



Unity Church
ORPINGTON

Freedom from addiction

SEEK & FIND · A FOUR-WEEK GUIDE

Whether it's alcohol, drugs, gambling, pornography, gaming or something else, you're not beyond God's love and you're not beyond help. There's no shame in asking. There's courage in it.

“So if the Son sets you free, you will be free indeed.”

John 8:36 (NIV)

Name _____ Start date _____

BEFORE YOU START

How to use this guide

Set aside about ten minutes, five days a week. Find a quiet spot, a Bible (or a Bible app), and a pen.

1. **Read** the day's short passage, slowly. Tick the box when you're done.
2. **Try** the week's simple practice in everyday life.
3. **Reflect** at the end of the week, and jot down what you noticed.
4. **Pray**, even if it's just: "God, help me to know you more."

Missed a day? No guilt. Just pick up where you left off. This isn't a test; it's an invitation.

THIS GUIDE IS FOR YOU IF YOU'RE...

Struggling with something
you can't stop on your own

Starting again after a
relapse

Supporting someone you
love

YOUR FOUR WEEKS

WEEK 1

Be honest

WEEK 2

Get support

WEEK 3

One day at a time

WEEK 4

Hope and belonging

You don't have to walk it alone

Find a friend to do this with you, or ask someone at Unity Church to check in with you each week. Call the office on 07723 291151.

Be honest

Freedom starts in the light. God already knows everything, and he still loves you.

READ: ONE A DAY

☐	DAY 1	Psalm 32:1–5	
☐	DAY 2	Psalm 139:1–12	
☐	DAY 3	1 John 1:5–9	
☐	DAY 4	Luke 15:11–24	
☐	DAY 5	Psalm 34:4–8	

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Tell one trusted person, and book an appointment with your GP.

REFLECT

What has hiding cost you?

Who is safe to be honest with?

A PRAYER FOR THIS WEEK

Get support

We weren't meant to carry heavy loads alone. Asking for help is a sign of strength.

READ: ONE A DAY

☐	DAY 1	Galatians 6:1–2	<hr/>
☐	DAY 2	Mark 2:1–12	<hr/>
☐	DAY 3	Exodus 17:8–13	<hr/>
☐	DAY 4	Ecclesiastes 4:9–12	<hr/>
☐	DAY 5	James 5:16	<hr/>

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Contact a support service from the back of this guide, or go to one recovery meeting.

REFLECT

Who can carry this with you?

What support would help most right now?

A PRAYER FOR THIS WEEK

One day at a time

Recovery happens today, not all at once. God gives grace for each day as it comes.

READ: ONE A DAY

☐	DAY 1	Matthew 6:25–34	
☐	DAY 2	Lamentations 3:21–24	
☐	DAY 3	1 Corinthians 10:13	
☐	DAY 4	Hebrews 4:14–16	
☐	DAY 5	Philippians 4:11–13	

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Notice your triggers and plan what you'll do instead. Pray when cravings come.

REFLECT

What helped today?

What are your biggest triggers, and your plan for them?

A PRAYER FOR THIS WEEK

Hope and belonging

You are not defined by your past or your struggle. In Christ there is a new start, and a family to belong to.

READ: ONE A DAY

☐	DAY 1	Romans 8:1–2	_____
☐	DAY 2	Romans 8:31–39	_____
☐	DAY 3	2 Corinthians 5:17	_____
☐	DAY 4	Isaiah 43:18–19	_____
☐	DAY 5	Micah 7:7–8	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Build a small circle of support. If you slip, come back. It isn't the end.

REFLECT

What does a free life look like for you?

Who is in your circle of support?

A PRAYER FOR THIS WEEK

You are not alone

Need help right now?

999 if someone is in danger or may have overdosed · **NHS 111** for urgent medical advice ·
Samaritans 116 123, free, any time

Faith and treatment, together

Addiction is a real health condition. Prayer and church family are a powerful part of recovery, alongside proper medical and specialist support, never instead of it.

Important: if you drink heavily every day or use certain drugs, stopping suddenly can be dangerous. Please speak to your GP before you stop.

TRUSTED ORGANISATIONS

NHS addiction support

Speak to your GP, or visit [nhs.uk](https://www.nhs.uk)

Talk to FRANK

Drugs advice · talktofrank.com

Alcoholics Anonymous

alcoholics-anonymous.org.uk

Narcotics Anonymous

ukna.org

GamCare

Gambling support · gamcare.org.uk

Samaritans

Call free on 116 123, any time

MY CIRCLE OF SUPPORT

Name	Number
Name	Number
Name	Number
Name	Number

AFTER FOUR WEEKS

Keep going

Well done for taking these steps. Looking back over the last four weeks, what has changed?

YOUR NEXT STEP COULD BE TO...

- Ask for a confidential chat with our pastoral team
- Join the Men's Wellbeing Group, open to all
- Come on Sunday at 10:30am. You'll be welcome as you are.

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

COME AS YOU ARE

There's a seat saved for you this Sunday.

SUNDAYS

10:30am

Unity Church, Rye Crescent
Orpington BR5 4NH

CONTACT

Office 07723 291151

Monday & Wednesday mornings

ONLINE

unitychurch.uk

Seek & Find pathways