

GOING FURTHER

VALLEYDALE SUPPORT

Jimmie Hale Mission

One of Valleydale's local mission partners, Jimmie Hale's Active Recovery program is an in-depth, clinically-structured Christian group approach to helping residents understand and overcome the very issues that contribute to their substance abuse. Also, each client works individually with a professional counselor throughout this 13 to 15-week process. To complete an application, visit <https://jimmiehalemission.com/clientapplication/> or call 205-324-2271 for more information.

Awaken

A local ministry that deals with sexual addiction, both from the standpoint of ministry to the person caught up in addiction as well as ministry to the spouse. Offers plenty of resources as well as one-on-one and group-based ministry. Visit www.awakenrecovery.com.

Valleydale Men's Ministry & Women's Ministry

Find accountability and support from other men or women. Find them on Facebook and on the main page of www.valleydale.org, find the "connect" tab, then "adults".

Counseling

Valleydale provides onsite, Christ-centered professional counseling. Both male and female counselors are available. Counseling is offered for adults, teens and children. All counseling is confidential. For more information, visit www.valleydale.org/counseling or call 205.991.5282.

For more
resources, visit
valleydale.org/family
OR
visit our resource
center in the
lobby

ADDICTION

Issues



ADDRESSING ADDICTION IN THE FAMILY

Does someone you love seem to be self-destructing in addictive behavior? Are you watching a spouse, son or daughter abandon everything once important to them because of drugs, alcohol, sex or some other stimulant? An addiction or dependence is commonly defined as “a recurring compulsion to do the same thing over and over, despite harmful consequences to his health, mental state or social life.” Are you seeing that trade-off in someone you care about - a compulsive pursuit regardless of the effects it has, especially on your relationship?

If you aren't seeing clear signs of addiction, are you noticing a gulf growing between you and this family member as their thoughts, time and energy are consumed by some dominating activity?

What can you do to help?

STEP ONE

Assess the Willingness to Change

Has your loved one admitted a problem and shown interest in getting help? If they've given you any sign of wanting to deal with their problem, take that opportunity to get the best of Christian counsel and direction from those most familiar with the specific addiction he or she is indulging.

If instead you're dealing with denial, you might need to plan an intervention - which is an orchestrated attempt by family and friends to motivate someone to get help for their problem. An intervention is especially necessary to help stabilize the situation - to begin shielding your home from the emotional, physical and spiritual vulnerability of an out-of-control problem.

STEP TWO

Treat Body, Mind, and Spirit

Sex addictions counselor [Rob Jackson](#) tells families that the addictive behaviors they see are just the tip of the iceberg. Efforts to modify behavior might seem effective in the short-term, but can re-appear or show up in a different sort of compulsion if underlying issues are not addressed.

Deuteronomy 6:5 says, “Love the LORD your God with all your heart, with all your soul, with all your strength and with all your mind.” So those struggling with addiction need to treat problems of the body, mind and spirit - to go beneath the surface and deal with the thoughts, emotions and spiritual conflicts driving those behaviors.

James 1:14 describes how dependence progresses from desire to enticement to sin and, ultimately, to death. The most effective approach to recovery is to reverse that progression - to restore a right relationship with God (Romans 8:1-15), to have a clean heart (Psalm 51), to have a renewed mind (Romans 12:2) and then as a result, to bear good fruits in behavior (Romans 6:7).

STEP THREE

Find Hope in Perseverance

God is able to redeem anyone and restore them to a life characterized by self-control (Titus 2:11-14). There is hope in persevering as a family through the struggles of recovery. Romans 5:3-4 says, “We also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

Pray that God's best will win out for this family member, remembering Jesus' words: “The thief comes only to steal, kill and destroy, but I have come that they may have life and have it to the full” (John 10:10). Ask the Lord for wisdom, grace and courage to set boundaries that will move your loved-one away from his or her destructive patterns and protect your family from the pain and damage caused by addiction.

GOING FURTHER

RESOURCES

A Hunger for Healing by J. Keith Miller

Beyond Codependency by Melody Beattie

Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle by Michael John Cusick

Breathing Under Water: Spirituality and the 12 Steps by Richard Rohr O.F.M.

The Game Plan: The Men's 30-Day Strategy for Attaining Sexual Integrity by Joe Dallas