

CELEBRATE RECOVERY THE ROAD TO R.E.C.O.V.E.R.Y. “THE FIRST STEP TO FREEDOM”

*"I have seen how they acted, but I will heal them.
I will lead them and help them, and I will comfort those who mourn.
I offer peace to all, near and far!"
Isaiah 57:18*

What do I need to recover from?

Overworking	Overeating	Alcohol/Drugs	Overspending
Procrastination	Grief	Guilt	Anger/Rage
Fear/Anxiety	Divorce	Abuse	Codependency
Insecurity	Gambling	Hypochondria	Perfectionism
Need to control	Lying	Sexual Addictions	Hurtful Relationships

THE FIRST STEP TO R.E.C.O.V.E.R.Y.

R.ealize I'm NOT GOD. I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

"I don't understand myself at all, for I really want to do what is right, but I can't! I do what I don't want to-what I hate! I know perfectly well what I'm doing is wrong...but I can't help myself! It is sin inside me that is stronger than I am that makes me do these evil things."

Romans 7:15-17 (TLB)

1. THE CAUSE OF MY PROBLEM: MY SIN NATURE

How we "play" God:

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

Our image

Our problems

Other people

Our pain

2. THE CONSEQUENCES:

A. FEAR

(Adam) *"I was afraid because I was naked so I hid."*

Genesis 3:10

B. **FRUSTRATION**

"It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong...some-thing else deep within me...is at war with my mind and wins the fight and makes me slave to the sin..." Romans 7:21, 23 (TLB)

"My dishonesty made me miserable and filled my days with frustration." Psalm 32:3 (TLB)

C. **FATIGUE**

"My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them." Psalm 32:4-5 (TLB)

D. **FAILURE**

"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you." Proverbs 28:13 (GN)

3. **THE CURE: ADMIT MY WEAKNESS & THAT I AM NOT GOD**

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

powerless to change: **MY PAST**

powerless to control: **OTHER PEOPLE**

powerless to cope: **WITH MY HARMFUL HABITS, HURTS & HANGUPS**

"God opposes the proud but gives GRACE to the humble." James 4:6

GRACE IS: The Power God gives me to make the changes in my life I want to make and that He wants me to make.