

# ***THE ROAD TO R.E.C.O.V.E.R.Y.***

## **“Where to Get Help When You Hurt”**

Denial Busters

1. **CRISIS**
2. **CONFRONTATION**
3. **CATASTROPHE**

**STEP 1: R** - Realize I'm not God

“I admit I'm powerless to control my tendencies to do the wrong thing and my life is unmanageable.”

**STEP 2: E** - Earnestly believe that God **EXISTS**, that I **MATTER** to Him, and that He has the **POWER** to help me recover.

*“Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him.”* Hebrews 11:6

### **Three Parts to Taking Step 2 (The Step of Hope) in this Road to Recovery**

**One: Acknowledge God's EXISTENCE**

*“Since the creation of the world, God's invisible qualities—his eternal power and divine nature— have been clearly seen.”* Romans 1:20

*“The fool says ‘There is no God.’”*

Psalm 14:1

**96%** believe in God

**2% OR LESS** say “I am an atheist”

**Two: Understand God's CHARACTER**

*“Christ is the visible expression of the invisible God.”*

Colossians 1:15

- God **KNOWS** all about my situation  
*“You have seen the crisis of my soul.”* Psalm 31:7
- *“You know how foolish I have been.”* Psalm 69:5

- God **cares** about my situation  
*“He is like a father to us, tender and sympathetic for he knows what we are made of...dust!”* Psalm 103:13-14

*“God says, ‘I have loved you with an everlasting love!’”* Jeremiah 31:3

- God can **CHANGE** me and my situation  
*“I pray you will begin to understand how incredibly great his power is to help those who believe in Him...that same power that raised Christ from the dead.”* Ephesians 1:18-20

**Three: Accept God’s OFFER TO HELP ME**

*“For God is at work within you giving you the will and the power to achieve His purpose”*  
Philippians 2:13

*“The Spirit that God gives us...fills us with power, love and self-control.”* 2 Timothy 1:7

*How To Plug Into God’s Power*

**BELIEVE AND RECEIVE**

Celebrate Recovery

Sunday’s 6:00 Meal, 7:00 Celebrate Recovery

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