



HOPE FOR FAMILIES:

A Biblical Guide for Walking With a Loved One
Through Addiction & Recovery**

*A 12-Page Resource for Families, Loved Ones, and
Support Systems*

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HOPE FOR FAMILIES

A Biblical Guide for Walking With a Loved One Through Addiction, Early Recovery, Relapse, and Lasting Transformation

“May the God of hope fill you with all joy and peace in believing...”

— **Romans 15:13 (NKJV)**

This resource is not meant for use in the place of counseling, treatment, or other professional services. It is a guide to assist the loved one(s) of someone trapped in the cycle of addiction, the ones seeking help, and those who are on the journey of recovery.

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Introduction: You Are Not Alone

Addiction does not just affect the one who struggles — it shakes families, marriages, friendships, and generations. When someone you love is enslaved by addiction, your heart breaks in ways few people understand. You carry fear, confusion, anger, hope, disappointment, and love all at once.

This resource is designed to:

- Give you Biblical wisdom for walking with a loved one in addiction or recovery
- Help you navigate relapse with clarity and compassion
- Equip you to support someone who is doing well without unintentionally harming their progress
- Point you to Christ — the true Healer, Rescuer, and Redeemer

You are not alone.

God sees you, loves you, and walks with you.



Our Prayer for You

Our prayer for you is that the God of all comfort will meet you right where you are — in the questions, the hurt, the exhaustion, and the hope.

May He steady your heart, strengthen your steps, and surround your family with His peace.

We pray that His wisdom will guide every conversation, His grace will cover every failure, and His power will break every chain that addiction has tried to hold.

May the Lord remind you that you are not alone, your story is not over, and His love is greater than the darkness you're facing.

We pray that as you walk this journey, you will sense His nearness, trust His faithfulness, and find fresh hope in His promises.

In Jesus' name, Amen.

Understanding Addiction Biblically

Addiction is not simply a moral failure or lack of willpower. Biblically, addiction is a form of **bondage**, a snare of the enemy, and a symptom of a deeper brokenness.

- **Addiction is bondage**

“Whoever commits sin is a slave of sin.” — John 8:34

- **Addiction is spiritual warfare**

“The thief does not come except to steal, and to kill, and to destroy...” — John 10:10

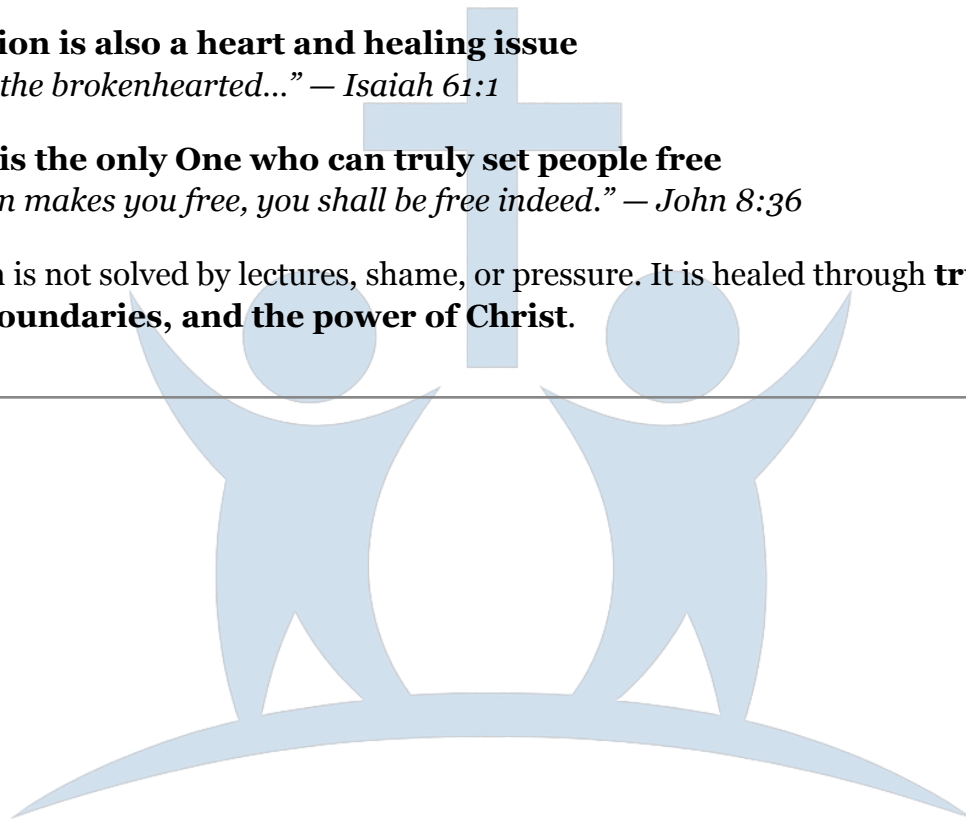
- **Addiction is also a heart and healing issue**

“Bind up the brokenhearted...” — Isaiah 61:1

- **Christ is the only One who can truly set people free**

“If the Son makes you free, you shall be free indeed.” — John 8:36

Addiction is not solved by lectures, shame, or pressure. It is healed through **truth, grace, boundaries, and the power of Christ.**



What Your Loved One Needs Most

1. Truth

“but, speaking the truth in love, may grow up in all things into Him who is the head—Christ” —Ephesians 4:15

They need honest conversations, not enabling.

They need clarity, not confusion.

They need consequences, not false protection.

2. Grace

“Moreover the law entered that the offense might abound. But where sin abounded, grace abounded much more” — Romans 5:20)

Grace is not permissiveness.

Grace is compassion that leads to repentance — not comfort in sin.

3. Boundaries

“Keep your heart with all diligence,

For out of it spring the issues of life.” — Proverbs 4:23

Healthy boundaries protect your heart
and give your loved one a chance to experience reality.

4. Accountability

“Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. 2 Bear one another’s burdens, and so fulfill the law of Christ.” — Galatians 6:1–2

Accountability is an act of love, not punishment.

5. Prayer (James 5:16)

There is spiritual warfare behind addiction.

Prayer is not the *only* tool — but it is the *first* and most powerful tool.

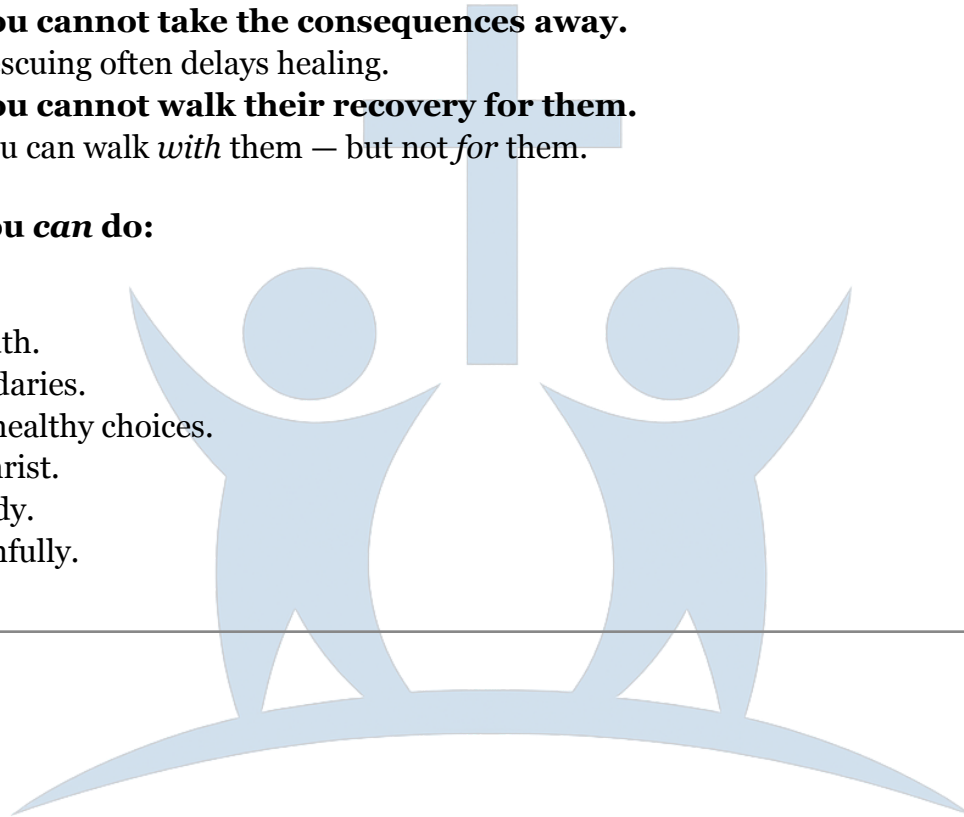
What You CANNOT Carry (But Often Try To)

Families often take on burdens that never belonged to them:

- **You cannot save them.**
Only Jesus saves.
- **You cannot change them.**
Only the Holy Spirit transforms.
- **You cannot control their decisions.**
You are responsible for your choices, not theirs.
- **You cannot take the consequences away.**
Rescuing often delays healing.
- **You cannot walk their recovery for them.**
You can walk *with* them — but not *for* them.

What you *can* do:

Pray.
Speak truth.
Set boundaries.
Support healthy choices.
Model Christ.
Stay steady.
Love faithfully.



When Your Loved One Is Still in Active Addiction

This is one of the hardest places to be, but Scripture gives guidance.

1. Do Not Enable (Proverbs 19:19)

Shielding them from consequences prevents growth.

Healthy boundaries include:

- No money
- No covering lies
- No bailing out of every crisis
- No pretending everything is okay
- No rescuing from the natural outcome of decisions

2. Stay Connected, But Not Controlled

Speak with compassion, not fear.

Offer support for treatment, not support for addiction.

3. Protect the Home

Addiction often brings chaos — spiritually, emotionally, financially.

Protect your home.

Protect your peace.

Protect your children.

Protect your marriage.

4. Keep Hope Alive

Never give up — but don't carry the weight of trying to make them change.

When Your Loved One Has Just Entered Recovery

Early recovery is fragile, sacred, and emotional. The brain and heart are healing. The enemy often attacks. Families play a vital role.

1. Expect Change — But Not Perfection

They will struggle.

They will grow.

They will stumble in small ways.

Encourage progress — not performance.

2. Celebrate Small Victories

Every day sober is a miracle of grace.

3. Encourage Spiritual Habits

Bible reading

Prayer

Church

Support groups

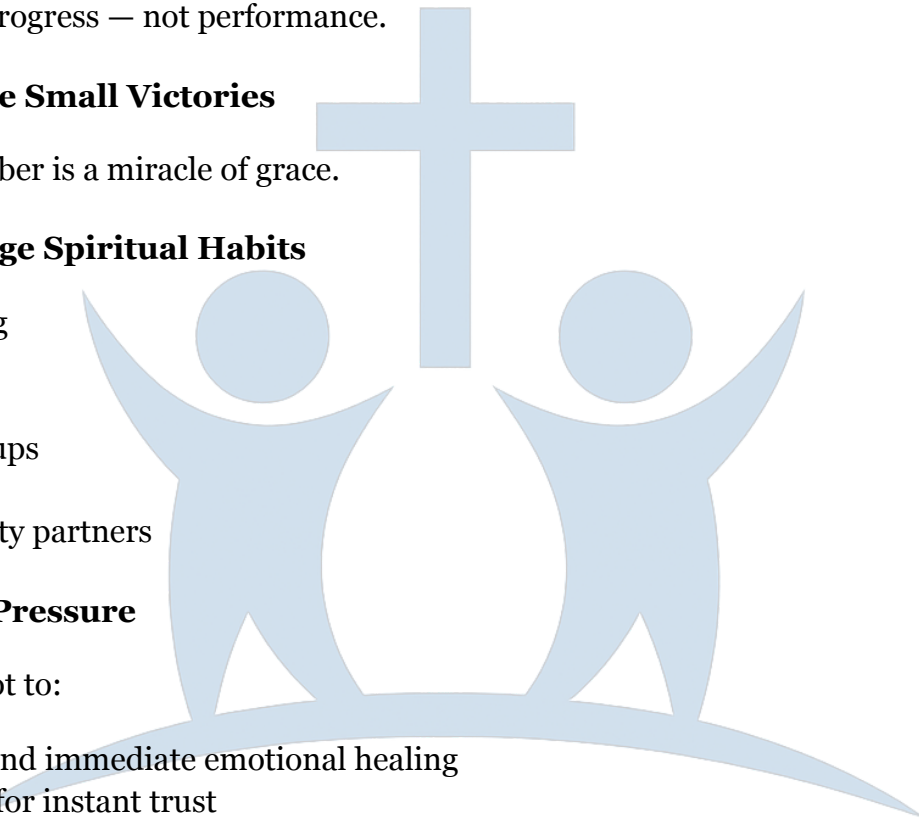
Mentorship

Accountability partners

4. Reduce Pressure

Be careful not to:

- Demand immediate emotional healing
 - Push for instant trust
 - Expect quick restoration
- Recovery takes time. So does healing family relationships.



When Your Loved One Has Relapsed

Relapse is not rare — but it is also **not the end of the story**.

1. Respond With Calm, Not Crisis

“...restore such a one in a spirit of gentleness.” — *Galatians 6:1*

Don't yell.

Don't shame.

Don't panic.

Don't take it personally.

2. Reinstate Boundaries Immediately

Lovingly but firmly.

3. Encourage Them to Get Back Into Recovery Quickly

The longer the relapse, the deeper the damage.

Speed matters.

4. Do Not Fall Into These Traps:

- “It must be my fault.”
- “We have to hide this from people.”
- “Everything is ruined.”
- “I can't trust them ever again.”

Relapse is a call back to grace and structure —
not a reason to surrender to hopelessness.

When Your Loved One Is Doing Well

One of the most vulnerable seasons in recovery is when things are going *great*. Families often unintentionally disrupt the momentum by accident.

How to Support Someone Doing Well:

1. Give Them Room to Grow

Don't smother, hover, or monitor their every move.

2. Affirm Their Progress

Speak life.

Point out change.

Encourage their spiritual walk.

3. Keep Boundaries

Healthy structure keeps recovery strong.

4. Support Their Community

Recovery meetings

Church

Bible studies

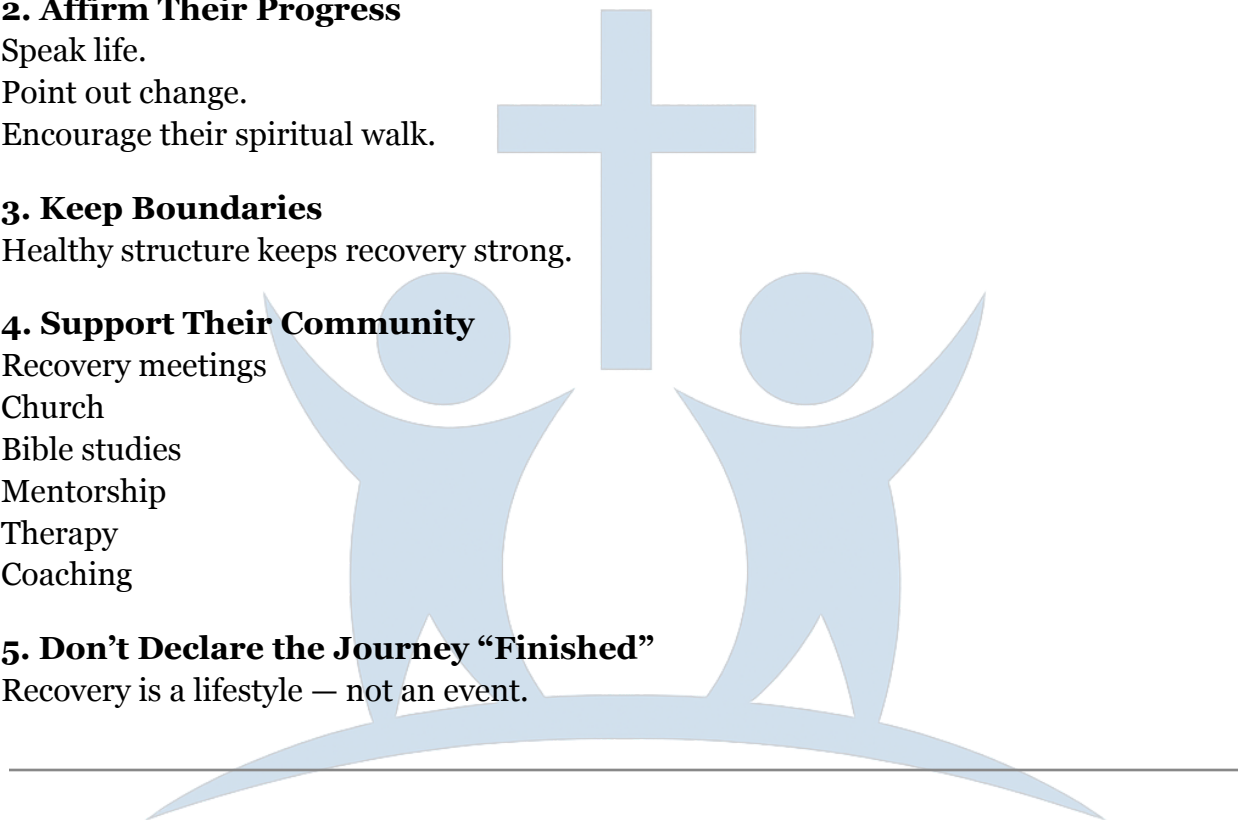
Mentorship

Therapy

Coaching

5. Don't Declare the Journey "Finished"

Recovery is a lifestyle — not an event.



Biblical Principles for the Whole Family

1. Surrender Your Loved One to God

“Cast all your care upon Him...” — *1 Peter 5:7*

Release what was never yours to control.

2. Guard Your Heart

“Above all else, guard your heart...” — *Proverbs 4:23*

You matter too.

Your mental health matters.

Your spiritual health matters.

3. Seek Wise Counsel

“In the multitude of counselors there is safety.” — *Proverbs 11:14*

Pastors

Christian counselors

Recovery coaches

Support groups

4. Forgive Quickly, Trust Slowly

Forgiveness is given.

Trust is rebuilt.

5. Stay Anchored in Christ

Your hope is in Jesus — not in their performance.

A Prayer for Families Walking Through Addiction

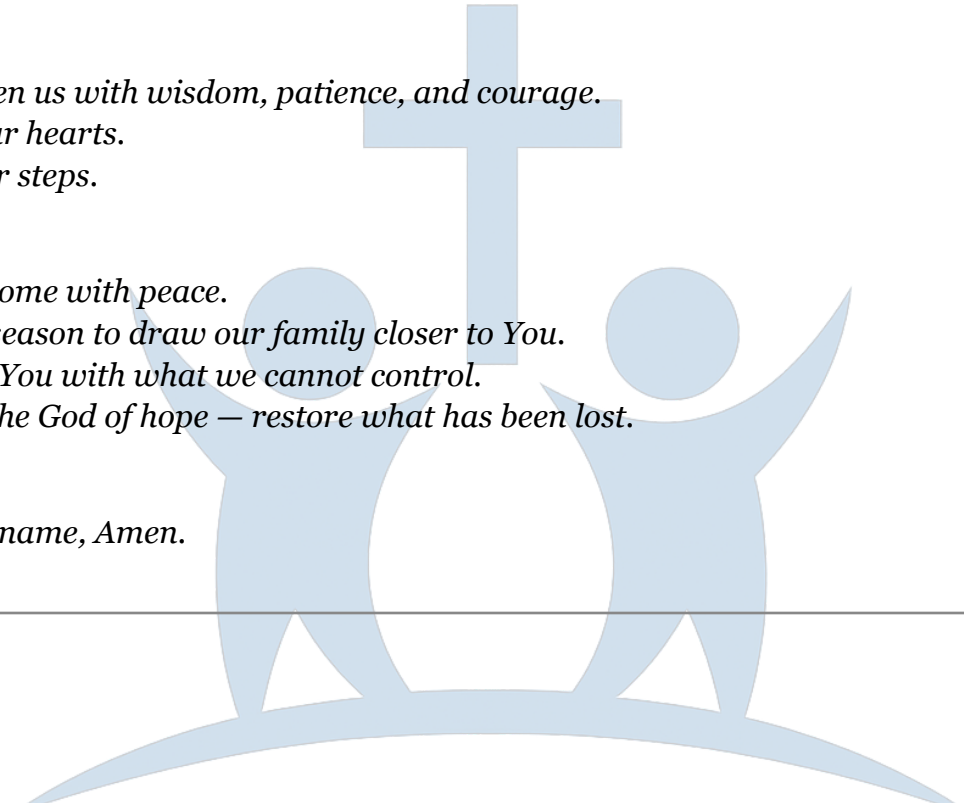
*Father,
You see every tear, every fear, and every moment of pain.
We lift up our loved one who is struggling.*

*Break every chain.
Heal the wounds behind the addiction.
Open their eyes to Your grace and truth.*

*Strengthen us with wisdom, patience, and courage.
Guard our hearts.
Guide our steps.*

*Fill our home with peace.
Use this season to draw our family closer to You.
We trust You with what we cannot control.
You are the God of hope — restore what has been lost.*

In Jesus' name, Amen.



Practical Next Steps & Resources

1. Have an Honest Conversation

With boundaries, compassion, and clarity.

2. Connect Them to Help

- Recovery coaching
- Addiction treatment
- Christian counseling
- A local church
- A mentor
- Recovery meetings

3. Get Support for Yourself

You cannot pour from an empty cup.

4. Create a Family Plan

What's allowed?

What's not?

What support will you offer?

What boundaries remain firm?

5. Keep Hope Alive

Your story is not over.

Their story is not over.

God specializes in redemption.

*Call today for a free consultation and support @ (714) 805-8250
or email us: mike@onehope4recovery.com*