

“Staying Sober During the Summer Party Season”

Twitter Chat with Pastor Ryan Moffat

May 26, 2016

AH: Welcome to today’s #AHchat! Our topic is “Staying Sober During the Summer Party Season”. We would like to start by welcoming our special guest, Pastor Ryan Moffat, who will be tweeting as @ryanmoffat55. Pastor Ryan will be sharing his insight on this topic.

AH: Please tell us a little about yourself and your current role.

Ryan: My name is Ryan Moffat. I am a husband, a father (of four), a Jesus Follower, a local Church Pastor and an entrepreneur (www.thehighdesertlife.com). I love working with people, I love the redemptive story of Jesus and seeing lives radically transformed by the gospel of Christ. When I’m not working I enjoy sports, dating my wife and doing fun stuff with my 4 kids!

AH: Thank you for sharing Ryan! Please tell us about your role in working with people who are struggling with addiction.

Ryan: I love addicts because most addicts are at a “rock bottom” spot in life where they are passionately pursuing a “better way” to pursue life. I have worked in addicts (primarily in Church-based ministries) and have seen many people’s lives radically transformed by the power of grace. I have personally struggled with addictive tendencies. I have found that the core work of rediscovering, re-defining and re-rooting one’s identity in Jesus is a central piece of work that is avoided in most recovery programs.

AH: Do you think the summer has an impact on those struggling with staying sober? In what ways?

Ryan: Summer has a way of lowering the expectations and accountability we put on ourselves. The mantra is “just chill” and that slogan has a profound way of ushering addicts right back into addictive and troubling behavior. Not only that but summer has longer days which means more time (for both GOOD things and BAD things). Make sure you plan your time carefully with the increase in daylight time.

AH: How do you think the church can offer support for those struggling with substance abuse?

Ryan: There are a variety of ministries that specifically address the issues of addiction but even programs like “AA” have Judeo-Christian roots. You can hear it in the language of step #1- “Admit that I am powerless and I need a HIGHER POWER to change”. Ministries like “Celebrate Recovery” and others powerfully use the principles of the Scripture to move people toward health and wholeness. *earlier.*

AH: What tools would you recommend for someone facing addiction recovery but actively participating in BBQs and summer fun?

Ryan: Accountability and Community!! When you are going to be in a dangerous possibly threatening environment never go into it without people who love you and care about you ready to help you and serve you in your recovery. You can get away from “programs” but you can’t fire your friends... PICK GOOD FRIENDS!

AH: What encouragement do you have to offer someone facing recovery and the parties of Summer?

Ryan: I would encourage them by saying; “No party is worth your life”. Think about how much you’ve done to recover, to restore and to buy back what you lost through your addiction.

What party is worth giving all that up? What drink or substance is worth your honor, your relationships, your core identity? Nothing, right?

AH: Thank you Ryan for sharing this great insight about addiction and recovery.

If you or a loved one has been suffering with an addictive disorder, we hope this information brings you hope. Seeking out treatment is critical for hope, healing, and recovery

For more information about Pastor Ryan and his church community, visit <http://www.vastchurch.com/team/ryan-moffat.html>

Thank you to everyone who participated in our Twitter Chat today! And thank you for the great insight @ryanmoffat55!

If you are in need of resources for substance abuse, visit our website at www.addictionhope.com