

## FREE N ONE - MEETING FORMAT

1. Hi my name is \_\_\_\_\_ and I am a (grateful delivered, blessed), recovering addict/alcoholic. Are there any other recovering addict/alcoholics in the room and if so can you please raise your hand.
2. Is there anyone here with less than 30 days of being free from your addiction will you please raise your hand. Learning how to be free is the key. Keep coming back it works.
3. Welcome to the \_\_\_\_\_ night Free N One Zoom meeting.
4. Free N One is built on two (2) scriptures John 8:32 and John 8:36. (32) You shall know the truth and the truth shall make you free. (The word “know” in this text means to “live” in the Greek translation). So you shall “live” the truth and the truth shall make you free! (36) And who the Son sets free shall be free indeed!
5. Read:  
A. What We Believe

### *Free N One* **WHAT WE BELIEVE**

We believe that alcohol and drug addictions are symptoms of a sinful behavior. We believe persons using drugs/alcohol and the love ones that are affected by their using must find freedom. We believe that this freedom is found in establishing a personal relationship with Jesus Christ and living His Word. We believe that the Church will lead the battle in the war against drug and alcohol addiction, once the Church has been trained in the area of recovery. We believe drugs and alcohol addiction crosses denominational lines so denominations must band together to win this battle. We believe that family members and love ones are deeply affected by the addicted person's behavior and before freedom takes place recovery must take place. We believe that this is a winnable war!

B. Who is this program for?

### **WHO IS THIS PROGRAM FOR?**

**Free N One** is designed for anyone who is tired of being in bondage to any kind of mind altering chemical that is destroying their life.

**Free N One** is there to help any one that is tired of struggling day in and day out, year in and year out on a never ending roller coaster ride that won't let you off!

**Free N One** is a rescue for any one that has been existing from day to day instead of living victoriously in Christ.

**Free N One** is for any one that has been destroying their families and love ones lives and everything they touch.

**Free N One** is for any one that is tired of seeing the sun come up once again knowing you have to continue drinking and using and lying to your love ones about the night before!

**Free N One** is for any one that is tired of the tears, tired of the wasted years, tired of the failures.

**Free N One** is for any one that is tired of being tired!

Yes this program is for you!

So remember you did not become an addict/alcoholic over night, so easy does it. If you live this program you will be free!

### C. 12 Spiritual Ways to Recovery

#### 12 Spiritual Steps To Recovery

1. We admitted that we could not control our addiction and our lives became unmanageable (Romans 7:15-25)
2. Learned to believe that God can and will restore us to a right relationship with Him through Jesus Christ. (Matthew 11:28-30, Romans 3:22-23, Romans 5:9-10)
3. Made a quality decision to let God have complete control over our will and lives through His Word. (Joshua 24:15, Psalms 119:4, Proverbs 3:5-6, Matthew 6:24, 33)
4. Made a thorough and fearless moral examination of ourselves on paper. (2 Corinthians 13:5)
5. Confessed to God in the name of Jesus and admitted to ourselves and unashamedly admit the exact nature of our wrongs to another human being. (Proverbs 28:13, James 5:16, 1 John 1:9)
6. Became entirely ready to have God take away all these blocks to our freedom in Christ. (Galatians 5:1, Hebrews 12: 1,2, Psalms 86:10-13, Psalms 119:57-59)
7. Humbly asked God in the name of Jesus and thanked Him for His mercy and for giving us the strength to overcome our faults. (John 16:24, 1 Peter 5: 6-10, James 4:10, Psalms 51:10, Psalms 19:12-14)
8. Wrote down all those persons we had harmed and became willing to make restitution to them all. (Matthew 5:23-24, Luke 19:8-10)
9. Made direct restitution to such persons whenever possible except when to do so would injure them or others. (James 5:16 Luke 6:31, 36-37)
10. Examined ourselves daily to see if we are being doers of the Word and not just hearer only. If wrong promptly confess it. (James 1:22, James 5:16, 1 John 1:8-10, Ephesians 4:26)
11. Continue to pray, study and meditate on the Word, and maintain consistent fellowship with believers, to improve our relationship with God. (Joshua 1:8, Psalms 1:1-3, 1 Thessalonians 5:17, 2 Timothy 2:15, Hebrews 10:25)
12. Having had a born again experience and having been freed from our addiction we shared our testimony with those who are still in bondage and continued to be doers of the Word in all our affairs. (Matthew 28:19-20, Romans 1:16, Galatians 5:1 and 13, 1 Timothy 6:18, John 3:3)

6. We read from Understanding Christian Drug and Alcohol Recovery written by Dr. Ronald Simmons, you can read along or purchase your copy at Amazon.com. Please mute your device, and raise your hand by waving to your camera or using your raised hand symbol on your device. Please be patient this is new to all of us.
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#### **Call Teacher up**

7. The Teaching begins.
  8. Open up for sharing.
  9. To keep these meetings operating we are self-supporting. Send all donations to No gift is to small
  10. Speaker
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#### **Celebrating Clean and Sober Time**

11. It is customary at this meeting to acknowledge various length of being free from all mind-altering substance, alcohol included. At this meeting we acknowledge 30 days - 60 days – 90 days - 6 months - 9 months - After 9 months you are well on your way to a year. If you are coming up on a year please see the secretary.
12. Do we have any Birthdays in the room? (Let them speak for 5 min.)
13. Pray out