**Theology of Christian Recovery**

**by Michael Limatta**

**Student Notes**

The primary distinctive that differentiate Christian Recovery from other approaches to life change lie in our approach to **spirituality**. Here are some of the major theological tenants of the Christian approach to recovery:

1. ***Recovery is truly Christian only if God is part of it.*** ([John 3:16](http://www.biblegateway.com/passage/?version=31&search=John+3:16))
2. ***The Word of God is the authoritative rule and guide for our recovery***. ***There is a real devil***. ([John 8:31-32](http://www.biblegateway.com/passage/?version=31&search=John+8:31-32))
3. ***Sin is deceptive, powerful and addictive.*** ([Romans 7:15-25](http://www.biblegateway.com/passage/?version=31&search=Romans+7:15-25))
4. ***There is a Redeemer.*** ([1 John 3:8](http://www.biblegateway.com/passage/?version=31&search=1+John+3:8)b) ([Romans 1:16](http://www.biblegateway.com/passage/?version=31&search=Romans+1:16))
5. ***This is a fallen world***. ([Romans 7:21](http://www.biblegateway.com/passage/?version=31&search=Romans+7:21))
6. ***All human beings need spiritual rebirth.*** ([John 3:3](http://www.biblegateway.com/passage/?version=31&search=John+3:3))

1. ***There is a significant difference between guilt and "toxic shame"***. ([1 John 4:9](http://www.biblegateway.com/passage/?version=31&search=1+John+4:9))
2. ***There is a definite difference between the terms "drunkard" and "alcoholic."*** ([Ephesians 5:18](http://www.biblegateway.com/passage/?version=31&search=Ephesians+5:18))
3. ***God works in processes.*** ([Romans 12:2](http://www.biblegateway.com/passage/?version=31&search=Romans+12:2) ([Philippians 2:12,13](http://www.biblegateway.com/passage/?version=31&search=Philippians+2:12-13))
4. ***God works through His Spirit.*** ([John 16:13-15](http://www.biblegateway.com/passage/?version=31&search=John+16:13-15))
5. ***God works through people***. ([Hebrews 10:23-25](http://www.biblegateway.com/passage/?version=31&search=Hebrews+10:23-25))
6. ***Christian recovery is "intensive discipleship***. ([2 Peter 1:5-11](http://www.biblegateway.com/passage/?version=31&search=2+Peter+1:5-11))
7. **Repentance is more that simply confessing our sins to God.** ([1 John 1:9](http://www.biblegateway.com/passage/?version=31&search=1+John+1:9)) ([Acts 3:19](http://www.biblegateway.com/passage/?version=31&search=Acts+3:19))
8. ***"Rigorous honesty" is essential for true spirituality.*** ([John 8:32](http://www.biblegateway.com/passage/?version=31&search=John+8:32)) ([1 John 1:5-9](http://www.biblegateway.com/passage/?version=31&search=1+John+1:5-9))
9. ***There is a "therapeutic value" to talk.*** ([James 5:16](http://www.biblegateway.com/passage/?version=31&search=James+5:16))
10. ***"Grace flows freely through unclogged conduits."*** ([1 Cor. 11:31; 2 Cor. 4:1-2](http://www.biblegateway.com/passage/?version=31&search=1+Cor.+11:31;+2+Cor.+4:1-2))

[*www.Urbanministry.org*](http://www.Urbanministry.org)*. The above was adapted from A Guide to Effective Rescue Mission Recovery Programs by* [*Michael Liimatta*](http://www.cityvision.edu/cms/cv/michael-liimatta-biography)*, Director of Education for the* [*Association of  Gospel Rescue Missions*](http://www.agrm.org/)*.*