this life successfully without the help of others including Christ.
 - Brianna wanted a friend.
 - Brianna wanted protection.
 - Brianna wanted the assurance of knowing she wasn’t alone.
 - Brianna included not just herself but her family in her prayer.
 - She wanted all of this for them as well.
 - Oh, and who is her family?
 - Yes, those a part of her bloodline.
 - But also, those that she had allowed into her own circle of relationships.
 - ✓ How many of you believe Brianna would have included you as family?
 - ❖ It’s okay if you really didn’t know her or she didn’t really know you.
 - Her family was those whom she loved the most.
 - ✓ Her family was blood, was friends as well as those she had yet to meet.
 - ✓ Her family was those that did her wrong and those that never let her down.
 - ❖ She was forgiving, caring, and kind. Her love for you was not dependent upon your love for her.
 - This is the heart of a Christian.
 - ✓ It is vulnerable.
 - ✓ It is open.
 - ✓ It takes risks.

- ✓ It loves when it is not loved back.
- Her plea was for each of you and more.
- When was the last time you made a plea for help?
 - ✓ Maybe there is why you are here tonight.
 - ✓ Was it audible that others should have heard it?
 - ✓ Was it subdued and you hoped it would be heard or seen?
 - ✓ Or are you the kind that expects others to know without being told?
 - ❖ How is that working for you?
 - ✓ How did you feel when you were ignored or unheard?
 - ✓ When is the last time someone made you feel like you mattered and that they were there to prove it?
 - ✓ When is the last time you made a plea on behalf of someone else?

● OUR PROMISES TO YOU

- We will treat you as the person of worth and value that you are.
- We are with you and for you.
- We may disagree with your choices but will not turn away from you because of them.
- We will do our best to not be manipulated by you.
- We will be honest with you and hope for the same courtesy.
- You will be in our prayers.
 - *“We will weep with those that weep and rejoice with those that rejoice.”*
- With love, we will speak the truth in order that you might confront your own battle.
- We will do our best to not do for you what you should be doing for yourself.
- We will equip you with skills and tools for the moment and offer help and hope for the future.

● LET YOUR FRIENDS KNOW ABOUT US

- Even if you don't connect, they might.
- **PLEASE** do as I always ask those to do that are church shopping.
Give us 3 chances before you decide to walk away.



- **WORD OF CHALLENGE or WORD OF INSPIRATION**

- **CLOSING SCRIPTURE-Gal 6:2-5 (MSG)** *Live creatively, friends. If someone falls into sin forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived.*

Make a careful exploration of who you are and the work you have been given. And sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.

- **CLOSING THOUGHT-Your success and future do not hinge on anything you heard here tonight. In part, your success and future hinge on how you apply what you heard here tonight.**



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Lesson 3

● OPENING THOUGHT-

○ Poem: *Dear Addiction*

I'm writing this to you,

Telling you we're through.

I can't take you anymore,

Don't know what I liked you for.

All you did was wear me out.

Now I know what you're all about.

You came to me with promise and joy,

Now look at all the things you destroy.

Families, lives, bank accounts you see.

You ruined it all with one little tease.

Look at the way you make me feel

Then you take it all and want me to steal.

Why can't you just go and hide

Somewhere far away where I'll never find?

Everyone at home doesn't understand

How you rip me apart then lend me a hand.

I keep coming back thing inside

Maybe this time I'll make you my bride.

Then I sit and wonder why,

Why do you really want me to die?

*Thousands and thousands come to you
Hoping and praying you'll help them through.
Then they fall for your lending hand,
Only to realize you're nothing but a scam.*

*You promised me heaven and sent me to hell.
You ruined my life and then wished me well.
Watch me now as I go on my way.
I'm washing myself of all of your pain.
So you and your power can just leave me be.
I'm taking my life and setting it free.*

Retrieved from <https://www.familyfriendpoems.com/poem/dear-addiction-2#ixzz31F5R4SR1>

- **WELCOME**
- **WORD FROM TEAM HOPE**
- **VICTORY REPORTS**-Romans 12:15- *We will rejoice with those who rejoice and weep with those who weep.*
- **BRIANNA'S PRAYER**
 - *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*
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● **LESSON FOR THE NIGHT- *Please help me to do the right thing...***

○ ***Please***

- Once again, there is the plea for help.
- In context, this is a realization that it **is not** in you to distinguish and control the next step/decision.
 - ✓ When/what was the turning point in your life that started you on the downhill slide?
 - ✓ When did you realize you were in too deep?
 - ✓ When did you come to the realization you were out of control?

○ ***Please help me...***

- There again is the cry of desperation and surrender.
 - ✓ You don't ask for help if you are not ready to accept it-
 - ❖ At least not in a serious way.
- To whom is she crying out for help?
- To whom have you cried out for help?
 - ✓ Family
 - ✓ Friends
 - ✓ God
 - ✓ Anyone that will listen

○ ***...to do the right thing.***

- Let's approach this comment from the other direction.
 - ✓ What are some of the *wrong things* you did?

- ❖ Were you surprised with yourself and the things you were doing?
- ✓ Did you ever dream or plan of being where you were?
- ✓ When you were in the middle of your addiction battle, did you even care about doing the *right thing*?
 - ❖ Always/never/sometimes
 - ❖ Was it all about the next high?
 - ❖ Was it all about the next hit?
 - ❖ Did your guilt drive you deeper into the black hole?
 - ❖ Do you remember ever being at a point where there was no light?
 - What kept you from doing the *right thing*?
- We have heard it said you must hit the bottom before you can come up and out of it.
 - For some that is a loss of possessions.
 - For some that is the loss of job.
 - For some that is the loss of family.
 - For some it is isolation or loneliness.
 - For some that is jail and for others, prison.
 - For some it is death.
- How many of you believe you have hit your bottom?
 - What was it like?
- How many of you are scared that you haven't?
 - *At the bottom is always the best soil to sow and grow something new again. In that sense, hitting bottom, while extremely painful, is also the perfect sowing ground. That being said, before we can begin to grow, we must first realize that we are bogged down.*
 - Bottom for you is different than the bottom for the person seated next to you.
- Tell me, no better yet, tell yourself whether or not you are ready to grow.
 - I believe, that by God's grace and God's mercy, you have the power within you to bring this train wreck to a screeching halt before it happens.



● **TELL US**

- *What's NOW?*
- *What's NEW?*
- *What's NEXT?*

● **WORD OF CHALLENGE**

● **WORD OF INSPIRATION**

● **NEWS AND VIEWS**

● **CLOSING SCRIPTURE**

- **Isaiah 43:1-4 (MSG)**

But now, hear what God has to say, the God who made you in the first place, (your name here), the One who got you started.

“Don't be afraid, I've redeemed you.

I've called your name. You're mine.

When you're in over your head, I'll be there with you.

When you're in rough waters, you will not go down.

When you're between a rock and a hard place, it won't be a dead end-

Because I am your God, your personal God,

The Holy of Israel, your Savior.

I paid a huge price for you:

All of Egypt, with rich Cush and Seba thrown in!

That's how much you mean to me!

That's how much I love you!

I'd sell off the whole world to get you back,

Trade the creation just for you.”



○ **Isaiah 43:1-4 (MSG) personalized**

*But now, hear what God has to say, the God who made **RANDY** in the first place, the One who got **RANDY** started.*

*“Don’t be afraid, I’ve redeemed you, **RANDY**.”*

*I’ve called **RANDY’S** name. **RANDY** is mine.*

*When **RANDY’S** in over his head, I’ll be there with him.*

*When **RANDY’S** in rough waters, **RANDY** will not go down.*

*When **RANDY’S** between a rock and a hard place, it won’t be a dead end-*

*Because I am **RANDY’S** God, **RANDY’S** personal God, The Holy of Israel, **HIS** Savior.*

*I paid a huge price for **RANDY**,*

All of Egypt, with rich Cush and Seba thrown in!

*That’s how much **RANDY** means to me!*

*That’s how much I love **RANDY**!*

*I’d sell off the whole world to get **RANDY** back,*

*Trade the creation just for **RANDY**.”*



● **YOU MATTER**

○ **Isaiah 43:1-4 (MSG)**

But now, hear what God has to say, the God who made _____ in the first place, the One who got _____ started.

“Don’t be afraid, I’ve redeemed you, _____.

I’ve called _____’s name. _____ is mine.

When _____’s in over HIS/HER head, I’ll be there with him/her.

When _____’s in rough waters, _____ will not go down.

When _____’s between a rock and a hard place, it won’t be a dead end-

Because I am _____’s God, _____’s personal God, The Holy of Israel, HIS Savior.

I paid a huge price for _____.

All of Egypt, with rich Cush and Seba thrown in!

That’s how much _____ means to me!

That’s how much I love _____!

I’d sell off the whole world to get _____ back,

Trade the creation just for _____.”

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Lesson 4

● OPENING THOUGHT-

○ Poem- *My Life with Heroin*

*Thinking back on my life, when I was a little child,
So outrageous and bubbly doing things that were wild.
Thinking back on my life, all those wonderful years,
Not a care in the world, no worries, no fears.
Thinking back on my life, all the advice I was told:
What a wonderful child my parents hoped they would mold.
But as we all know, it's not always what we dreamed;
Life gets harder and to us it's not always how it seemed.
There are two roads in life: the right one and wrong one;
The wrong one I chose, and it seemed life was done.
But as time went on, I had to agree,
I can do and be anything I want to achieve.
I have tried over and over and failed to succeed;
But I am a SOLIDER, that's what I believe.
My LIFE is too precious to let it slip away;
I must try harder and harder each coming day.
One day soon I'll be all that I am;
How do I know, you ask?
BECAUSE I KNOW I CAN!!!!*

Retrieved from <https://www.familyfriendpoems.com/poem/life-with-heroin>

● WELCOME

● WORD FROM TEAM HOPE

- *Why are you here?*
- *What is it you hope to gain/get/give from these meetings?*

● VICTORY REPORTS-Romans 12:15 *We will rejoice with those who rejoice and weep with those who weep.*

● **BRIANNA'S PRAYER-**

- *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*
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 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In, Jesus' name, Amen.*

● **LESSON FOR THE NIGHT-**

- **Last week-** *Please help me to do the right thing...*
 - **This week-** *...and to show people that I am not a bad person inside or out...*
- *...and to show people...*
 - *Like it or not, everything we do has a positive or negative influence on those around us.*
 - *Like it or not, everything we do forms what others think about us.*
 - ✓ Don't misunderstand, as I am in no way suggesting we should try to please everyone. That is impossible, not healthy, and it is not you.

- Think about those that were there when you were at your lowest and are still there with you now.
 - ✓ Who has believed in you from the get go?
- Understand that failure is easier for people to see than change.
- *...that I am not a bad person...*
 - Do you believe that?
 - Do you believe that poor choices should not dictate who and what you are?
 - ✓ Are you more than what many perceive you to be?
- *...inside or out...*
 - People are quick to judge and much slower to understand.
 - They see our actions and immediately label us according to them.
 - If our name shows up in the paper in a negative way, that is all many people will ever know about us.
 - Some of us live our lives in an honest way and some of us live a lie.
 - ✓ Part of the battle in coming clean is people's unwillingness to see the change.
 - ✓ Once you are looked at as a worthless pill popping, needle poking, this or that smoking piece of _____ it is hard to get many folks to change their view.

● **BREAK**

● *The Parable of the Bridge (script)*

Narrator: *It is a moonlit night and alone in his thoughts he starts crossing a bridge. The man sees out of the corner of his eye a stranger dressed much like himself coming towards him. He thinks the man approaching is putting his hand out to greet him.*

However, the stranger has the end of a rope in his hand with the other end entwined around him.

Narrator: *The stranger asks the man to hold the end of the rope. Whilst perplexed, the man complies.*

Narrator: *The stranger asks the man to hold on tight with two hands and then promptly jumps off the bridge toward the swift running deep river below. "Hold on" the stranger cries. The free-falling body hurtled the distance of the rope's length, and from the bridge the man abruptly felt the pull. He held tight despite being almost pulled over the side of the bridge. Peering down at the stranger who was close to oblivion the man yelled:*

Man: *What are you trying to do?!*

Stranger: *Just hold tight!*

Narrator: *The man tried to haul the stranger in, but he could not. He could not get enough leverage. His strength was almost perfectly counterbalanced by the other man's weight.*

Man: *Why did you do this? (calling out)*

Stranger: *Remember if you let go, I will be lost!*

Man: *But I cannot pull you up!*

Stranger: *I am your responsibility!*

Man: *Well, I did not ask for it!*

Stranger: *If you let go, I am lost!*

Narrator: *The man looked around for help, tried to invent solutions but could not think of any that would work. He waited for someone to come and help pull the stranger up, but no one came. Fearing that his arms could not hold out much longer, he tied the rope around his waist.*

Man: *Why did you do this? Don't you see what you have done? What possible purpose could you have had in mind?*

Stranger: *Just remember, my life is in your hands.*

Narrator: *Time passed and a decision needed to be made. The man could not hold on much longer. A thought occurred to him. If the stranger hauled himself up and he kept the end steady and pulled a bit, together they could get the stranger back to safety. But the other wasn't interested.*

Man: *You mean you won't help? But I told you I cannot pull you up myself, and I don't think I can hang on much longer either.*

Stranger: *(shouting back with tears) You must try! If you fail, I die!*

Narrator: *The point of decision arrived.*

Man: *Listen to me. I will not accept the position of choice for your life, only for my own; the position of choice for your own life, I hereby give back to you.*

Stranger: *(afraid) What do you mean?*

Man: *I mean, simply, it's up to you. You decide which way this ends. I will help you if you help yourself.*

Stranger: *You cannot mean what you say! You would not be so selfish! I am your responsibility! What could be so important that you would let someone die? Do not do this to me!*

Narrator: *He waited a moment. There was no change in the tension of the rope.*

Man: *I accept your choice.*

Narrator: *After releasing those words, he at last freed his hands.*

- Which of the two have you been most often?
- Have you ever held the rope for someone else?
- Have you ever found yourself being the person hanging off the bridge?
- What would you have done in this situation if you had been the person on the bridge?
- Do you agree or disagree with the actions of the person on the bridge?



- Name two people that help the rope for you longer than anyone else.
 - Now take this piece of rope and when you decide who they are, cut it in half and take a piece to each of them.
 - ✓ Thank them in a way unlike you ever have before.
 - ✓ Thank them for holding on and thank them for letting go.

- **TELL US**
 - *What's NOW?*
 - *What's NEW?*
 - *What's NEXT?*

- **WORD OF INSPIRATION- Know this- *Your setback is a set-up for your comeback!***

- **CLOSING SCRIPTURE-Lamentations 3:22** *Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.*

- **CLOSING THOUGHT-Our God is the God of second chances, third chances and 89th chances and so on. He has not given up on you and until your last breath, He won't.**



ABLBH-Brianna's Prayer Study Guide

Lesson 5

- **OPENING THOUGHT-**

- **Poem- *Addiction is Deceiving***

*You,
You are so deceiving.
When you come into my life,
You make me feel the best I can,
Yet you stab me with your knife.
You take away my money,
My friends & family too.
You take away my dignity.
My life revolves around you.
You give me the pain,
Then you take it away.
You are playing a game
That I don't want to play.
I'm aware of you now
And all that you do.
Listen: I want "Me" back.
I don't want you.*

- **WELCOME**

- **WORD FROM TEAM HOPE**

- *Have any of you done anything with your rope from last week?*

- **VICTORY REPORTS-1 Thessalonians 5:11** *Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.*
 - **VICTORY TAGS**

- **BRIANNA'S PRAYER**
 - *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*

 - Each week, we will look at the prayer statement by statement.
 - **Lesson 2-** *Please, Lord, look after me and my family.*
 - **Lesson 3-** *Please help me to do the right thing...*
 - **Lesson 4-** *...and to show people that I am not a bad person inside or out...*
 - **Lesson 5-** *...and help me Lord to get through this disappointment again...*
 - **Lesson 6-** *...and know I make mistakes but who doesn't...*
 - **Lesson 7-** *I don't do it to do wrong.*
 - **Lesson 8-** *I do it cuz I feel I have no other choice.*
 - **Lesson 9-** *I want **a better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In Jesus' name, Amen.*

- **LESSON FOR THE NIGHT-...and help me Lord to get through this disappointment again...**
 - I would like to suggest this possibility:
 - What you once considered the *solution* to your problem has now become your *problem*.

 - *...and help me Lord...*

27 *But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."*

28 *"Lord, if it's you," Peter replied, "tell me to come to you on the water."*

29 *"Come," he said.*

Then Peter got down out of the boat, walked on the water and came toward Jesus. 30 But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

31 *Immediately Jesus reach out his hand and caught him. "You of little faith," he said, "why did you doubt?"*

- He saw the storm instead of the outstretched hand.
- He saw the *problem* instead of the *victory*.
- The next effort may be ***the Difference Maker***.
 - That is unless it is the *same effort* you have been trying and failing at all along.
 - *You* have it in your power to give yourself the greatest possible present this Christmas.
 - Stop the denial and admit you have a *problem* that is far bigger than you and that *problem* is called an ***addiction***.
 - **Jer. 6:14**-*You cannot heal a wound by saying it isn't there.*
- The safety, the comfort, the openness you have here is exactly how Jesus wants you to be before Him.
 - *He knows you and I have sinned.*
 - *He knows you and I have fallen short of His plan for our lives.*
 - ✓ The gift of abundant life.

● TELL US

- *What's NOW?*
- *What's NEW?*
- *What's NEXT?*

● WORD OF CHALLENGE or INSPIRATION

- **CLOSING SCRIPTURE- Ps 121:1-2** *1 I lift up my eyes to the hills- where does my help come from? 2 My help comes from the LORD, the Maker of heaven and earth.*

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Lesson 6

● OPENING THOUGHT-

- **Poem- *Let Something Essential Happen to Me***

O God,

let something essential happen to me,

something more than interesting

or entertaining,

or thoughtful.

O God,

let something essential happen to me,

something awesome,

something real.

speak to me condition, Lord,

and change me somewhere inside where it matters,

a change that will burn and tremble and heal

and explode me into tears

or laughter or love that throbs or screams

or keeps its terrible, cleansing silence

and dares the dangerous deeds.

Let something happen in me which is my real self, God.

O God,

*let something essential and passionate happen in me now. Strip me of
my illusions of self-sufficiency.*

of my proud sophistications,

*of my inflated assumptions of knowledge
and leave me shivering as Adam or Eve
before the miracle of the natural-
before the miracle of this earth
that nurtures me as a mother
and delights me as a lover;
the miracle of my body
that breathes and moves,
hunger and digests,
sees and hears,
that works the most amazing messages
of what and when and how,
coded and curled in every cell
and that dares to speak the confronting word.*

*O God,
let something essential and joyful happen in me now. something like
the blooming of hope and faith,
like a grateful heart,
like a surge of awareness,
of how precious each moment is,
that now, not next time,
now is the occasion
to take off my shoes,
to see every bush afire,
to leap and whirl with neighbor,*

*to gulp the air as sweet wine
until I've drunk enough
to dare to speak the tender word:
"Thank you";
"I love you";
"You're beautiful";
"Let's live forever beginning now";
And "I'm a fool for Christ's sake."*

By Ted Loder

- **WELCOME**

- **WORD FROM TEAM HOPE**

- *Have any of you done anything with your rope from two weeks ago?*

- **VICTORY REPORTS-Proverbs 11:25** *The one who blesses others is abundantly blessed. Those who help others are helped.*

- **VICTORY TAGS**

- **BRIANNA'S PRAYER-**

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- **Lesson 5-** *...and help me Lord to get through this disappointment again...*
 - **Lesson 6-** *...and know I make mistakes but who doesn't.*
 - **Lesson 7-** *I don't do it to do wrong.*
 - **Lesson 8-** *I do it cuz I feel I have no other choice.*
 - **Lesson 9-** *I want a **better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In Jesus' name, Amen.*
- **LESSON FOR THE NIGHT-** *...and know I make mistakes but who doesn't...*
- **GUILTY-** *we all are!*
 - A life without failures/mistakes is not a very exciting, adventurous, productive or well lived life.
 - **Thomas Edison's** teachers are said to have told him he was too stupid to learn anything.
 - ✓ *Do you realize he failed well over 1,000 times in his attempt to create the light bulb?*
 - **Walt Disney** was fired by an editor of a newspaper because he lacked imagination and had no good ideas.
 - **J.K. Rowling** was a single mom living on welfare when she wrote her first book in a little series about *Harry Potter*.
 - **Harrison Ford** did so poorly in his first movie that the director told him he would never make it in the movie business.
 - **Theodore Seuss Geisel (Dr. Seuss)** had his first book rejected by 27 different publishers.
 - **James Dyson** went through 5,126 failed prototypes and his entire savings before developing a successful vacuum. He is now worth over 4.5 billion dollars.
 - You should never plan to fail but you need to recognize that failure can be an unwanted part of your plan.
 - Mistakes are **not final**.
 - **Failures** do **not** have to be *fatal*.
 - Any failure is not nearly as important as your response.

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Lesson 7

● OPENING THOUGHT-

- *The Battle Within (The two wolves inside us all.)*

*One evening, an elderly
Cherokee brave told his
grandson about a battle that
goes on inside people.*

*He said, "My son, the battle is
between two 'wolves' inside us all.*

*One is evil. It is anger,
envy, jealousy sorrow,
regret, greed, arrogance,
self-pity, guilt, resentment,
inferiority, lies, false pride,
superiority and ego."*

*The other is good.
It is joy, peace, love, hope, serenity,
humility, kindness, benevolence,
empathy, generosity,
truth, compassion and faith."*

*The grandson thought about
it for a minute and then asked
his grandfather*

“Which wolf wins?...”

The old Cherokee simply replied,

“The one that you feed.”

- **WELCOME**
- **WORD FROM TEAM HOPE**
- **VICTORY REPORTS-Romans 12:15** *We will rejoice with those who rejoice and weep with those who weep.*
 - **VICTORY TAGS**
- **BRIANNA'S PRAYER-**
 - *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*
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 - **Lesson 7-** *I don't do it to do wrong.*
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 - **Lesson 9-** *I want **a better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*

▪ **Lesson 13-** *In Jesus' name, Amen.*

● **LESSON FOR THE NIGHT-** *I don't do it to do wrong.*

- That is a pretty empathetic statement.
 - How many of you are into drugs just because you want to shove it in societies face?
 - How many of you are into drugs just so people will think you are rebellious or cool?
 - How many of you really know why you started?
 - So why do you do them?
 - ✓ Most say it is to cover up a deep seeded hurt of some type.
 - ✓ Of course, there are those born with addictive tendencies.
- I would like to suggest another *possible* reason-
 - **Romans 7:14-25** *14 So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin...*
 - ✓ *We were all born as slaves to sin.*
 - I describe sin as anything that goes against God's desire and plan.
 - We sin when we hurt ourselves, others and or God.

15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

 - ✓ Been there? Done that? Doing that now?
 - *16 But if I know that what I am doing is wrong, this shows that I agree that the law is good.*
 - ✓ Good, at least you still have a conscience and some moral convictions.
 - *17 So I am not the one doing wrong; it is sin living in me that does it.*
 - ✓ Hold it- did you catch that?
 - ❖ In and of yourself you have no power over sin.
 - ❖ From birth, sin is the normal and natural way of life.
 - But because there is a way out that excuses nothing.

- 18 *And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't.*
 - ✓ This dude is down on himself.
 - ✓ But by the same token, he is realizing his limits and his weaknesses.
 - ✓ He realizes his hands are tied.
- 19 *I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.*
 - ✓ This has to be a true sense of futility.
 - ✓ This has to create so much anger at self.
- 20 *but if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.*
 - ✓ Again, he is seeing the light that should set him free and take off a load of guilt.
- 21 *I have discovered this principle of life- that when I want to do what is right, I inevitably do what is wrong.*
 - ✓ Ever felt like that? Regardless of how badly you want to do what is right it just doesn't seem to work out that way.
 - ❖ *If it weren't for bad luck, I'd have no luck at all.*
- 22 *I love God's law with all my heart.*
- 23 *But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.*
- 24 *Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?*
 - ✓ There is the battle of the *Two Wolves Within*.
 - ✓ I, you, we may as well be beating our heads against a wall and burning every dollar we have and sleeping away every moment we are given.
- But there is an answer. Let's read verse 25.
- 25 *Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.*
 - ✓ Jesus is the answer.

● WORD OF CHALLENGE OR INSPIRATION



- **CLOSING SCRIPTURE-Gal 6:2-5** *Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived.*

Make a careful exploration of who you are and the work you have been given and sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with you own life.

ABL BH- Brianna's Prayer Study Guide

Lesson 8

- **WELCOME**
- **OPENING THOUGHT- *How many of you BELIEVE?***
 - Believe there is *a better life*?
 - Believe you can change?
 - Believe you are changing?
- **WORD FROM TEAM HOPE**
- **VICTORY REPORTS-1 Thessalonians 5:11** *Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.*
 - **VICTORY TAGS**
- **BRIANNA'S PRAYER-**
 - *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*
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- **Lesson 9-** *I want a better life, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In Jesus' name, Amen.*
- **LESSON FOR THE NIGHT-** *I do it cuz I feel I have no other choice.*
- **Once an addict chooses, results are:**
 - Jail
 - Mental institution
 - Death
 - A lifelong battle for recovery
 - **Satan wants to limit your options.**
 - Satan wants you to think that drugs are your everything.
 - Satan wants you to think that his way is the only way.
 - **Desperation**
 - *Do you feel that locked into the addiction?*
 - *Do you just feel there is no way out?*
 - *Do you feel there is no one that cares enough?*
 - **To Brianna, this may have been a cry of helplessness.**
 - To me, it pointed at a shortcoming in our effort to battle the battle against addiction.
 - It was a reminder of our *quick to judge* and *slow to reach out approach*.
 - ✓ It hit me how much we have condemned and how little we have done to make an impact.
 - ✓ **That is why I felt I had to get involved.**
 - **That is why I felt the need to offer an *other choice*, and to make it known.**
 - I knew it would require thinking out of the box.
 - I knew there was already *Celebrate Recovery* and AA and that something else was needed.
 - ✓ God led it.
 - ✓ God organized it.
 - ✓ God made it happen.
 - ❖ You guys are making it work!
 - **Thus, here we are 8 weeks later- *A Better Life- Brianna's Hope***



● **TELL US-**

- *What's NOW?*
- *What's NEW?*
- *What's NEXT?*

● **WORD OF CHALLENGE OR INSPIRATION**

● **CLOSING SCRIPTURE**

ABL BH- Brianna's Prayer Study Guide

Lesson 9

- **WELCOME**
- **OPENING THOUGHT- CD WOW HITS 2015**
 - **Song *Glorious Unfolding* Disc 1, song 14**
- **WORD FROM *TEAM HOPE***
 - We have spent the last (#) weeks building relationships, trust, and looking at some pretty heavy stuff.
 - *The first night we gathered, I told you that was the way it would be.*
 - ✓ *I am seeing friendships build.*
 - ❖ *I am seeing connections being made.*
 - Our goal for the next 8 weeks is ***Forward Movement***.
 - No one expects you to end up at the same place as everyone else.
 - Each one of you are at a spot where no one else is.
 - We will offer a ***been there, done that, and has the scars to prove it*** guest speaker at least one a month when possible.
 - ✓ Someone from outside of our group when we can or from inside when they are ready.
- **VICTORY REPORTS-1 Thessalonians 5:11** *Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.*
 - **VICTORY TAGS**
- **BRIANNA'S PRAYER**
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- **Lesson 11-** *Do to me as you feel is best.*
- **Lesson 12-** *I surrender to you.*
- **Lesson 13-** *In Jesus' name, Amen.*

● **LESSON FOR THE NIGHT-** *I want a better life, Lord, I do.*

- *Reflect back on last year, on a 1-5 scale tell us what it was like for you.*
 - Do you have any goals for next year?
 - Write down 3 goals:0
 - ✓ 3 steps to accomplish per goal
 - ✓ Share them with someone you trust
 - ✓ Keep them **visible**.
- How can **ABL BH** help you get where you want to be?
 - How will you know when you have *a better life*?
 - ✓ This will vary for every person in here.
 - ✓ Ideas?
 - Do you know what it will take to have *a better life*?
 - Do you know the source of *a better life*?
 - ✓ **BELIEVE/HOPE/JESUS-** Find a word that will see you through this year.

● **TELL US**

- *What's NOW?*
- *What's NEW?*
- *What's NEXT?*

● **WORD OF CHALLENGE OR INSPIRATION**

● **CLOSING SCRIPTURE**

ABL BH- *Brianna's Prayer Study Guide*

Lesson 10

- **WELCOME**
- **OPENING THOUGHT- Frederick Douglass on Escaping Slavery**
 - **Matthew 19:29; Romans 6:1-18**

- *Deliverance; Freedom; New Life; Redemption; Sin; Slavery*

Frederick Douglass grew up as a slave in Maryland in the early 19th century and experienced slavery's every brutality. He was taken from his mother when he was only an infant. For years as a child, all he had to eat was runny corn meal dumped in a trough that kids fought to scoop out with oyster shells. He was whipped many times with a cowhide whip until blood ran down his back, kicked and beaten by his master until he almost died, and attached with a spike by a gang of whites.

But even so, when Frederick considered trying to escape to freedom, he struggled with the decision. He writes in *Narrative of the Life of Frederick, An American Slave* that he had two great fears.

The first was leaving behind his friends:

I had a number of warm-hearted friends in Baltimore- friends that I loved almost as I did my life-and the thought of being separated from them forever was painful beyond expression. It is my opinion that thousands would escape from slavery, who now remain, but for the strong cords of affection that bind them to their friends.

His second fear was this: *If I failed in this attempt, my case would be a hopeless one- it would seal my fate as a slave forever.*

Today, people who find themselves in slavery to sin and who this about escaping to freedom in Christ, may have similar fears. They may fear leaving behind friends. They may fear they'll fail in their attempt to break from sin and live free from God. They should take heart from Douglass's experience. On September 3, 1838, he remembers:

I left my chains, and succeeded in reaching New York without the slightest interruption of any kind... I have been frequently asked how I felt when I found myself in a free State... It was a moment of the highest excitement I ever experienced... I felt like one who had escaped a den of hungry lions.

Citation: Kevin A. Miller, editor and author, Wheaton, Illinois

● **WORD FROM TEAM HOPE-**

- **VICTORY REPORTS-1 Thessalonians 5:11** *Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.*

○ **VICTORY TAGS**

● **BRIANNA'S PRAYER**

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 - **Lesson 12-** *I surrender to you.*

- **Lesson 13-** *In Jesus' name, Amen.*

- **LESSON FOR THE NIGHT-** *Please (Lord) help me.*

- **Early on in this prayer, we see/hear Brianna addressing her prayer and requests to Jesus.**
 - This is the third time she begins with the word *please*.
 - ✓ **Lesson 2-** *Please, Lord, look after me and my family.*
 - ✓ **Lesson 3-** *Please (Lord) help me to do the right thing...*
 - ✓ **Lesson 10-** *Please (Lord) help me.*
- **Once again, she is crying out to the Lord.**
 - She obviously had *some* faith.
 - She seems to know the answer to her question but just maybe lacks the confidence of hearing a response.
 - ✓ Just because we don't *hear* God that doesn't mean He doesn't hear us.
 - ✓ Just because we don't hear God, that doesn't mean He isn't at work.
 - What is the *help* you have most needed?
 - What is the *help* you most need right now?
- **Here's a thought: Why Failure Lingers**
 - **1 Kings 19:1-9 (NIV)**

Elijah Flees to Horeb

19 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. 2 So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, say down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, “Get up and eat.”⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.”⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹There he went into a cave and spent the night.

- ***Emotions, failure, human condition, human limitations, psychology, regret***
 - ✓ ***What is your unfinished business?***
 - ✓ Failures take on a life of their own because the brain remembers incomplete tasks or failures longer than any success or completed activity. It’s technically referred to as the *Zeigarnik effect*. When a project or a thought is completed, the brain places it in a special memory. The brain no longer gives the project priority or active working status, and bits and pieces of the achieved situation begin to decay.
 - ✓ But failures have no closure. The brain continues to make every effort to come up with a way to fix the mess/failure and move it from *inactive status* or *open ended* to accomplished.
 - ❖ ***Ex. A waiter can recall most orders that haven’t been filled by few that they have already served.***
- How many promises have you made that have not been fulfilled?
 - ✓ What about the promises made to you that haven’t been met?
 - ✓ Who, if anyone, do you believe owes you forgiveness?
 - ❖ ***You can’t control that one.***
 - ✓ How many people are there that *you* need to apologize to and seek forgiveness from?

- ❖ Who do you owe a letter, coffee date, and/or phone call?
- ❖ *You **can** control this one!*
- ✓ **REMEMBER:** *No one say you must receive their forgiveness. That is not yours to make happen. You need only be sincere and ask for it.*
- ✓ Have you asked God to forgive you?
 - ❖ Have you accepted His work on the cross?
 - ❖ Do *you* realize that by His death on the cross, all of our sins were canceled, paid in full, a gift for those who receive Him as the true and only Higher Power, Savior, and Lord?
- ✓ Have you forgiven others that have hurt you?
 - ❖ *This will be one of the most freeing things you have ever done.*
 - It is an **ongoing** process.
 - It is for **your benefit**, not theirs.
 - You are the prisoner that forgiveness sets free.
 - Forgiveness enables you to move **forward**.
 - ❖ **BTW-***You may need to put God's name on your list...*
 - Understand His love for you will not allow Him to harm you.
 - Understand that because of His love He has given all of us the freedom of **choice**.
 - The **anger**, the **bitterness**, and the **hatred** you have toward Him is misplaced and should be aimed at someone else.
 - It was by their **choice** that you were hurt, abused, neglected, or broken.
 - BUT, His shoulders are broad and He can handle it.
- ✓ *List 3 of the individuals you most need to forgive.*
- ✓ *List 3 of the individuals from whom you need to seek forgiveness.*
- ✓ **Have you forgiven yourself?**



- ❖ *Admit that you blew it.*
- ❖ *Admit that you made a mistake(s).*
 - *This is not a matter of assigning the blame to someone else and letting yourself off the hook. This is not a license for irresponsibility. It is simply a sincere acknowledgment that you are human like everybody else and that you've reached the stage in your recovery where you are able to give yourself greater respect.*
- **Over the next few weeks**, I want us to become much more *intentional* in our effort to *help* and be there for one another.
 - ✓ Pass around sheet asking for names and numbers.
 - ✓ Pass out 3x5' index cards asking for names, numbers, and addresses.
- **BEEN THERE, DONE THAT, AND HAS THE SCARES TO PROVE IT SPEAKER**
- **SONG OF INSPIRATION & CONNECTION**
- **TELL US**
 - *What's NOW?*
 - *What's NEW?*
 - *What's NEXT?*
- **WORD OF CHALLENGE OR INSPIRATION**
- **CLOSING SCRIPTURE-Isa 42:16** *I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.*

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Lesson 11

- WELCOME

- OPENING THOUGHT- *Parable of an Overcomer*

- **Romans 5:3-5; James 1:2-4** (substitute *addict* for *dog*)

The parable is told of an old dog that fell into a farmer's well. After assessing the situation, the farmer sympathized with the dog but decided that neither the dog nor the well were worth the trouble of saving. Instead, he planned to bury the old dog in the well and put him out of his misery.

When the farmer began shoveling, initially the old dog was hysterical. But as the farmer continued shoveling and the dirt hit his back, a thought struck him. It dawned on him that every time a shovel load of dirt landed on his back, he should shake it off and step up. This he did blow after blow. "Shake it off and step up, shake it off and step up!" he repeated to encourage himself.

No matter how painful the blows or how distressing the situation seemed, the old dog fought panic and just kept shaking it off and stepping up! It was not long before the dog, battered and exhausted, stepped triumphantly over the wall of that well. What seemed as though it would bury him actually benefited him- all because of the way he handled his adversity.

- If we face our problems and respond to them positively, refusing to give in to a panic, bitterness, or self-pity, the adversities that come along to bury us usually have within them the potential to bless us! Forgiveness, faith, prayer, praise, and hope are some of the biblical ways to shake it off and step up out of the wells in which we find ourselves.
- The *dark hole* you have so often described was your well.
- The farmer represents all bashers of addicts.
 - ✓ Sympathized with the dog but decided that neither the dog nor the well were worth the trouble of saving.

❖ **Sympathy gets you nowhere.**

- ✓ With *empathy* there is *hope*.
 - ❖ Sympathy is feeling *for* someone.
 - ❖ Empathy is feeling *with* someone.
- In one way or another, have you ever been referred to as *not worth the trouble of saving*?
 - ✓ Like the dog, deal with the moment and then form a strategy or get buried.
 - ✓ “Shake it off and step up, shake it off and step up!”
 - ✓ The dog endured pain, distress, panic, was battered, exhausted-
 - ❖ And then *finally* stepped over the edge of the well!
 - What seemed as though it would bury him benefited him- *all because of the way he handled his adversity*.
- **We have a choice of how we will face out problems/adversity-**
 - 1. Give into panic, bitterness, self-pity and be buried by your problems.
 - 2. Or, shake them off through forgiveness, by keeping the faith, prayer, praise, and hope.
 - ✓ Stepping up and shaking it off for your own good.
 - ❖ The same problem, issue, situation, etc... that can *bury you* can also bless you.
 - *Guess whose choice that is!?*

● **WORD FROM TEAM HOPE**

- **VICTORY REPORTS-Psalm 107:9** *For he (God) satisfies the thirsty and fills the hungry with good things. (NLT)*

○ **VICTORY TAGS**

● **BRIANNA'S PRAYER-**

- *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help my Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want a **better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*

- Each week, we will look at the prayer statement by statement.
 - **Lesson 2-** *Please, Lord, look after me and my family.*
 - **Lesson 3-** *Please help me to do the right thing...*
 - **Lesson 4-** *...and to show people that I am not a bad person inside or out...*
 - **Lesson 5-** *...and help me Lord to get through this disappointment again...*
 - **Lesson 6-** *...and know I make mistakes but who doesn't.*
 - **Lesson 7-** *I don't do it to do wrong.*
 - **Lesson 8-** *I do it cuz I feel I have no other choice.*
 - **Lesson 9-** *I want a **better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as what you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In Jesus' name, Amen.*
- **LESSON FOR THE NIGHT-** *Do to me as what you feel is best.*
 - Those *are brave* words!
 - That is a statement that few that call themselves Christians make and mean.
 - On the Thursday evening before the Friday He was crucified, just before that first Easter Sunday, Jesus was in the garden called Gethsemane.
 - ✓ He knew what the next hours would hold and He wasn't excited about what was going to be.
 - ✓ He spent time in prayer and was so intense with it that His sweat drops of blood.
 - The story also goes that He was so near death from the anguish and internal hurt that God sent angels to strengthen and encourage Him.
 - ✓ Desperation has brought many a man and woman to their knees.
 - ❖ In return, it has strengthened them for what was ahead.
 - **Jesus' prayer did not save him from the trials and pain that were ahead.**
 - ✓ *His prayer strengthened Him for them.*



- *What is going on in your life that is worthy of praying through the pain?*
 - *What is it in your life that you need strengthened for?*

- **BREAK**

- ***BEEN THERE, DONE THAT, AND HAVE THE SCARS TO PROVE IT MOMENT***

- **WORD OF CHALLENGE OR INSPIRATION**

- ***CLOSING SCRIPTURE-Gal 6:2-5 Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are the oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived. Make a careful exploration of who you are and the work you have been given and sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.***

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Lesson 12

- **WELCOME**

- **OPENING THOUGHT- Reflection from past week.**

- Did you make your list of those who *should* give/receive forgiveness?
- Have you thought about the best way to approach them?
 - *Let us know if you would like to talk about this or could use some help brainstorming.*

- **WORD FROM *TEAM HOPE***

- **VICTORY REPORTS**

- **1 Thessalonians 5:11-** *Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.*
- **Psalm 107:9-** *For he (God) satisfies the thirsty and fills the hungry with good things. (NLT)*
- **VICTORY TAGS-**

- ***BRIANNA'S PRAYER-***

- *Please, Lord, look after me and my family. Please help me to do the right thing and to show people that I am not a bad person inside or out and help me Lord to get through this disappointment again and know I make mistakes but who doesn't. I don't do it to do wrong. I do it cuz I feel I have no other choice. I want **a better life**, Lord, I do. Please help me. Do to me as what you feel is best. I surrender to you. In Jesus' name, Amen.*
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 - **Lesson 4-** *...and to show people that I am not a bad person inside or out...*

- **Lesson 5-** *...and help me Lord get through this disappointment again...*
 - **Lesson 6-** *...and know I make mistakes but who doesn't.*
 - **Lesson 7-** *I don't do it to do wrong.*
 - **Lesson 8-** *I do it cuz I feel I have no other choice.*
 - **Lesson 9-** *I want a **better life**, Lord, I do.*
 - **Lesson 10-** *Please help me.*
 - **Lesson 11-** *Do to me as you feel is best.*
 - **Lesson 12-** *I surrender to you.*
 - **Lesson 13-** *In Jesus' name, Amen.*
- **LESSON FOR THE NIGHT- *I surrender to you (Jesus).***
- **In this situation**, please know that **surrender** is a strength not a weakness.
 - **In this situation**, **surrender** is a **victory**, not a *loss*.
 - **In this situation**, to **surrender** is to *recognize, realize, and admit I can't beat this on my own.*
 - ✓ You are not surrendering, giving in, to the enemy, but you are giving yourself over to the One that can and will lift you above it all.
 - **When you come to this moment in life**, you are standing on the fine line between *all that has been* and *all that can be*.
 - Some have called this the *meeting point of hope and history*.
 - A place where what has happened is met by what we make of it.
 - ***Together we stand!!!***
 - That is why you have the phone cards we filled out *together*.
 - That is why many of you have a *group* on Facebook.
 - That is why many of you look forward to Wednesday (your chapter meeting day) evenings.
 - **I can't, you can't do it on your own.**
 - If you think you *have*, you are only separating yourself from the herd.
 - ✓ The *beast of prey* goes after the *one running alone*.
 - **I can do only so much for you and I will do my best to do just that.**
 - All *Team Hope* members are the same way.
 - ***The rest of it belongs to you.***

- ✓ *I cannot save you. I am not here to save you or the world. All I can do- what I am called to do- is to plant myself at the gates of HOPE. Some will enter in and some will walk on by.*

But until my dying breath I will stand here every day and call out till my voice is gone and call and urge and plead with you to enter into this life of love and beauty He has for you.

- ✓ ***It is one thing to surrender your addiction to Christ.***
 - ❖ But as I have told you from **Lesson 1**, we are not about the **addiction** we are about the **addict**. We are not about the **struggle** nearly as much as we are about the **struggler**.

○ ***How do you do all of this?***

- You **TURN!**
 - ✓ Trust
 - ✓ Understand
 - ✓ Repent
 - ✓ New Life
- **Trust-**
 - ✓ Daily we trust our lives into the hands of complete strangers.
 - ✓ Every driver on the road has the potential to take us out.
 - ✓ The cook in the restaurant.
 - ✓ The mechanic that works on our car.
 - ✓ The pharmacist
 - ✓ Our children to the babysitter.
 - ✓ ***Why is it so hard to trust our lives to the care of God?***
 - ❖ *Remember, it is your **choice** not **chance** that determines your destiny.*
 - ❖ *And that decision only requires **trust**, putting your **faith** into action!*
 - ❖ And what is faith?



- ***Faith*** is the substance of things hoped for and the evidence of things not yet seen.
 - It is simply taking God at His word.
 - **Romans 10:9-** If you declare with your lips, “Jesus is Lord,” and believe in your heart that God raised Him from the dead, you will be saved.
 - Know and remember this- Our salvation depends on God’s love for us, not our love for Him.
- ***Understand***
 - ✓ After **you** have asked Jesus into your life, **you** need to begin to seek His will for your life in all your decisions. You need to get to know and understand Him and what He wants for your life.
 - ✓ **Proverb 3:5-6** *Trust in the Lord with all your heart and lean not on your own understanding but acknowledge Him in all of your ways and He will make your paths strait.*
 - ❖ Remember, we operate and understand within the limits of the physical.
 - ❖ We are human to the core. Limited. Finite.
 - ✓ God has **NO** such limitations.
 - ✓ We see now. God sees forever.
 - ❖ Know this, you do not have to understand everything.
 - We were not created to.
 - ❖ Someday, the fog on the mirror will disappear and we will see and understand in a Christlike way.
 - ***Repent***
 - ✓ *True repentance* means to take God’s point of view on our lives instead of our own.
 - ✓ To **repent**, you need to do two things:
 - ❖ Turn away from your sin.
 - ❖ Turn toward God.

- **Romans 12:2-** *Don't let the world around you squeeze you into its own mold, but let God remake you so that your whole attitude of mind is changed.*
- ❖ Repentance is more than trying to avoid punishment.
- ❖ Repentance is a turning to God.
- **New Life**
 - ✓ The **new life** comes from ***trusting, understanding, and repenting.***
 - ✓ Life is not just meant to be lived, it is meant to be lived to the fullest. It is meant to be a joyous experience not just a predicament that precedes death.
 - ❖ **Imagine** freedom at its best.
 - ❖ **Imagine** joy unspeakable.
 - ❖ **Imagine** becoming the *new you* that *you* so want to be.
 - ❖ **2 Cor. 5:17-** *When anyone is joined in Christ he/she is a new being; the old is gone, the new has come.*
 - ❖ Accept Christ from your heart and it is done for life.
 - ***It is sealed.***
 - ***You cannot lose it.***
 - ***It is sealed/guaranteed by the Holy Spirit.***
 - **Then,** the hard part is the daily commitment of turning your will over to Him.
 - ✓ **HOW**
 - ❖ Read His word
 - ❖ Pray
 - ❖ Get into a fellowship of believers.
 - ✓ **Here is the way.**

Dear God, I have tried to do it all by my own self and on my own power, and I have failed. Today, I want to turn my life over to you. I ask you to be my Lord



and Savior. You are the One and only High Power! I am asking that You help me think less about me and my will. I want to daily turn my will over to You, to daily seek Your direction and wisdom for life. Please continue to help me overcome my hurts, hang-ups and habits, and may that victory over them help others as they see Your power at work in changing my life. Help me to do Your will always. In Jesus' name I pray, Amen.

- **BREAK**

- **WORD OF CHALLENGE AND INSPIRATION**

- **CLOSING SCRIPTURE- Isa 42:16-** *I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.*

ABL BH-Brianna's Prayer Study Guide

Lesson 13

● OPENING THOUGHT-*Flawed but Fruitful* 2 Corinthians 4:7-12

○ Grace; Weaknesses

- *A house servant had two large pots. One hung on each end of a pole that he carried across his neck. One of the pots had a crack in it. At the end of the long walk from the stream to the master's house, the cracked pot arrived only half full. The other pot was perfect and always delivered a full portion of water.*

For two years the servant delivered each day only one and a half pots full of water to his master's house. The perfect pot was proud of its accomplishments, but the poor cracked pot was ashamed of its own imperfection, and miserable over accomplishing only half of what it had been made to do.

After two years of what it perceived to be bitter failure, the cracked pot spoke to the servant one day by the stream.

"I am ashamed of myself, and I want to apologize to you."

"What are you ashamed of?" asked the bearer.

"For these past two years I have been able to deliver only half my load because this crack in my side causes water to leak out all the way to your master's house. Because of my flaws, you don't get full value from your work."

The servant said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." As they went up the hill, the cracked pot noticed the beautiful wildflowers on the side of the path. When they reached the house, the servant said to the pot, "Did you notice the flowers grew only on your side of the path, not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick beautiful flowers to decorate my master's table."

- ***Each of us has flaws. But if we allow it, the Lord will use our flaws to grace his Father's table.*** Citation: Submitted by Phillip Gunter, Round Rock, Texas; source unknown
 - A few cracks?
 - ✓ Some places where the brokenness is obvious?
 - ✓ Ever felt less than other?
 - ✓ Ever wonder what your purpose is or if you even have one?
 - ✓ How many of you have had your life watered(inspired, touched, changed) by someone that is here tonight?
 - You have watered my life.
 - ✓ YOU have taught me a great deal about who I am, who I am not, and who I should be.
 - ✓ YOU have reminded me of the value of life-everyone's life.
 - ✓ I count it a privilege to call YOU friend.

- **WELCOME**

- **WORD FROM TEAM HOPE-***Have you made your list of 3 people you need to ask to forgive you? Anything we can do to help?*

- **VICTORY REPORT-1** *Thessalonians 5:11* **Speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep doing it.**

- **2 Timothy 1:7** *God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

- **VICTORY TAGS**

- **BRIANNA'S PRAYER-**

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 - **Lesson 12-***I surrender to you.*
 - **Lesson 13-***in Jesus' name, Amen.*

- **LESSON FOR THE NIGHT-*In Jesus' name, Amen.***
 - When we pray, we are to pray in the name of Christ.
 - We are to seal it/proclaim it in His name.
 - ✓ The name above all names.
 - Amen= so be it.

- **GUEST SPEAKER**

- **CLOSING SCRIPTURE-Jeremiah 29:11** *11For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. 12Then you will call upon me and come and pray to me, and I will listen to you. 13You will seek me and find me when you seek me with all your heart. 14I will be found by you, declares the Lord, and will bring you back from captivity. (NIV)*