

# Recovery from addiction—it's more than just stopping.

Seven Principles to grow in confidence to never go back to a life of addiction.

Author and founder of Lost & Found, Bruce Stanley brings this Christ-centered recovery teaching, certified by the Tennessee Department of Mental Health and Substance Abuse Services, to the students of Spring to Life. The seven principles within Lost & Found are found in scripture and show us how to live a life that is strong enough to overcome the desires that lead us to bad choices.

"Add to your faith goodness, and to goodness knowledge, and to knowledge self control, and to self control perseverance, and to perseverance godliness, and to godliness mutual affection, and to mutual affection love. For if you possess these things in increasing measure, they will keep you from being ineffective and unproductive..."  
- 2 Peter 1:5-8

"We are so focused on ourselves and what our version of recovery looks like, we fail to trust God with His purpose for us and thus miss out on what God says we can't even imagine."  
—Bruce Stanley

Bruce is now Campus Pastor and Executive Officer of Spring to Life. The Lost & Found curriculum is one of three teaching elements within the Christian biblical narrative that makes Spring to Life so successful.

**Certified, Faith-Based Recovery Initiative**



lost & found  
Recovery in Christ