NEW DAY RECOVERY

OPTIONAL — DISTRIBUTE ONLY ON REQUEST

On Request Only

Note for facilitators

The handout in this section is scripture and faith teaching, not an evidence-based skill worksheet, so it is kept separate from the session handouts in the rest of this packet. Give it out only when a participant asks for it, outside required session time, and never present it as required work or as a condition of participation or services.

Optional — available on request only. Never required, never a condition of participation or services, and never delivered as part of required session time.

NEW DAY RECOVERY

On-Request Handout

Spiritual Practices — What They Look Like



These are available practices. Each one is a real thing you do with your body, your voice, or your people — and each one also steadies the body and mind. Both things are true at the same time.

Name: _____ **Date:** _____

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Quiet prayer (centering prayer) — *this practice looks like this:* You sit still for two to five minutes, repeat a short phrase from Scripture, and come back to the phrase each time your mind runs off. It slows your breathing and settles a racing mind, the way quiet meditation does.

Anchor: Psalm 46:10 (KJV)

Praying out loud for people — *this practice looks like this:* You name real people and real needs out loud — then you make the call, send the message, or show up. It turns worry into contact with people who can actually help.

Anchor: Philippians 4:6 (KJV)

Reading one verse slowly, morning and night — *this practice looks like this:* One verse, all week. Write it on a card, carry it, and say it out loud when a lying thought shows up. It gives your mind a truer sentence to run instead of the old one.

Anchor: Joshua 1:8 (KJV)

Slow devotional reading — *this practice looks like this:* Read a short passage four times, slowly. Write one sentence about what it asks of you today. It helps you hear what the words mean for your own life.

Anchor: Psalm 1:2 (KJV)

Telling the truth (confession) — *this practice looks like this:* You tell the truth out loud — to God, and to one safe person — about one thing, with no excuses. Secrets feed shame. Truth told to a safe person makes shame smaller.

Anchor: James 5:16 (KJV)

Turning around (repentance) — *this practice looks like this:* You name the turn in one sentence and take one small, dated step in the new direction this week. A small step you can see proves the turn is real.

Anchor: Acts 3:19 (KJV)

Forgiving — *this practice looks like this:* You work the hurt in steps, choose to let go of collecting the debt, and say that choice out loud. Letting go of a debt you cannot collect frees your own heart first.

Anchor: Ephesians 4:32 (KJV)

Thanksgiving — *this practice looks like this:* You name three specific gifts from the last 24 hours, in prayer and on paper. Naming good things on purpose trains your eyes to find them.

Anchor: 1 Thessalonians 5:18 (KJV)

Honest sorrow (lament) — *this practice looks like this:* You pray the pain as it is, in plain words, and stop there. Nobody has to fix it or explain it. Saying pain out loud, as it is, is how grief moves instead of hiding.

Anchor: Psalm 13 (KJV)

NEW DAY RECOVERY
On-Request Handout (continued)

Spiritual Practices — What They Look Like

Name: _____ **Date:** _____

Optional — available on request only. Never required, never a condition of participation or services, and never delivered as part of required session time.

Singing (worship) — *this practice looks like this:* Singing on your own, in private, only if you ask for it — never required, and never led in group. Singing privately can steady the body and mind.

Anchor: Psalm 95:1 (KJV)

Being together (fellowship) — *this practice looks like this:* Shared meals, shared rides, a phone list that gets used, and people who call when a chair is empty. People who notice you — and who you notice back — hold recovery up.

Anchor: Acts 2:46 (KJV)

Helping others (service) — *this practice looks like this:* You set up the room, make the coffee, drive someone to an appointment, or stack the chairs — on schedule. Helping someone else is good work for a mind stuck on itself.

Anchor: Galatians 5:13 (KJV)

Telling your story (testimony) — *this practice looks like this:* Three minutes, three parts: what it was like, what happened, what it is like now. No graphic details. Your story, told true, gives someone else a picture of a way out.

Anchor: Psalm 66:16 (KJV)

Evening look-back (examen) — *this practice looks like this:* Five quiet minutes at night: where did I drift, where did I do right, what is tomorrow's first step? A short daily look-back catches small problems while they are still small.

Anchor: Psalm 139:23 (KJV)

Real rest (Sabbath) — *this practice looks like this:* A planned stop at the same time each week: phone down, work closed, a meal, a nap, a walk. Rest you plan and protect keeps a tired body from making tired choices.

Anchor: Exodus 20:8 (KJV)

Time alone in a safe place — *this practice looks like this:* You leave the people and the phone behind for one set hour. Someone you trust knows where you are and when you will be back. Stepping away from a tempting place breaks a craving's run.

Anchor: Mark 1:35 (KJV)

Fasting — only by choice, with approval — *this practice looks like this:* Only if you choose it, a leader approves it, and a medical provider clears it: you skip a meal and let the hunger remind you to pray. Never assigned. Never required. Going without on purpose, safely, can build patience with hard feelings.

Anchor: Matthew 6:17–18 (KJV)

> *"Be still, and know that I am God."* **— Psalm 46:10 (KJV)**