



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 3: Choosing HOPE in the midst of discouragement.**

**Week 10: Defining and striving for SOBRIETY.**  
*Progress not perfection. The scale.*

**Video: Bill W. - AA**

[Click here to watch a video clip in our Vimeo account.](#)

**Theme verse: *Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.*** – 1 Timothy 4:15-16

**Word of the Week: Progress**

**Quote: “Progress is impossible without change; and those who cannot change their minds cannot change anything.”** – George Bernard Shaw

**John Eldredge: “Though he is powerfully drawn to the woman, he does not know how to fight for her or even that he is to fight for her. Rather, he finds her mostly a mystery that he knows he cannot solve and so at a soul level he keeps his distance. And privately, secretly, he turns to the imitation.”**

**Highlight Song: Even When it Hurts, Hillsong United**

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Progress

### Dictionary:

*noun*

- a movement toward a goal or to a higher stage: *the progress of a student toward a degree.*
- developmental activity in science, technology, etc., especially with reference to the commercial opportunities created thereby or to the promotion of the material well-being of the public through the goods, techniques, or facilities created.
- advancement in general.
- growth or development; continuous improvement: *He shows progress in his coordination.*

*verb*

- to go forward or onward in space or time: *The wagon train progressed through the valley.*
- to grow or develop, as in complexity, scope, or severity; advance: *Are you progressing in your piano studies? The disease progressed slowly.*

**Quotes: “Progress is impossible without change; and those who cannot change their minds cannot change anything.”** – George Bernard Shaw

**“Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress.”** – Alfred Armand Montapert

**“Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better.”** – Harry S. Truman

**“If you’re walking down the right path and you’re willing to keep walking, eventually you’ll make progress.”** – Barack Obama

**“Change does not necessarily assure progress, but progress implacably requires change.”** – Henry Steele Commager

**“Coming together is a beginning; keeping together is progress; working together is success.”** – Henry Ford

**“Progress however, of the best kind, is comparatively slow. Great results cannot be achieved at once; and we must be satisfied to advance in life as we walk, step by step.”** – Samuel Smiles.

**“If there is no struggle, there is no progress.”** – Frederick Douglass

**“Fundamental progress has to do with the reinterpretation of basic ideas.”** – Alfred North Whitehead

**Bible: Ezra 5:8**

The king should know that we went to the district of Judah, to the temple of the great God. The people are building it with large stones and placing the timbers in the walls. The work is being carried on with diligence and is making rapid **progress** under their direction.

**John 13:2-3**

The evening meal was in **progress**, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist.

**Philippians 1:25-26**

Convinced of this, I know that I will remain, and I will continue with all of you for your **progress** and joy in the faith, so that through my being with you again your boasting in Christ Jesus will abound on account of me.

**1 Timothy 4:15-16**

Be diligent in these matters; give yourself wholly to them, so that everyone may see your **progress**. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

**Hebrews 12:1-7** (*progress implied*)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood. And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.” Endure hardship as discipline; God is treating you as his children.