

Repentance and Recovery

Addiction in America

Lesson 2

Review

This series will focus on Biblical principles used in the 12 step process of addiction recovery.

Steps to Repentance

1. Realization

that a change is needed

2. Reform

in behavior

3. Resilience

to continue the reformed behavior

Review

I John 1:5-10

⁵ This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶ If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

⁸ **If we claim to be without sin, we deceive ourselves and the truth is not in us.** ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰ If we claim we have not sinned, we make him out to be a liar and his word is not in us.

Review

Mark 2: 15-17

¹⁵ And as he sat at table in his house, many tax collectors and sinners were sitting with Jesus and his disciples; for there were many who followed him. ¹⁶ And the scribes of the Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, “Why does he eat with tax collectors and sinners?” ¹⁷ And when Jesus heard it, he said to them, “Those who are well have no need of a physician, but those who are sick; **I came not to call the righteous, but sinners.**”

Commonly misused legal drugs

Opiates

- Codeine (Tylenol #3 & 4, cough suppressants)
- Dextromethorphan (DXM)
- Hydrocodone (Vicodin, Lorcet),
- Oxycodone (Percocet, Tylox, OxyContin)
- Oxymorphone (Opana ER)
- Fentanyl (Duragesic, Actiq, Sublimaze)

Prescription Stimulants

- Adderall and Ritalin

Alcohol

Marijuana ?

Commonly misused illicit drugs

- **Marijuana** is addictive **18%** of patients entering treatment reported marijuana as their primary drug of choice **17%** will become addicted if they start using in their teens **25-50%** of daily users become addicted Early use predicts other drug use and drug problems.
- **Alcohol** is still the most abused drug. It is legal (for those over 21), fairly acceptable in society, and easily obtainable.
*“By 12th grade, **55.6%** of students have used alcohol in the past year and **15.5%** are binge drinkers Binge drinkers - 4/5 drinks in a row within past two weeks”*
- **Methamphetamine** is a powerful CNS stimulant. Easy to make. It increased purity - from 12% to 90+% in the last several years. Cheap and long-lasting effects. A.K.A. “meth, crank, crystal, ice, glass”

Commonly misused illicit drugs

- **Cocaine** is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America.
- **Ecstasy (MDMA)** is a synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline.
- **K2/Spice** includes a wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes misleadingly called “synthetic marijuana” and marketed as a “natural,” “safe,” legal alternative to marijuana.
- **LSD** is a hallucinogen manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains.
- **PCP** is a dissociative drug developed as an intravenous anesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality.
- **Many others!!!** Unfortunately.



Before and After Photos of addicts

The purpose in showing these images is to illustrate that no rational person starts out to be an addict. It gets hold of them, and they have few choices.



Rationalize

=

Ration Lies

To ourselves



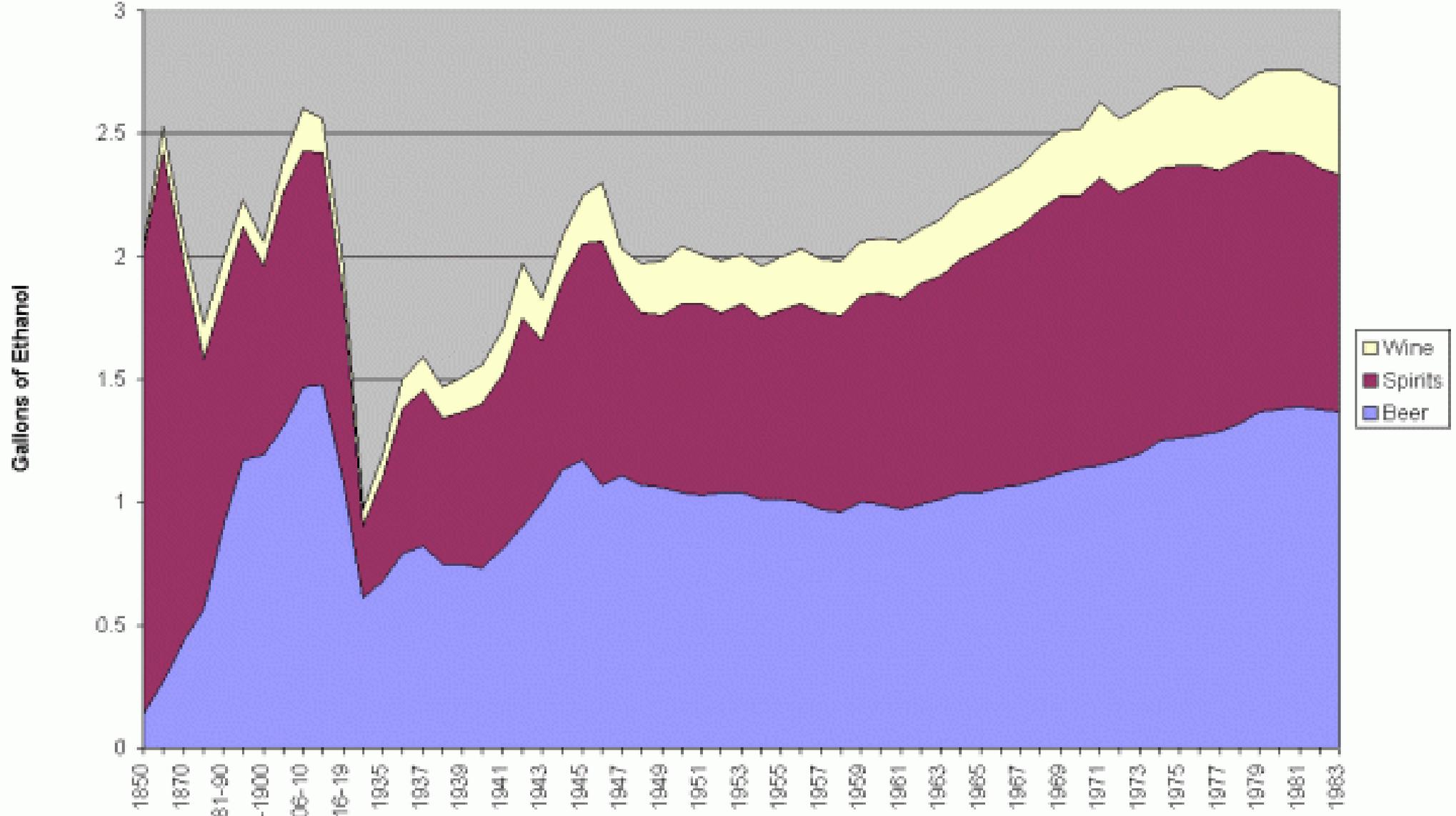
Did Prohibition actually work?

18th Amendment (January 16, 1920-December 5, 1933)

By 1916, 23 of 48 states had already passed laws against saloons and production

- Liver cirrhosis death rates for men declined **64%** from 1911 to 1929.
- Admissions to state mental hospitals for alcoholic psychosis declined **53.4%** from 1919 to 1928.
- Arrests for public drunkenness and disorderly conduct declined **50 %** between 1916 and 1922.
- For the population as a whole, the best estimates are that consumption of alcohol declined by **30** to **50** percent.
- Following the repeal of Prohibition, alcohol consumption increased.

Gallons of Ethanol from Beer, Spirits, and Wine Per Capita of the Drinking-Age Population



Source Ohio State University

History of the 12 Step

- The stimulus for Prohibition was rampant alcoholism
- After Prohibition, the problem accelerated
- The **Oxford Group** was a **Christian fellowship** founded by American Christian missionary Dr. Franklin Nathaniel Daniel Buchman in 1908.
- The **Oxford Group** utilized what they called the five C's:
 - Confidence
 - Confession
 - Conviction
 - Conversion
 - Continuance

Founders of AA

Bill Wilson

- An alcoholic who had ruined a promising career on Wall Street by his drinking.
- Failed to graduate from law school because he was too drunk to pick up his diploma
- His drinking damaged his marriage
- He was hospitalized for alcoholism at Towns Hospital four times in 1933-1934 and was treated by A Dr. Silkworth
- Had been a member of the Oxford group

Dr. Bob Smith

- While a student at Dartmouth College, Smith started drinking heavily
- Almost failed to graduate from medical school because of his drinking
- Opened a medical practice and married, but his drinking put his business and family life in jeopardy
- For 17 years Smith's daily routine was to stay sober until the afternoon, get drunk, sleep, then take sedatives to calm his morning jitters.

Founders of AA

Bill Wilson moved into Bob and Anne Smith's family home in Akron, Ohio. The men made plans to take their message of recovery on the road. During this period, however, Smith returned to drinking while attending a medical convention. During his stay at the Smith home, Wilson joined Smith and his wife in the Oxford Group's practice of morning guidance sessions with meditations and Bible readings. The Bible's *Book of James* became an important inspiration for Smith and the alcoholics of the Akron group. Wilson spent a month working with Smith, and Smith became the first alcoholic Wilson brought to sobriety. Smith's last drink was on June 10, 1935 (a beer to steady his hand for surgery), and this is considered by members to be the founding date of AA.

Early work

Two realizations came from Wilson's early work:

1. The first was that to remain sober, an alcoholic needed another alcoholic to work with.
2. The second was the concept of the 24 hours—that if the alcoholic could resist the urge to drink by postponing it for one day, one hour, or even one minute, he could remain sober.

Early work

The basic program developed from the works of William James, Dr. Silkworth, and the Oxford Group. It included six basic steps:

1. We admitted that we were licked, that we were powerless over alcohol.
2. We made a moral inventory of our defects or sins.
3. We confessed or shared our shortcomings with another person in confidence.
4. We made restitution to all those we had harmed by our drinking.
5. We tried to help other alcoholics, with no thought of reward in money or prestige.
6. We prayed to whatever God we thought there was for power to practice these precepts.

II Corinthians 7:8-10

⁸ For even if I made you sorry with my letter, I do not regret it (though I did regret it), for I see that that letter grieved you, though only for a while. ⁹ As it is, I rejoice, not because you were grieved, but because you were grieved into repenting; for you felt a godly grief, so that you suffered no loss through us. ¹⁰ **For godly grief produces a repentance** that leads to salvation and brings no regret, but worldly grief produces death.