

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

“Maintaining Momentum”

Relapse is **FALLING BACK** into a self-defeating pattern

How does it happen?

1. **COMPLACENCY**
2. **CONFUSION**
3. **COMPROMISE**
4. **CATASTROPHE**

WHAT CAN CAUSE MY RELAPSE?

1. Reverting to **WILLPOWER**
“How can you be so foolish? You began by God’s Spirit—do you now want to finish by your own power?” Galatians 3:3
“Not by might, nor by power, but by my Spirit says the Lord...you will succeed because of my Spirit.” Zechariah 4:6
2. Ignoring **ONE OF THE STEPS**
“You were doing so well! Who made you stop obeying the truth?” Galatians 5:7
3. Trying to recover without **SUPPORT**
“Two are better off than one, because if one of them falls down, the other can help him up. But if someone is alone and falls then there is no one to help him.” Ecclesiastes 4:9-10
“Let us not give up the habit of meeting together.” Hebrews 10:25
4. Becoming **PRIDEFUL**
“Pride goes before destruction” Proverbs 16:18
“So if you think you are standing, watch out that you do not fall.” 1 Corinthians 10:12

STEP 7: HOW TO PREVENT RELAPSE

Reserve a **DAILY TIME** with God for self-examination, Bible reading and prayer in order to know God and His will for my life and **GAIN THE POWER** to do it.

“Watch and pray so that you will not fall into temptation. For the spirit is willing, but the body is weak.” Mark 14:38

THREE TOOLS FOR MAINTENANCE

1. **EVALUATION**
“Check up on yourselves” 2 Corinthians 13:5

"Let us examine ourselves...and let us repent"

Lamentations 3:40

What do you evaluate?

* Physical * Emotional * Relational * Spiritual

"Each one should examine his own actions. Then he can take pride in himself, without comparing himself to somebody else."

Galatians 6:4

When do you evaluate?

1. **SPOT CHECK**
2. **DAILY**
3. **ANNUAL**

2. **MEDITATION**

SLOWING DOWN long enough to hear God

"Happy are those who...are always meditating on God's laws and thinking about ways to follow him more closely. They are like trees along a river...that do not dry up. They succeed in everything they do."

Psalms 1:1-3

3. **PRAYER**

"This then is how you should pray: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen."

Matthew 6:8-13