

Lifestyle Changes

Things I do that support my addiction?	Things I <u>can do</u> that support recovery?
Friends I hang around with that support my addiction?	Friends that <u>support</u> my recovery?

Lifestyle Changes

People who use drugs or drink excessively often continue to live a life of an addict and then wonder why they are unable to overcome their addiction. What do I mean by, "live a life of an addict?" An alcoholic, for example, goes to the bar every night and hangs out with the same old crowd. He is surrounded by alcohol and people who drink. Is it any wonder why he is unable to quit?

Changing your lifestyle is a necessary part of recovery. You cannot do the same things you have always done and expect to recover from drug and alcohol abuse. It simply does not work that way. You must make significant changes in what you do and who you hang around with. Until you do that, recovery will be an ever elusive goal. Identify those things that you want to change and a plan to make it happen.

Our friends have a tremendous influence on our lives. Those friends who embrace and support Christian living will encourage you to live for God. Conversely, friendships that delight in sin will drive you further from holy living and a healthy relationship with God through Christ. Keeping old friendships at a healthy distance is required since *old habits* tend to follow *old friendships*.

New friends and Christian relationships must be an integral part of your recovery in Christ. This is common sense and a biblical command:

Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? (2 Corinthians 6:14)

Paul is emphatic in his exhortation: The committed Christian should no longer associate on a deep and personal level with those who do not live their life for Christ. This seems rather harsh, but it is something most Christians know is wise advice. I want to make it clear that this attitude is not born out of arrogance but necessity. Old relationships with those who promote habits and attitudes counter to recovery will lead to frustration and possibly even relapse. It is a matter of common sense that those who do not believe in Jesus Christ and reject the Bible as God's revealed truth have a different view on life.

As you work through this exercise, identify lifestyle changes that are necessary to achieve recovery. Identify also those friends that will support you in your efforts. Focus on both and you will succeed!