

THE FIRST STEP TO FREEDOM

April 8, 2018

The Road to Recovery—Part 1

Isaiah 57:18

The first step to R.E.C.O.V.E.R.Y:

Realize I'm _____; I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

Romans 7:15–17

THE CAUSE OF MY PROBLEM: _____

How we “play” God

By denying our _____ and by trying to _____ everything for selfish reasons.

- Our image - Our problems
- Other people - Our pain

THE CONSEQUENCES

1. _____ *Gen. 3:10*
2. _____ *Rom. 7:21, 23 Ps. 32:3*
3. _____ *Ps. 32:4–5*
4. _____ *Prov. 28:13*

THE CURE: _____

Admitting that I'm not God means I know I am —

powerless to change:

powerless to control:

powerless to cope:

James 4:6

GRACE IS:



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The Road To Recovery—Part 2

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Realize I'm not God; I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

Step 2: Earnestly believe that God _____, that I _____ to him, and that he has the _____ to help me recover.

Heb. 11:6

Three Parts

1. ACKNOWLEDGE GOD'S _____

"Since the creation of the world, God's invisible qualities—his eternal power and divine nature—have been clearly seen."

Rom. 1:20

2. UNDERSTAND GOD'S _____

Col. 1:15

· God _____ all about my situation. Ps. 31:7 Ps. 69:5

Ps. 56 Jer. 31:3 Rom. 5:8

· God _____ me and my situation.

Ps. 103:13-14

· God can _____ me and my situation.

Eph. 1:20 Luke 18:27

3. ACCEPT GOD'S _____

Phil 2:13 2 Tim. 1:7

How to Plug Into God's Power

_____ and _____

Isa. 43:2-3



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LETTING GO

April 22, 2018



The Road to Recovery—Part 3

R.E.C.O.V.E.R.Y.

Realize I'm not God. I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

Consciously _____ to commit all my life and will to Christ's _____ and _____ Matt. 11:28–30

WHAT KEEPS ME FROM DOING THAT?

1. _____: I don't want to admit I need help. Pr. 18:12
2. _____: I'm ashamed to ask God for help. Ps. 40:12
3. _____: I'm afraid of what I'd have to give up. Mk 8:36
4. _____: I confuse the decision phase with the problem-solving phase. 1 Peter 5:7 Phil 1:6
5. _____: My faith seems so small. Matt. 17:20

HOW DO I TAKE THIS STEP?

1. I accept _____ as my Savior Acts 16:31
2. I accept _____ as my Standard 2 Tim. 3:16
3. I accept _____ as my Strategy Ps. 40:8
4. I accept _____ as my Strength Phil. 4:13 Rev. 3:20

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Consciously choose to commit all my life and will to Christ's care and control.

Openly _____ and _____ my faults to myself, to God, and to _____ I trust. Ps. 32:1-2

THE REASON FOR THIS STEP

- 1. Guilt destroys your _____.
- 2. Guilt damages your _____.
- 3. Guilt keeps me _____. Prov. 28:13

HOW TO DO THIS STEP

- 1. Take a personal _____. Lam. 3:40 Ps. 139:23-24
- 2. Accept _____ Prov. 20:27 1 John 1:8
- 3. Ask _____ 1 John 1:9 Isa. 1:19
- 4. Admit my faults _____ James 5:16

Who? What do you say? When?

- 5. Accept God's forgiveness and _____ Rom. 3:23-24 Rom. 8:1



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R.E.C.O.V.E.R.Y. Step 5

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my _____. Rom. 12:1–2

WHERE DO MY CHARACTER DEFECTS COME FROM?

· My _____

Genetics explain predisposition but don't excuse sin!

· My _____

Character defects are often attempts to fill unmet needs.

· My _____

Character defects are often positive qualities being misused.

WHY IS IT SO HARD TO CHANGE THEM?

1. Because I've had them _____

2. Because I _____ with them.

3. Because they have a _____.

4. Because _____ discourages me

HOW DO I COOPERATE WITH GOD'S CHANGE PROCESS?

"Be transformed by the renewing of your mind." Rom. 12:2

1. Focus on changing _____ at a time. Prov. 17:24

2. Focus on victory _____ at a time. Matt. 6:11 Matt. 6:34

3. Focus on _____ not willpower Jer. 13:23 (TLB)

BUT...



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BUT...

4. Focus on what I _____, not what I _____

Phil. 4:8

5. Focus on _____ good, not _____ good.

Gal. 5:16

6. Focus on _____ who help me, not hinder me

Prov. 27:1

7. Focus on _____ not _____

Phil. 1:6

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Prov. 27:1

7. Focus on _____ not _____

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The Road To Recovery—Part 6

R.E.C.O.V.E.R.Y. Step 6

E valuate all my relationships. _____ to those who’ve hurt me and _____ for harm I’ve done to others except when to do so would harm them or others. Eph. 4:31–32.

PART 1: FORGIVE THOSE WHO’VE HURT ME

WHY?

- 1. Because _____ Col. 3:13
- 2. Because _____ Job 5:2 Job 18:4 Job 21:23–25
- 3. Because _____ Mark 11:25

HOW?

- 1. _____ my hurt.

Make a list of those who’ve harmed me and what they said ... thought ...did.

- 2. _____ my offender. Mark 18:21–22

“Empty chair” technique

- 3. _____ my hurt with God’s peace Col. 3:15

PART 2: MAKE AMENDS TO THOSE I’VE HURT

WHY?

“Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives. Heb. 12:15

HOW?

- 1. Make a list of those I’ve harmed and what I did.

Debts? Broken promises? Overcontrolling? Overpossessive? Hypercritical? Abusive verbally? emotionally? physically? Forgetting? Unfaithful? Lying?



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2. Think how _____ others to make amends to me. Luke 6:31
- The right _____ Eccl. 8:6
 - The right _____ Eph. 4:15
 - Is it _____? Prov. 12:18 Rom. 12:18
3. _____ my life. Job 11:13-16

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MAINTAINING MOMENTUM May 20, 2018



The Road to Recovery—Part 7

“RELAPSE”—falling back into a self-defeating pattern

How it happens

- 1. Complacency
- 2. Confusion
- 3. Compromise
- 4. Catastrophe

WHAT CAN CAUSE A RELAPSE?

- 1. REVERTING TO _____ Gal 3:3 Zech. 4:6
- 2. IGNORING _____ Gal 5:7
- 3. TRYING TO RECOVER _____ Eccl. 4:9–10 Heb. 10:25
- 4. BECOMING _____ Prov. 16:18 1 Cor. 10:12

HOW TO PREVENT A RELAPSE

Reserve a _____ with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain _____ to do it. Mark 14:38

1. EVALUATION

“Check up on yourselves ...” 2 Cor. 13:5 (TLB)

“Let us examine ourselves ... and let us repent.” Lam. 3:40 (TLB)

What to Evaluate:

- Physical:
- Emotional:
- Relational:
- Spiritual:

Gal. 6:4

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3. PRAYER

Matt. 6:8-13

Ps. 1:1-3 Ps. 115:11

“long enough to hear God.”

2. MEDITATION

1. _____
2. _____
3. _____

When Do I Do My Evaluation?

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When Do I Do My Evaluation?



A SUMMARY OF RECOVERY: THE BEATITUDES

(Matt. 5:3–12)

“Happy are those who know they are spiritually poor.”

R _____ I’m not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

“Happy are those who mourn, for they shall be comforted.”

E _____ believe that God exists, that I matter to Him, and that He has the power to help me recover.

“Happy are the meek.”

C _____ choose to commit all my life and will to Christ’s care and control.

“Happy are the pure in heart.”

O _____ examine and confess my faults to myself, to God, and to someone I trust.

“Happy are those whose desire is to do what God requires.”

V _____ submit to every change God wants to make in my life and humbly ask him to remove my character defects.

“Happy are the merciful.” “Happy are the peacemakers.”

E _____ all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I’ve done to others, except when to do so would harm them or others.

R _____ a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to do it.

Y _____ myself to God to be used to bring the Good News to others by both my example and my words.



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WHY GOD ALLOWED MY PAIN

1. HE'S GIVEN ME A _____
Gen 1:27

2. TO GET MY _____
Prov. 20:30 2 Cor. 7:9

3. TO TEACH ME TO _____
2 Cor. 1:8-10 Ps. 119:71

4. TO GIVE ME _____
2 Cor. 1:4 Gen. 50:20

HOW TO USE MY PAIN TO HELP OTHERS

1 Peter 3:15 Gal. 6:1-2
Suggestions (1 Thess. 2:3-12)

1.

2.

3.

Acts 20:24

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