

CHRISTIAN ADDICTION RECOVERY CLASS

EPHESIANS 2:1-10 (KJV) · AUGUST 26, 2026

1. SESSION TITLE

Dead Weight and Resurrection Life

2. FOCUS PASSAGE

Ephesians 2:1–10 (KJV)

"And you hath he quickened, who were dead in trespasses and sins... But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)... For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them." (Ephesians 2:1, 4–5, 8–10)

Why this verse belongs in recovery: This passage diagnoses the true condition of our bondage—spiritual deadness—while anchoring our recovery not in human willpower, but in the sovereign, life-giving resurrection power of God through Jesus Christ.

3. BIG IDEA

We entered our addictions as people spiritually dead in trespasses and sins, unable to save ourselves, but God intervened with sovereign mercy, making us alive together with Christ so that our story is defined by His grace, not our bondage.

4. FACILITATOR SNAPSHOT

- **Suggested time:** 60–90 minutes
 - **Goal of the session:** To help participants recognize that their struggle with compulsive patterns stems from a deeper spiritual condition that only divine resurrection life can heal, moving them away from self-reliant striving and toward trusting God's finished work.
 - **Who may feel this one:** Those carrying crushing guilt, feeling utterly beyond help, exhausted by years of failed resolutions, or tempted to believe God is merely a harsh judge keeping score.
 - **Gospel connection:** Because we were utterly dead—unable to clean ourselves up or cure our own addiction—God made the first move, breathing spiritual life into us while we were still stuck in our patterns, uniting us to Christ's resurrection.
 - **Supplies:** Bibles, pens, printed group sheets, tissues, whiteboard optional.
 - **Safety notes:**
 - No graphic "war stories" of past use or acting out.
 - No fixing, interrupting, or cross-talk during sharing.
 - Confidentiality is absolute.
 - If someone is in immediate crisis, do not turn it into group discussion; follow the ministry's emergency path and encourage professional/medical help.
 - Recovery groups do not replace medical detox, psychiatric care, or licensed counseling when needed.
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5. ROOM OPEN (8–10 MIN)

- **Facilitator Welcome (read aloud):**

"Welcome, everyone. We are here because life has unraveled in places we tried to manage on our own. Whether you've walked with Jesus for decades or you're stepping into a room like this for the very first time, you belong here. You don't have to fake it, and you don't have to fix yourself tonight. We are here to bring our brokenness into the light of God's grace."

- **Purpose of the group:** To provide a safe, Christ-centered space for honesty, healing, and freedom from addictive and compulsive patterns.

- **Ground Rules:**

1. **Confidentiality:** What is said here stays here.
2. **No cross-talk / no fixing:** Do not interrupt, give advice, or try to solve someone else's share.
3. **Speak for yourself ("I"):** Share your own experience, not what "you" or "they" should do.
4. **No graphic details:** Keep stories focused on the impact and the recovery, not the mechanics of past behaviors.
5. **You can pass:** There is zero pressure to speak until you are ready.

- **Opening Prayer:**

"Father, we come as we are—tired, wounded, and often prone to hiding. Thank you that Your eyes see us fully and Your heart loves us completely. Meet us in this room by Your Spirit. Grant us the courage to tell the truth and the grace to receive Your healing. In Jesus' name, amen."

- **Optional Silence:** 30 seconds of quiet to quiet our racing minds and arrive in the room.

6. CHECK-IN (10–12 MIN)

Keep it brief so it leaves ample time for the text and discussion.

Choose one of the following prompts (30–60 seconds each):

- One word for how I am walking into the room today.
- A number from 1 to 10 representing my level of honesty this week.
- Finish the sentence: *"This week, when stress hit, my default response was..."*

Newcomer Version: If you are new tonight, you are welcome to simply share your first name and pass, or answer with a single word about how you are feeling. No pressure at all.

7. SET THE PASSAGE IN RECOVERY LANGUAGE (4–6 MIN)

The Apostle Paul is writing to believers who used to be thoroughly enslaved. In Ephesians 2, he doesn't start with a behavior modification checklist; he starts with an autopsy report. Before Christ, we weren't just struggling with bad habits—we were spiritually dead, pinned down by the systems of this fallen world, driven by the frantic demands of our flesh, and objects of divine wrath (v. 1–3).

For anyone caught in addiction, this makes immediate sense. We know what it is like to be driven by a relentless internal master that promises life but delivers captivity. We know the exhaustion of trying to fix a dead heart with dead works. But then, the entire trajectory of the text—and of our recovery—hinges on two of the most magnificent words in all of Scripture: *"But God"* (v. 4). When we were completely powerless, God stepped in not because we cleaned up our act, but because of His great mercy. Let's read His word together.

8. READ THE WORD

Invite two readers to read Ephesians 2:1–10 aloud—Reader 1 taking verses 1–3, and Reader 2 taking verses 4–10.

9. SEE IT (OBSERVATION) (8–10 MIN)

1. According to verse 1, what word does Paul use to describe our spiritual condition before Christ entered the picture? (*Dead in trespasses and sins.*)
 2. In verses 2 and 3, what influences or forces shaped our past behavior and walking patterns? (*The course of this world, the prince of the power of the air, and the lusts of our flesh.*)
 3. What two descriptive words in verse 4 explain *why* God acted toward us? (*Rich in mercy, and His great love.*)
 4. What did God do for us while we were still dead in our sins (v. 5–6)? (*Quickened/made us alive together with Christ, raised us up, and seated us in heavenly places.*)
 5. According to verses 8 and 9, where does our salvation and rescue come from, and where does it *not* come from? (*It is the gift of God through faith, not of works, so no one can boast.*)
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10. TELL THE TRUTH (INTERPRETATION FOR RECOVERY) (10–12 MIN)

1. **If this is your first night:** When you hear that the Bible describes human nature outside of Christ as "dead in trespasses and sins," does that feel harsh, or does it strangely match how your addiction has felt? Why?
 2. How does the phrase "*But God*" (v. 4) challenge the recovery myth that we have to pull ourselves up by our own bootstraps before God will accept us?
 3. Verse 9 states that salvation is "*not of works, lest any man should boast.*" How does our flesh constantly try to turn recovery into a performance-based system where we earn God's approval (or our own worth)?
 4. What false promises do the "prince of the power of the air" and the "lusts of the flesh" (v. 2–3) whisper to us when we are triggered or overwhelmed?
 5. Look at verse 6: we are seated "*in heavenly places in Christ Jesus.*" How does this radically disrupt the shame that tells us our addiction defines our core identity?
 6. **For family and supporters:** When watching someone you love trapped in a cycle of relapse, how does knowing that spiritual deadness requires divine resurrection—rather than just better human management—change how you pray for them?
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11. FACILITATOR TEACHING (6–8 MIN)

Read or speak these points directly and steadily:

Every one of us in this room knows the heavy gravity of the text before us. Before Christ grabbed hold of us, we weren't just struggling with a bad habit; we were spiritually flatlined. We tried to self-medicate our inner emptiness with substances, control, approval, food, or compulsive behaviors, thinking those things were giving us life. Instead, they were ropes binding us tighter to death. We lived as slaves to the cultural currents around us and the demands of our own flesh.

And the tragedy of addiction is that it tries to cure spiritual deadness with more dead works. We promise ourselves we'll try harder, white-knuckle our way through a week, or perform enough "good behavior" to earn back our self-respect. But legalism and willpower can never resurrect a corpse.

That is why verse 4 changes everything. "*But God, who is rich in mercy...*" While we were still trapped, still running, still messing up, God didn't stand at a distance with a clipboard demanding we clean up our act. He reached down into the graveyard of our compulsion and made us alive together with Christ.

Notice that this doesn't mean life in recovery is an effortless breeze. Verse 10 tells us that we are His workmanship, *created in Christ Jesus unto good works*. Recovery is the daily, grace-fueled process of walking out the new life He has already given us. When a trigger hits this week, you don't have to generate your own righteousness or hide in shame. You look to the One who raised the dead, resting in the reality that your standing with God is a gift, not a grade.

12. TALK IT THROUGH (12–15 MIN)

1. **[Good for pairs]** Where do you most frequently notice the temptation to rely on your own performance or "white-knuckle willpower" rather than depending on God's grace?
 2. How has shame historically made you want to hide from God, and how does Ephesians 2:4–5 confront that shame?
 3. **[Good for pairs]** When a familiar trigger or craving hits, what is the immediate lie your flesh believes about where true comfort or safety is found?
 4. Verse 10 mentions that we are God's "workmanship" (literally, His masterpiece or poetry). How does viewing yourself as God's ongoing work change how you treat yourself when you stumble?
 5. What does it practically look like to move from "trying harder in my own strength" to "resting in Christ's finished work" this week?
 6. If someone in this room feels too far gone for God's mercy tonight, what verse or truth from this passage would you gently point them toward?
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13. PRACTICE THE NEXT RIGHT STEP (8–10 MIN)

Choose one of the following weekly practices to commit to before our next gathering:

- **Option A (Written Inventory):** Take out your journal and complete these four sentence stems:
 1. *The area where I am currently exhausted from trying to fix myself is...*
 2. *The performance trap or false work I am relying on is...*
 3. *The specific mercy of God I need to receive today is...*
 4. *One concrete way I will lean on Christ's strength instead of my own this week is...*
 - **Option B (The Grace Exchange):** Turn to the person next to you (or take 2 minutes of silent prayer) and name out loud one burden of performance or guilt you are handing over to Jesus today, replacing it with the truth of Ephesians 2:8: *"By grace I am saved through faith—it is God's gift, not my earning."*
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14. CLOSE THE ROOM (8–10 MIN)

- **Restate Big Idea & Verse:**

"We entered our addictions as people spiritually dead in trespasses and sins... but God, rich in mercy, made us alive together with Christ." (Ephesians 2:4–5)

- **Response Prayer (Read together):**

"Father, we confess that we cannot save ourselves or cure our own brokenness. Thank you for making us alive together with Christ when we were dead in our sins. Strip away our self-reliance, heal our shame, and grant us the daily grace to walk in the new life You have provided. In Jesus' name, amen."

- **Prayer Requests:** Open floor for brief, first-name-only prayer requests (no long stories required).
- **Closing Blessing:** *"Go in the peace of Christ, knowing that His mercy is greater than your deepest struggle, and His grace holds you secure."*
- **After-Group Care Note (Facilitator script):**

"Our time here is officially ended, but if you need someone to pray with you, or if you need help finding additional professional or medical support, please stay behind. We are here for you."

TAKE-HOME SUMMARY (PARTICIPANT PAGE)

Session Title: Dead Weight and Resurrection Life

Focus Verse: *"But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)..."* (Ephesians 2:4–5)

- **Big Idea:** We entered our addictions as people spiritually dead in trespasses and sins, unable to save ourselves, but God intervened with sovereign mercy, making us alive together with Christ.
- **One Question to Journal:** *Where am I currently exhausted from trying to fix my addiction through my own performance, rather than receiving God's grace?*
- **One Person to Contact:** Reach out to one safe, trusted friend or accountability partner this week and share where you need God's grace most.
- **Warning Sign to Watch Without Panic:** Notice the subtle shift from depending on Christ to relying on your own willpower—when you feel pride in your streak or despair after a slip, remember your rescue is a gift, not a grade.