# Session 32: Strengths, Gifts, and Service: Recovery That Gives Back

PHASE 4 — LIVING FREE: PREVENTION AND PURPOSE (WEEKS 6–8) · WEEK 7 — NEW IDENTITY AND PURPOSE

**Date: _____ My craving today (0–10): _____ One word for my week: _____**

*Handout for this session: the Session 32 handout (My Gifts and First Service) — in the Handouts Packet.*

## What we're learning

In Week 5 we listed work strengths. Today goes further, into gifts — the abilities that show up when you are at your best, including helping, mercy, encouragement, teaching, hospitality, leadership, and giving. We gather evidence: compliments received, jobs people ask us to do, work that gives energy back. Then the group helps match each person to one concrete act of service from the program's real needs, with a start date within 14 days. Recovery that gives back is recovery that lasts.

- Gifts survived the addiction Buried, misused, or dormant — but the inventory almost always finds them intact enough to name. Naming them is often the session's tears: 'I forgot I was ever the person who…'
- Service, not performance A person serving manages their time and ability for other people's benefit. That frame kills both pride ('look at me serving') and false humility ('I have nothing') in one move.
- Service must be sized and supervised Early, grandiose commitments (mentoring newcomers in week one of their own stability, taking on everyone's crises) endanger the giver. The Program Director and coaches approve service roles; zeal gets a leash made of love.
- Giving back repairs the public story Communities watch recovery through its returners. Every graduate serving visibly in Senath is the program's most credible evidence.

## Goals for this session

☐ I can inventory strengths and gifts with evidence from my own history and this program

☐ I can match one gift to one act of service available within two weeks

☐ I can explain service as relapse protection, identity practice, and community repair — not as earning worth

## Check-in

*What do people reliably ask you for help with — the thing you do that has always come easier to you than to others?*

## Discussion — write your answers

*Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.*

**1. Complete the sentence with evidence: 'I am the person people call when they need _____.'**

**2. Which gift — helps, mercy, encouragement, teaching, hospitality, leadership, giving — fits your evidence best?**

**3. What service is available to you within two weeks, sized for your actual stability? Who approves and schedules it?**

**4. Where is your over-service line — the point where giving becomes hiding from your own work?**

## Session 32 — Skill Practice

Gifts Auction (facilitated, no real bidding): each participant writes their top gift on a card; the facilitator reads cards and the group brainstorms one concrete service match per person from the program's current needs list (prepared with the Program Director). Each person leaves with one named service, one start date within 14 days, and one supervisor contact written in their workbook — and it is entered on their 90-day plan draft.

**My top gift, and the evidence for it:**

**My service match: the service / the supervisor or contact / my start date (within 14 days):**

## My takeaway

*The one thing from this session I most need to remember — in my own words:*

## Homework — this week's application

☐ Complete your first service act before Session 34, or have it firmly scheduled with the supervisor's confirmation. Write two lines afterward: what it cost, what it gave back.

**Space to do the homework and note how it went:**

*An optional Scripture handout for this session is available from your facilitator on request.*