Session 37: Service as Recovery Capital: Giving What You Have Received

Phase 5 — Giving Back: Service, Leadership & Purpose · Block 1 — Service: Giving Back

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

Handout for this session: the Session 37 handout (Received and Passed On) — in the Handouts Packet.

What we're learning

Session 32 named your strengths and gifts; this phase puts them to work. Recovery capital is the sum of resources a person can draw on to sustain recovery — relationships, roles, community standing, useful work. Service builds every one of them at once: it gives the week structure, gives other people a reason to trust you, and gives you evidence that you are becoming someone new.

- Receiving is a stage, not a destination Gratitude that never becomes generosity curdles into entitlement or shame. The handoff from helped to helper is a normal, expected stage of a maturing recovery — not graduation from humility, but its fruit.
- Service is capital, not decoration Every kept commitment deposits trust: with the house, with family, with employers, and with yourself. Small deposits, made weekly, compound into the standing a free life is built on.
- Start where you already stand The first field of service is this house and this room: chairs set up, coffee made, a newcomer greeted by name. No one needs a title, a testimony, or an anniversary chip to start.

Goals for this session

- ☐ I can define service as recovery capital in my own words
- ☐ I can inventory what I have received in recovery and name one thing I can now give
- ☐ I can commit to one small act of service this week, with a day attached

Check-in

What is one thing this program — or one person in it — has given you that you did not earn and could not have bought?

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. Where in your life are you still only receiving? What makes the turn toward giving hard?

2. Who gave to you early in recovery, and what did their giving actually do for you?

3. What is one act of service inside this house you could own every week?

4. What day did you name for your circled act of service, and who will know whether you did it?

Session 37 — Skill Practice

Service inventory (in pairs): each person lists what they have received in recovery down one side of the page — rides, meals, patience, a bed, a second chance — and beside each item, one way it could be passed on. Partners help shrink each pass-it-on item to something doable within seven days. Each person circles one and names the day aloud.

What I have received in recovery — and one way I can pass each thing on:

My circled act of service, and the day I named:

My takeaway

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

Homework — this week's application

☐ Do the one circled act of service this week, on the day you named. Write two lines about it in your workbook: what you did, and what it was like to be the giver.

Space to do the homework and note how it went:

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