

# Core Values of TDC Addiction and Recovery

**Addiction** is a pattern of unwanted behavior that continues to persist in our lives despite our best efforts to change it.

**Recovery** is a lifelong process of everyday decisions to move away from unwanted behavior and toward a life of honesty, hope, joy, and self-control.

*We believe, with God's help, we can each BECOME the people we were created to be. Here are the five core values that guide our ministry:*

BECOME: **B**Eloved in pain - **C**hrist-Centered - **O**pen confession - **M**arathon not a Sprint - **E**mbraced in community

1) **Beloved in Pain - *Despite our pain and wounds, we are beloved children***

**of God.** We believe that at its core, addiction has to do with pain and suffering. To avoid the pain and suffering we've experienced, we often utilize unwanted behaviors to escape or deaden the pain. The bottom line is this: the persistent attempt to medicate these wounds is often the central driver of addiction. However, despite our pain, wounds, unwanted behaviors, and relapse, we are beloved by our Father. Jesus testified about this radical love and devotion of our God in the parable of the prodigal son (Luke 15:11-32). God is the Father who, regardless of children's sins and brokenness, runs towards us brimming with grace and compassion, without condemnation. Nothing can separate us from the love of God in Christ Jesus. Therefore, in this love, we boldly proclaim the truth that in the midst of suffering, we are found. In the time of pain, we are accepted. In the act of sin, we are forgiven. Our recovery begins here - not in despair and rejection, but in the faith of our Father's all consuming love and acceptance.

2) **Christ-Centered - *Christ is the foundation and destination of our recovery.***

We believe that Jesus Christ is not simply the means to an end in our recovery; rather, Christ is the foundation and destination of our recovery. As Christ-followers, we have received the gift of immeasurable grace through the perfect sacrifice of Jesus Christ. As a set-apart people who received this grace and were shepherded out of darkness into God's wonderful light, our journey from addiction to recovery has a distinct role in the divine work of restoration. We believe that recovery does not end at achieving a healthy lifestyle. Recovery is a lifelong invitation from Christ to journey towards Himself, "to be transformed into Christ's image with ever-increasing glory" (2 Corinthians 3:18), "to be renewed in the spirit of our minds, and to clothe ourselves with the new self, created according to the likeness of God in true righteousness and holiness" (Ephesians 4:23-24). Therefore, we boldly proclaim Christ as the Alpha and the Omega, the Beginning and the End, the first born of the new creation, the pioneer and perfecter of our faith.

3) **Open Confession - *There is no shame in this space for those who desire freedom.***

We believe in the transformative power of confession. In our relapse to unwanted behaviors, shame emboldens the lies that we are unbearable to God and others. However, the

uncomfortable truth is that, in recovery, relapse is a normal part of the process. This does not excuse addictive behavior or its consequences, but these moments of shortcomings are divine invitations to confession, where we accept the reality of our brokenness and are fully immersed in the forgiving embrace of our Father. Furthermore, in our practice of mutual confession in fellowship, we are shepherded back to the community of fellow broken humans in need of gentleness of our God, opening up new possibilities to be fully known by ourselves, others, and God. We are not alone in this struggle; rather, James 5:16 says, *“therefore confess your sins to each other and pray for each other so that you may be healed.”* Let our mutual confession dismantle the shackles of shame and deceit - there is no shame for those who desire freedom.

- 4) **Marathon not a Sprint - Recovery is a lifelong process of everyday decisions to live a life of freedom.** We believe that recovery is a lifelong process of understanding your story and discovering how to live a life of freedom. Galatians 5:1 says: *“it is for freedom that Christ has set us free.”* Freedom from our unwanted behavior sets us at the starting line of our lifelong journey of maturation and restoration. We do not believe that recovery ends at behavior modification; instead, recovery continues to reveal the areas of our life that need attention and provides opportunities for growth. God is eager to unshackle us from our addictions and set us at the starting line of a life filled with purpose and meaning. Therefore, *“let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross”* (Hebrews 12:2). We believe that God has big plans for us and our recovery will free us to be used powerfully in His kingdom.
  
- 5) **Embraced in Community - Recovery is possible when we are embraced in community.** We believe that recovery is only possible when we are embraced in community. We believe that participating in formal treatments and mutual support groups (AA, NA, SA, GA, Al-Anon, etc.) are necessary for recovery - we are not here to replace them. We are the church, baptized in one Spirit into one body of Christ, and we create spaces where people can feel at home, accepted, and seen. The scripture calls for this radical communion of all members saying, *“If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it”* (1 Corinthians 12:26). We want to be a safe space where stories are heard, sufferings grieved, and victories celebrated. We want to be a sacred space, where the lies are challenges and grace and truth of our God are proclaimed. We are beloved children of God the Father, broken people who desperately need grace offered through Christ, and united siblings bound by the Holy Spirit in one body. Welcome home.