

The Christian Arsenal

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MAINTAINING MOMENTUM The Road to Recovery

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Part 8 of 9

R.E.C.O.V.E.R.Y.

Step 1: **R**ealize I'm not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable (REALITY).

Step 2: **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover (HOPE).

Step 3: **C**onsciously choose to commit all my life and will to Christ's care and control (COMMITMENT).

Step 4: **O**penly examine and confess my faults to God, to myself, and to someone I trust (HOUSECLEANING).

Step 5: **V**oluntarily submit to every change God wants me to make in my life and humbly ask him to remove my character defects (TRANSFORMATION).

Step 6: **E**valuate all my relationships, offer forgiveness to those who've hurt me and make amends for harm I've done to others except when to do so would harm them or others (REPAIR).

Step 7: **R**eserve 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 (RELAPSE).

Relapse – falling back into self-defeating patterns.

How it happens:

- Complacency – you become comfortable with short-term gain. The pain has been reduced and you stop getting help.
- Confusion – you start forgetting how bad it was.
- Compromise – you go back to the place of temptation.
- Catastrophe – you give in to the old habit, the old hurt and the hate, resentment, or old hang up comes back.

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I. WHAT CAN CAUSE A 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?” Gal. 3:3 (GNB)

“Not by might, not by power, but by my Spirit, says the Lord; ... you will succeed because of my Spirit.” Zech. 4:6 (TLB)

2. IGNORING ONE OF THE STEPS

“You were doing so well! Who made you stop obeying the truth?” Gal. 5:7 (GNB)

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, it’s just too bad, because there is no one to help him.” Eccl. 4:9 (TLB)

“Let us not give up the habit of meeting together.” Heb. 10:25 (GNB)

4. BECOMING PRIDEFUL

“Pride goes before destruction...” Prov. 16:18 (TLB)

You need to stay humble or you will stumble.

“So if you think you are standing, watch out that you do not fall.” 1 Cor. 10:12 (NRSV)

II. HOW TO PREVENT A 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

1. EVALUATION

“Check up on yourselves ...” 2 Cor. 13:5 (TLB)

“Let us examine ourselves ... and let us repent.” Lam. 3:40 (TLB)

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What to Evaluate:

- Physical – What is my body telling me?
- Emotional – What am I feeling right now?

Do a HEART check

H – am I hurting?

E – am I exhausted?

A – am I angry?

R – do I resent anybody?

T – am I tense?

- Relational – Am I at peace with everyone?
- Spiritual – Am I relying on God?

“Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else.” Gal. 6:4

When to Evaluate:

- Spot check inventory
- Daily review
- Annual checkup

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 they do not dry up. They succeed in everything they do.” Psalms 1:1-3 (TLB/GNB)

The key to growth is to have roots down deep in God’s Word.

“I have thought much about your words and stored them in my heart so that they would hold me back from sin.” Psalms 119:11 (TLB)

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3. PRAYER

“This, then, is how you should pray: Our Father in heaven; May your holy name be honored; may your kingdom come; may your will be done on earth as it is in heaven. Give us today the food we need. Forgive us the wrongs that we have done, as we forgive the wrongs that others have done us. Do not bring us to temptation, but keep us safe from the Evil One.” Matt. 6:8-13 (GNB)

Notice 2 things about this prayer:

1. This prayer is not what you should pray, but how you should pray.
2. All of the RECOVERY steps are covered in this prayer.