

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

“Letting Go”

STEP 1: THE REALITY STEP

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.

STEP 2: THE HOPE STEP

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

STEP 3: THE CONTROL

C.onsciously CHOOSE to commit all my life to Christ's CARE and CONTROL

“Jesus said, ‘Come to me, all you who are weary and overburdened and I will give you rest. Take my yoke upon you and learn from me....for my yoke is easy and my burden is light.’”

Matthew 11:28-30

WHAT COULD KEEP ME FROM TAKING THIS STEP?

1. **PRIDE** I don't want to admit I need help.
"...arrogant people are on their way to ruin." Proverbs 18:12
2. **GUILT** I am ashamed to ask God for help.
"Problems far too big for me to solve are piled higher than my head. Meanwhile, my sins, too many to count, have all caught up with me, and I am ashamed to look up." Psalm 40:12
3. **FEAR** I'm afraid of what I'd have to give up.
"How does a man benefit if he gains the whole world and loses his soul in the process? Is anything worth more than his soul?" Mark 8:36
4. **WORRY** I confuse the decision phase with the problem-solving phase.
"Cast all your anxiety on God because He cares for you." 1 Peter 5:7
5. **DOUBT** my faith seems so small.
"If you have faith as small as a mustard seed...nothing will be impossible for you." Matthew 17:20

HOW DO I TAKE THIS STEP?

1. I accept **GOD'S SON** as my Savior.
"Believe in the Lord Jesus and you will be saved." Acts 16:31
2. I accept **GOD'S WORD** as my standard.
"All scripture is inspired by God and is useful for teaching the faith and correcting error, for resetting the directions of a man's life and training him in good living." 2 Timothy 3:16
3. I accept **GOD'S WILL** as my strategy.
"I desire to do your will, O my God." Psalm 40:8
4. I accept **GOD'S POWER** as my strength.
"I can do everything God asks me to with the help of Christ who gives me strength and power." Philippians 4:13

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