



“30 DAY FREEDOM PLAN”

“YOU SHALL KNOW THE TRUTH, AND THE TRUTH SHALL MAKE YOU FREE!”

JOHN 8:32

BASIC REQUIREMENTS:

1. **ESTABLISH AN HOUR OF QUIET TIME DAILY:** This daily quiet time is the most important part of your day. It should be a time which is set apart before you go to work, daily! During this time you (1) pray, (2) read your Scriptures, (3) do your D.M.I., (4) and memorize your Scripture verses. This is a very special time and is the key to your “30 Day Freedom Plan.” It means that you must plan your day around this quiet time. It also means that you will probably have to go to bed a little earlier in order to wake up in time to have your quiet time before you leave for work.
2. **FILL OUT YOUR “DAILY MORAL INVENTORY” SHEET (DMI):** This daily moral inventory sheet is one of the most helpful tools in helping you to identify your weakest areas. You will receive from this sheet exactly what you put into this sheet. If you are honest, you will receive maximum benefit. If not, you will only rob yourself of a great blessing. This sheet should be the first thing that you do when starting your quiet time. It will also help give you the direction that you need to pray for your personal needs during your prayer time.
3. **PRAYER TIME:** This prayer time is incorporated into your daily quiet time. Your prayer time should follow immediately after you have completed your DMI for the previous day. Begin by thanksgiving. Philippians 4:6 - - *“Be anxious for nothing, but in everything in prayer and supplication, with THANKSGIVING, let your requests be made known to God.”* Giving “thanks” means just to survey your life and name everything you can think of that God has blessed you with, and then thank Him. “Lord, thank you for my health, thank you for my family, thank you for my friends...”

After you have given God thanks, take a time of serious examination and take an honest look at your life to see where you have sinned against God. The Bible says, *“Let a man examine himself.”* (I Corinthians 11:28)



Next, after you have taken an honest look at where you disobeyed God, the next step is to confess your sin in order to receive forgiveness from God. This is very important because it is the step which eliminates the guilt and depression which is the driving force behind our addiction problem. Confession gives us a clear conscience towards both God and our fellowmen. God's Word tells us that *"if we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."* 1 John 1:8,9

After we have confessed our sin, the next step is to present our prayer requests to God. For this I suggest that you make a list of those with whom you have daily contact, family members, business associates, and friends. Then those with whom you see less frequently but are still significant people in your life---family relative, out-of-state friends, etc.

{Do this regardless of the current condition of that relationship.} Next, list your personal needs and begin to pray for them. (Your DMI is a good place to start. Conclude your time of prayer by presenting your life to God, and asking Him to change every thought, word, or deed that does not please Him.

4. **DAILY SCRIPTURE READING:** This daily Scripture reading is to consist of 1 Psalm, 1 Proverb, and 1 New Testament chapter reading daily. (New Testament reading to consist of starting with the book of John 1-21, then reading the first 10 chapters of Matthew.) At the end of each reading session, two notes are to be made. First write down any verses of Scripture which blessed you, and tell why; second, write down any verses of Scripture which you did not understand.
5. **SCRIPTURE MEMORIZATION:** Because we by nature do not know how to live in a way that is pleasing to God, the Lord has been very faithful to give us His Word that keeps us from falling into Satan's traps. By committing His Word to memory, we are able to gain a greater understanding of God's great plan for our lives. Two very simple reasons for us to memorize Scripture are: (1) Keeps us from sinning. Psalm 119:11 **"Your Word I have hidden in my heart, that I might not sin against you."** (2) Promotes spiritual growth. **"As newborn babes, desire the pure milk of the Word, that you may grow thereby."**



The Scriptures are broken up into weekly portions:

Week #1	Colossians 3:1-3
Week #2	Romans 12:1,2
Week #3	II Corinthians 10:4,5
Week #4	I Thessalonians 4:13-18

Each week after you have meditated on these Scriptures, write down a brief statement of what these verses mean to you. This paper will be handed in each week to your counselor. You will also be asked to orally recite these Scriptures to your counselor each week.

6. **KEEP A JOURNAL:** This is a separate notebook which you are to make daily entries. The best time for these entries is at the end of each day before retiring to bed. This is a very simple and brief exercise in which you simply enter (1) date, (2) time, (3) brief accounting of your day's activities. It is very critical that you enter any problems you encountered, and how you handled these. Please include both home and work, and any other places where these problems occurred. [What happened, and how did you handle it?] This journal is to be done every day and is to be brought with you to each counseling session.
7. **COMMITMENT TO AVOIDANCE DISCIPLINES:** This is a very important commitment and will ultimately determine your success or failure to this "30 Day Freedom Plan." If you disregard these disciplines you will utterly fail in your attempt to live a victorious life free of destructive habits.

If you follow these disciplines, you will have tremendous success and will be well on the road to recovery and victorious living.

1. Absolutely no drugs or alcohol of any kind for 30 days!
2. Unless married, no intimate sexual contact.
3. Don't hang out with old friends.
4. Do not visit any place which serves alcoholic beverages or where there is a "party" atmosphere.
5. Replace T.V. time with reading wholesome books.



8. **TO ATTEND BOTH CHURCH/HOME CHURCH AND LIFEFOCUS GROUP FAITHFULLY EACH WEEK.** One of the main characteristics of addiction is a “lone ranger” attitude. It is an attitude that says, “I’ll do it my way, when I feel like it.” Great changes occur in a person’s life when we see our need for others in our lives. Church and LifeFocus groups provide this very vital support system. You cannot overcome addiction alone! These two groups will assist you in your quest for a drug-free life. Attendance to these functions is not optional, but rather mandatory.
9. **COMMITMENT TO READ ANY ADDITIONAL READING MATERIAL:** This is determined on an individual basis as each person’s needs vary.
10. **TO MEET WEEKLY WITH COUNSELOR:** This is also not optional, but must be strictly adhered to in order for this “30 Day Freedom Plan” to work. These weekly check-ups are important to see what areas you are struggling with so we can determine what must be done to correct these problems. These appointment times will be flexible so as not to conflict with work schedule. If an emergency arises which will make it absolutely impossible for you to make your appointment, a phone call to the church office is very important.

THINGS YOU NEED TO BRING TO EACH APPOINTMENT:

- 1) Your Bible.
- 2) Paper and pencil/pen.
- 3) Your journal.
- 4) Your D.M.I.
- 5) Your Scripture comment cards (See requirement #4)
- 6) Be prepared to recite memory verses.
- 7) Bring a teachable spirit.



---MARRIAGE SUPPLEMENT---

Since marriage carries with it additional commitments and responsibilities this section has been designed for you to help improve this area of your life so that you can enjoy the benefit of a happy and harmonious life with your spouse.

1. **NIGHTLY DISCUSSION TIME:** This is a time designed to help husbands and wives share the events of their lives. It is also a time to bring up any problems or circumstances, which need to be resolved. It can also be used for planning your family's weekly schedule, resolving financial problems, but most important is using this time to share with each other from your heart.

Rules for Discussion Time:

- 1) Try to meet at the same place every night. Tables are best because they tend to draw people together and make writing easy.
 - 2) Have a pad of paper and a pencil or pen available.
 - 3) Pre-arranged signal to handle arguments is for one to stand up, thus signifying that things have gotten out of hand.
 - 4) Husband is to lead the discussion and is responsible to call and make sure the meetings take place. Wife is to act as recorder or secretary and does any necessary writing. She records items discussed and actions agreed upon to resolve problems.
 - 5) Meeting is opened and closed with prayer.
 - 6) 30 minutes is the absolute minimum time, which is allowed for these discussions.
 - 7) All unresolved items are to be brought to your counselor for his/her input.
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2. **FAMILY FUN NIGHT:** This generally should be something that has been discussed during the nightly discussion time and is realistic and within your family's budget. This is something that the whole family will enjoy and that all can participate in. Whether it is a walk in the park, a family picnic, a family bike ride, or staying home and playing a game that all can participate in, the key is that it is something that everyone will be able to enjoy and participate in doing. You need to plan a family fun night at least once a week.