# Session 39: Serving Without Saving: Help That Does Not Take Over

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

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

## What we're learning

Rescue feels like love and works like control. The rescuer gets the relief of being needed; the rescued person gets the message that they cannot be trusted with their own life. In recovery communities the pattern is common and costly: two recoveries end up chained together, and when one slips, both go down. Real help is offered, bounded, and leaves the other person's dignity and decisions intact.

- Help is offered; rescue is imposed Help asks: 'Do you want a hand with that?' Rescue announces: 'Move over, I'll handle it.' The question is most of the difference.
- The need to be needed is a warning sign If their progress feels like your oxygen, you are no longer serving them — you are using them. Name it to your coach, sponsor, or mentor the day you notice it.
- Their consequences are their teachers Shielding a peer from every consequence of their choices steals the lessons that built your own recovery. Support the person; do not intercept the tuition.

## Goals for this session

- ☐ I can distinguish helping from rescuing, using the session's definitions
- ☐ I can identify my personal rescue pattern and the feeling it avoids
- ☐ I can practice offering help as a question instead of a takeover

## Check-in

*Tell about a time someone 'helped' you in a way that actually made you smaller. What did they do?*

## 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 does your rescue pattern show up — money, rides, excuses, covering for someone, fixing their feelings?**

**2. What feeling are you avoiding when you rescue — guilt, fear, or being unneeded?**

**3. What is one sentence you can say this week that offers help and leaves the choice with them?**

**4. What offer sentence will you use this week instead of a rescue, and with whom?**

## Session 39 — Skill Practice

Rewrite the rescue (in trios): each person states a real rescue sentence they have said — or wanted to say — this month. The trio rewrites it as an offer: a question, a bounded offer, a choice left open. Practice saying the offer out loud twice. Example: 'You're going to blow this — give me your keys and your phone' becomes 'Tonight looks heavy. Do you want me to sit with you, call your sponsor with you, or give you some space?'

**A rescue sentence I have said (or wanted to say):**

**The offer I will say instead — question, bounded offer, choice left open:**

## My takeaway

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

## Homework — this week's application

☐ Catch one rescue impulse this week before you act on it. Turn it into an offer, or step back. Write what happened in two or three lines.

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

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