



**Love God
Love People
Live Like We Mean It**

Love Without Lack

Group Share

1. What is one way you won last week?

The Terrifying Voids and Gaps of Recovery

“When you start recovery, you begin to see the big, ugly gaps you were trying to fill. These gaps existed long before your addiction developed. In fact, it was probably a large part of the reason you began abusing substances, isolating yourself, harboring bitterness, exploding in anger, dealing with depression, or hiding yourself in grief.

There was a void or emptiness you didn’t know how to face or manage. You felt overwhelmed by your emotions or frustrated by a lack of them. You tried to cover gaps so you wouldn’t fall into them. You tried to numb emotions or revive the right ones.

Your responses only made the void bigger and the feelings more powerful, but you couldn’t see that. Your coping strategy wouldn’t let you see. Now that you are beginning your recovery journey, the void is visible and scary.



What was your void.. what sense of lack terrified or trapped you?

Psalms 23:1

- “A psalm of David. The LORD is my shepherd, **I lack nothing.**” NIV
- “A Psalm of David. The LORD is my shepherd; **I shall not want.**” BSB
- “A Psalm of David. The LORD is my shepherd, **I will not be in need.**” NASB

Original Word: חָסַר (khaw-sare')

“Chaser”: to lack, need, be lacking, decrease
Definition: to lack, need, be lacking, decrease

*“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”
- Jesus (John 10:10)*

Pause for 5 Minutes of Journaling

Break into small groups to read discuss the following questions.

Questions to Consider:

1. What sense of lack has terrified or trapped you in the past or tries to trap you today?
2. What verse from God’s Word has He provided for you to fill your fear gap with faith?
3. What changes can you make going forward to set your mind on the fullness of God’s promises rather than the lies of lack that come from the devil?

Gather Back as One Group and Share What You Got From Today’s Discussions - End In Prayer