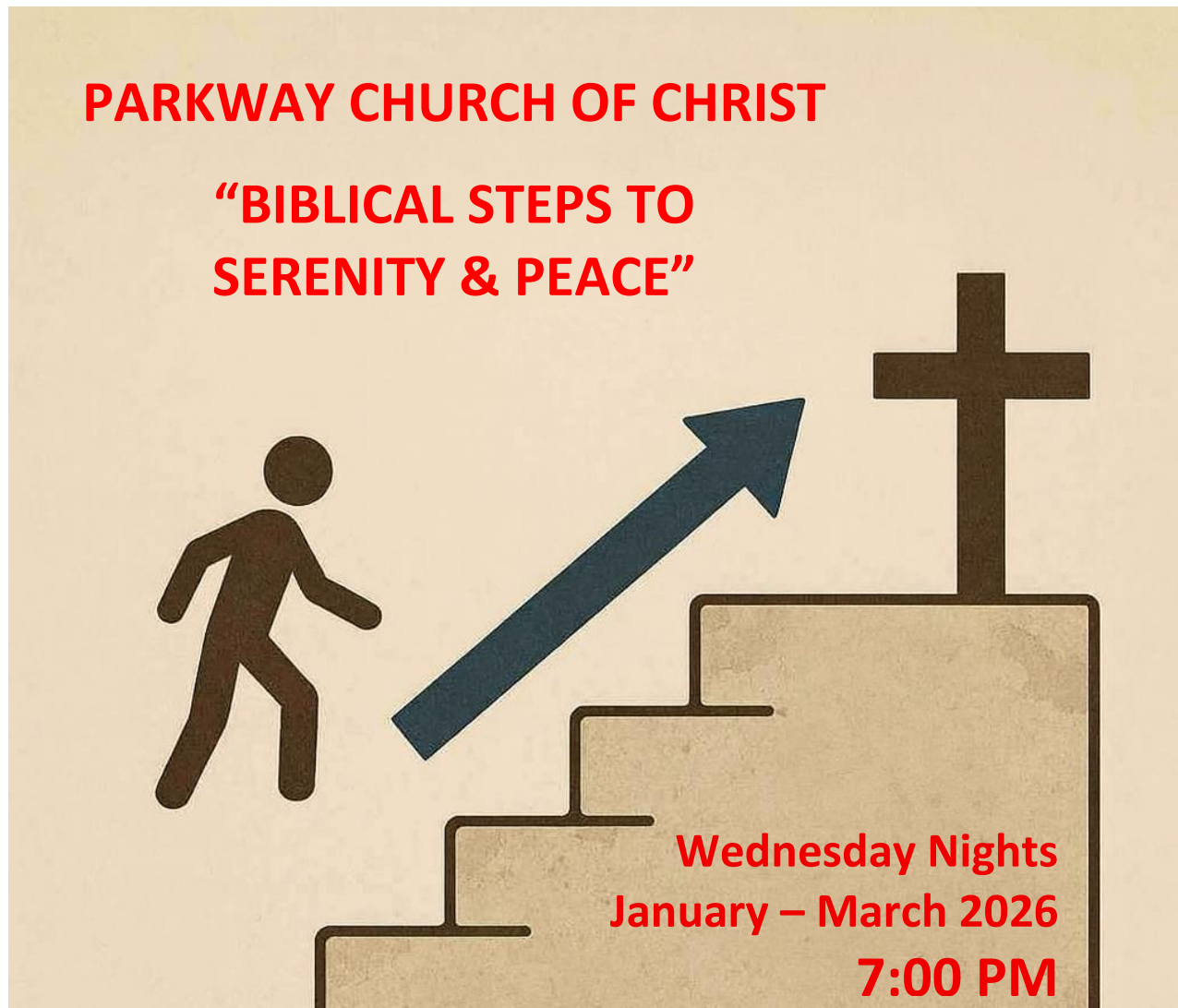


Struggling with compulsive behaviors?

Addiction is one of the strongest weapons in Satan's arsenal. One recovery program describes addiction as "cunning, baffling, and powerful." The Bible admonishes us to "be sober, be vigilant; because your adversary the devil prowls around like a roaring lion, seeking whom he may devour" (1 Peter 5:8).



Whether you think you may need help or want to help others, we invite everyone to learn more about a Biblical approach to recovery. Scan QR code to learn more about this class and the Parkway Recovery Ministry.



BIBLICAL STEPS TO SERENITY & PEACE

- **SPIRITUAL AWAKENING:** Therefore He says: “Awake, you who sleep, arise from the dead, and Christ will give you light.” **Ephesians 5:14**
- **PEACE WITH GOD:** Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ. **Romans 5:1**
 - Step 1 – I can’t. **Romans 7:18**
 - Step 2 – God can. **Philippians 2:13**
 - Step 3 – I think I’ll let Him. **Romans 12:1**
- **PEACE WITH OURSELVES:** Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. **Hebrews 12:11**
 - Step 4 – Look at me. **Lamentations 3:40**
 - Step 5 – Tell you about me. **James 5:16a**
 - Step 6 – I’m ready to let go. **James 4:10**
 - Step 7 – Ask God to remove my defects. **1 John 1:9**
- **PEACE WITH OTHERS:** Pursue peace with all people, and holiness, without which no one will see the Lord. **Hebrews 12:14**
 - Step 8 – Make a list. **Luke 6:31**
 - Step 9 – Make amends. **Matthew 5:23-24**
- **MAINTAIN THE PEACE:** The peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. **Philippians 4:6-7**
 - Step 10 – Look at me again. **1 Corinthians 10:12**
 - Step 11 – Talk and listen to God. **Colossians 3:16a**
- **GIVE PEACE AWAY:** How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things! **Romans 10:15b**
 - Step 12 – Tell others. **Galatians 6:1**