

Acceptance - “I don’t like her life - her choices. In fact I hate it. But I accept that this is outside my ability to control. I can’t change anything. I do love her. But I step forward to live life.” ~ A dad ~

“Our home is the place to gather and celebrate. Holidays. Special events. We love to make memories and share dreams. Photos highlight family life ... except for the smile of our youngest daughter. She hasn’t been home for any gatherings over the last two years. That’s when we handed her the list of facilities that could walk her through addiction recovery. We offered to drive her to a center where she could get professional help. If not - she needed to leave our home and find a place to live on her own.

Homeless. That implies there is no home - no family. She calls now and then. Recently we met at a park. Munched on tacos. Visited. Laughed. Prayed for her. After hugs & kisses, she walked down the street. We drove home. Then tears came. Yet we’ve learned to dive into the peace that only streams from Abba.



**STEP
Core Lesson 5**

- Acceptance
- Detach
- Pursue Life

Detach: [verb] to separate yourself from someone or something

Some family members cringe when discussing detachment. There is a misunderstanding that detaching is an attempt to disown or reject a loved one. Not true. We don’t detach in relationship. Sons will always be sons. Parents will always be parents. Love remains.

Yet for a **season of time** we may need to allow separation in one or more areas:

- ♦ emotionally ♦ physically ♦ financially ♦ socially (in fellowship)

Detachment involves removing ourselves from unhealthy roles. We stop manipulating situations (paying bills, providing transportation, etc.) that have hindered them from taking on adult responsibilities. Our actions scream out: *“You’re lucky to have me helping you through life because you can’t make it on your own!”* We resign from crisis control duty. Our unhealthy behaviors have to stop. Let’s change environments that create resentment.

One challenge that mentally blocks detachment is the thought of addiction as a disease. We want to support those who are ill, but take on the role of rescue or cure. If a loved one required an operation to remove a tumor, we would never step in as the surgeon. Yet we turn our home into a detox or rehab center. We assume the job of a therapist - or perhaps take on the role of God. Does healing come from God? Can He restore? Let’s face this honestly, we may hinder the healing process with our interference and good intentions.

Finally, in order to protect ourselves from suffering we may need to separate physically or emotionally for a season of time. It may be necessary to say: *I love you unconditionally. But for now - there are conditions on my involvement in your life.* Separate ourselves from circumstances & set boundaries. The result may be stronger, healthier relationships. Taking care of ourselves is actually an act of love. We pursue a fulfilling life regardless of circumstances. When ones we love witness intentional changes we make to live a healthier, more prosperous life - it gives them hope in recovery.

Detachment is neither kind nor unkind.

It does not imply judgment or condemnation of the person or situation from which we are detaching.

It is simply a means that allows us to separate ourselves from the adverse effects that another person's choices can have upon our lives.

~Alcoholics Anonymous ~

“The Big Five Ways to Show Love” *

You may be accused of not loving him when you cut off finances or decline your home as his residence. You can balance the new boundaries or consequences with opportunities that show you care. How? Be intentional: ***Practice showing love.***

1. **Words of encouragement** - Disapproval is heard twice as loud as approval. Be generous with encouragement.
2. **Letters** - Write words that cast visions of good health, well-being and hope that can be read again and again.
3. **Hugs** - This type of physical interaction is irreplaceable. It’s a worldwide indication of affection.
4. **Prayers** - There is no greater way to love than to lift someone up in prayer.
5. **Share a meal** - Sharing meals in neutral locations like a restaurant or park opens the door for encouragement.

*Adapted from Mike Speakman’s The Four Seasons of Recovery for Parents of Alcoholics and Addicts. Pages 56-57. 2014

Pursue the life God has designed for you.

*God is able to make all grace abound to you,
so that in all things at all times,
having all that you need,
you will abound in every good work.*

~ II Corinthians 9:8 ~

God loves you! He desires for you to live a life of great significance – of joy – of value. As you work through yielding your loved one’s life to God, you can also boldly pursue the life created for you. So, step out of the shadows. Fear? Anger? Guilt? No. No more.

Jesus did not come to give us a mediocre life. He came that we can have life and have it more abundantly. (John 10:10) ***So-go step into life!***

If You're Tired of Falling - Learn How to Fly

For over a decade our lives were held hostage in the world of addiction. Initially we were trapped in the chaos of crisis. We reacted to the emergencies and needs of our son from a place of fear and ignorance. Our reactions drew us deeper into pain. We hindered the possibility for our son to receive hope from God because we often interfered in our attempts to rescue and control. Eventually we retreated from life. We avoided family gatherings and withdrew from friendships. Exhaustion and failure served as our constant companions. Our lives were stripped to the necessities of survival.

So - what changed? We did. We yielded our life to live from the victory of Jesus. We leaned into the power and authority of His Holy Spirit to live with joy and hope. We received support and insight from a support group. We held ourselves accountable to trust the spiritual process the Lord puts in place for our son to receive truth and life. With the fullness of understanding, we were free from a deceptive illusion of control that had held us captive. So, we released our grip on circumstances and threw ourselves into God's arms.

Here's the amazing thing. We didn't get our old lives back. We received new and improved lives. Over time we find ourselves releasing new circumstance or control and we fall into God's arms again and again. Is this absolute trust? Yes - and we ask Him for strength to receive greater faith. As a result we find ourselves in other situations where we know we have to let go. So - here is that awesome thing. While we're grateful to have God catch us - in this process we have discovered that He teaches us to fly. To soar above the trials. To glide through the turmoil. With our eyes focused on Christ, we now experience a life in which *at all times we have all that we need to abound in every good work* designed especially for us by God. Now that's awesome! ~J&K~

**When pushed to the edge of difficulty
you can trust God. Two things can happen:**

**Either God will catch you when you fall -
or He will teach you how to fly.**

~ Author Unknown ~



Step Into His Word

Forget the former things; do not dwell on the past.

See, I am doing a new thing!

Now it springs up; do you not perceive it?

~ Isaiah 43:18-19 ~

*Beloved, I pray that in all respects you may prosper
and be in good health, just as your soul prospers.*

~ III John - verse 3 ~

(NASB)

Let us search out and examine our ways,

And turn back to the LORD;

Let us lift our hearts and hands to God in heaven.

~ Lamentations 3:40-41 ~

"What do you mean, 'If I can'?" Jesus asked.

"Anything is possible if a person believes."

The father instantly cried out,

"I do believe, but help me overcome my unbelief!"

~ Mark 9:23-24 ~

(NLT)

*But those who wait on the LORD
shall renew their strength.*

They shall mount up with wings like eagles,

They shall run and not be weary,

They shall walk and not faint.

~ Isaiah 40:31 ~

Almighty God in Heaven ~ We lift our hearts and hands to You.

You restore life ~ You prosper our souls!

Life really comes with challenges . . . and it's easy to collapse under the pressure.

We tend to struggle - to move forward by our own strength - only to crumble.

But You are always with us, Lord. You do a new work in us!

You renew our strength. You lift us to soar above the turmoil.

Wow! Thank You, Papa!

We may not have a grasp on all that You do today - but we trust You, Jesus.

All that we will ever need was secured by You on that day of resurrection.

Help us look to You with great anticipation. We are eager to keep in step with you.

Direct us into victory, Holy Spirit. Thank You for the authority and power placed in us.

You do a mighty work, Lord ~ You are an Awesome God!

We delight to pray in the Name of Jesus with great Hope in life restored by You!

Yes! And ~ amen!



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