

The Christian Arsenal

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LETTING GO The Road to Recovery

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Part 4 of 9

How do I break out of that “stuckness”?

Step 1 – Admit it, I’ve got a problem – The Reality Step

Step 2 – The “hope so” step. Not only am I powerless but God has power and He is willing to help out.

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

Realize I’m not God; I admit I’m powerless to control my tendency to do the wrong thing and my life is unmanageable.

Earnestly believe that God exists, that I matter to him, and that He has the power to help me recover.

Consciously choose to commit all my life and will to Christ's care and control.

Jesus says, *“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 (Phillips)

3 things this verse teaches:

You will have:

1. Relief
2. Release
3. Rest

I. WHAT COULD KEEP ME FROM TAKING THIS STEP?

1. PRIDE: I don’t want to admit I need help.

“...Arrogant people are on the way to ruin.” Prov. 18:12 (GNB)

“The self-sufficient fool falls flat on his face.” Prov. 10:8

2. GUILT: I’m 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.” Ps. 40:13 (TLB)

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3. FEAR : I'm afraid of what I'd have to give up.

Freedom is choosing who controls you.

"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 (TLB)

When you take this third step, you give up everything and then you never had it so good.

4. WORRY : I confuse the decision phase with the problem-solving phase.

The most important thing I'll say today: "The Christian life is a decision followed by a process."

"Cast all your anxiety on God because He cares for you." 1 Peter 5:7

"God, who began the good work within you, will keep right on helping you grow in His grace until His love is finally finished." Phil 1:8 (TLB)

5. DOUBT : My faith seems so small.

"If you have faith as small as a mustard seed ... nothing will be impossible for you." Matt. 17:20

"It is not the size of your faith that matters, it is the size of what you put it in, the size of your God."

II. 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 direction of a man's life, and training him in good living." 2 Tim. 3:16 (Phillips)

3. I ACCEPT GOD'S WILL AS MY STRATEGY.

"I desire to do your will, O my God ..." Ps. 40:8

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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 the strength and power." Phil 4:13 (TLB)

Jesus says, *"I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and fellowship with him."* Rev. 3:20

You don't need willpower; you need willingness to accept God's power in your life, go by His controls, His system.