

# The Christian Arsenal

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## WHERE TO GET HELP WHEN YOU HURT The Road to Recovery

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### Part 3 of 9

God uses 3 denial busters to get our attention:

1. Crisis
2. Confrontation
3. Catastrophe

Cowboy Proverbs:

- 1) Never miss a good opportunity to shut up.
- 2) When you find yourself in a hole – stop digging.

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.

Step 2:

**E**arnestly 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." Heb. 11:6*

Three Parts

#### **1. ACKNOWLEDGE GOD'S EXISTENCE .**

George Gallup Poll last year said, 96% of Americans believe in God; less than 2% said they were atheists.

*"Since the creation of the world, God's invisible qualities – His eternal power and divine nature – have been clearly seen." Rom 1:20*

*"The fool says, 'There is no God!'" Psalms 14:1*

The real issue for man is not, "Is there a God?" That's a given for most people. The real issue is, "What kind of God is He?" "What is He really like?" The problem: Instead of God making you in His image, you make God in your image.

#### **2. UNDERSTAND GOD'S CHARACTER .**

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*“Christ is the visible expression of the invisible God.” Col. 1:15 (Phillips)*

- God knows all about my situation.

*“He is like a father to us, tender and sympathetic ... for he knows what we are made of – dust.” Psalms 103:13-14 (TLB/GNB)*

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

How does God keep on loving?

His love is unconditional. It is not based on your performance. It is based on God’s character.

*“God showed His great love for us by sending Christ to die for us.” Rom. 5:8 (TLB)*

- God can change me and my situation.

Sometimes He changes me. Sometimes He changes the situation. Sometimes He changes both.

*“I pray you will begin to understand how incredibly great His power is to help those who believe Him ... the same power that raised Christ from the dead.” Eph. 1:20 (TLB)*

A lot of people are stuck in the past and can’t get on with the present.

*“What is impossible for men is possible with God.” Luke 18:27 (GNB)*

### **3. 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.” Phil. 2:13 (Phillips)*

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

This verse says there are 3 things we need.

1. Power: I want power to break habits I can’t break.  
I want power to do the things that I know are right.  
I want power to break free from the past and let those memories go.  
I want power to get on with the kind of life God wants me to have.
2. Love: I want real love.

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I want to be able to love people and have them love me and let go of hurts so I don't build up all these walls and have fake intimacy, but have genuine intimacy.

3. Self-Control: You're not really in control until Christ is in control of your life and the

Master masters the circumstances of your life.

A simple but Profound Principle: I have learned that things work best when they are plugged in. Toasters, blenders, televisions, radios, things work best when they are plugged in. And God meant for you and me to be plugged into Him.

## HOW TO PLUG INTO GOD'S POWER

BELIEVE and RECEIVE

*"When you go through deep waters and great troubles, I will be with you, ... you won't drown! When you walk through the fires of oppression, you won't be burned up."* Isaiah 43:2-3 (TLB)