

## “Black-And-White” Thinking Vs. Grace Thinking

### Lesson 1

Black-and-white thinking – “It’s all good or it’s no good” – can be a big factor in an addict’s “stinking thinking.” Examples:

- “I had a slip; I guess that means I’m just not cut out for living sober.”
- “I wouldn’t have to drink if everybody would just be nice to me all the time.”
- “I’m not going to go to AA; some of those people aren’t Christians, and a lot of them smoke and swear and stuff.”
- What else?

God is perfect, but he’s not a perfectionist. Look at some Bible examples of how God doesn’t think black-and-white, and neither do people thinking God’s way:

*Philippians 5:6-8—You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*

*Philippians 4:8—Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.*

*Matthew 22:9-10—“Go to the street corners and invite to the banquet anyone you find.’ So the servants went out into the streets and gathered all the people they could find, both good and bad, and the wedding hall was filled with guests.”*

*Philippians 4:11-13—I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

*Mark 9:38-40—“Teacher,” said John, “we saw a man driving out demons in your name and we told him to stop, because he was not one of us.”*

*“Do not stop him,” Jesus said. “No one who does a miracle in my name can in the next moment say anything bad about me, for whoever is not against us is for us. I tell you the truth; anyone who gives you a cup of water in my name because you belong to Christ will certainly not lose his reward.”*

- How has black-and-white thinking been part of your craziness?
- How has God’s grace – his unconditional love and acceptance of imperfect people like you – helped your thinking become sane?

**What else?**