

The Christian Arsenal

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RECYCLING MY PAIN The Road to Recovery

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Step 9 of 9

I. A SUMMARY OF R.E.C.O.V.E.R.Y. – The Beatitudes (Matt. 5:3-12)

“Happy are those who know they are spiritually poor”

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.

“Happy are those who mourn, for they shall be comforted.”

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

“Happy are the meek.”

C onsciously choose to commit all my life and will to Christ’s care and control.

“Happy are the pure in heart.”

O penly examine and confess my faults to God, to myself, and to someone I trust.

“Happy are those whose desire is to do what God requires.”

V oluntarily submit to every change God wants me to make in my life and humbly ask him to remove my character defects.

“Happy are the merciful ... Happy are the peacemakers.”

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.

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.

Y ield myself to God to be used to bring the Good News to others by both my example and my words.

II. WHY GOD ALLOWED MY PAIN

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1. HE'S GIVEN ME A CHOICE

"Let us create man in our image ..." Genesis 1:26

"I am giving you the choice between God's blessing or God's curse. There will be blessing if you obey my commands." Deut 1:2-27 (TLB) Summary of these verses)

2. TO GET MY ATTENTION

"Sometimes it takes a painful situation to make us change our ways." Prov. 20:30 (GNB)

"I am glad ... not because it hurt you but because the pain turned you to God ..." 2 Cor. 7:9 (TLB)

3. TO TEACH ME TO DEPEND ON HIM

"We were crushed and overwhelmed ... and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God who alone could save us ... and HE DID HELP US!" 2 Cor. 1:8-10 (TLB)

"... it was the best thing that could have happened to me, for it taught me to pay attention to your laws!" Ps. 119:71 (TLB)

4. TO GIVE ME A MINISTRY TO OTHERS

"Why does God do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them the same help and comfort God has given us." 2 Cor. 1:4 (TLB)

"[They] intended it to harm me, but God intended it for good." Gen. 50:20

III. HOW TO USE MY PAIN TO HELP OTHERS

"Always be prepared to give an account to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect." 1 Peter 3:15

"If someone is overcome by some sin ... humbly help him back onto the right path; remembering that next time it might be you who is in the wrong. Share each other's troubles and problems, and so obey our Lord's commands." Gal. 6:1-2 (TLB)

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Suggestions for sharing (I Thess. 2:3-12)

1. Be humble
2. Be real
3. Don't lecture

"... but life is worth nothing unless I use it for doing the work assigned me by the Lord Jesus ... the work of telling others the Good News about God's almighty kindness and love." Acts 20:24 (TLB)