

Recovering All – Substance Abuse

I. Realize - Recovery

- a. The Bible clearly states that all have sinned.
- b. It is our nature to sin.
- c. Fix horizontal relationships (people)
- d. Fix Vertical relationship (God)
- e. Respond instead of React
- f. Everyone needs recovery in some way
- g. Happy in the bible means Blessed
- h. Cause of Problem
- i. Consequence of the problem
- j. Cure for the problem
- k. How to we Play God
 - i. We try to control our image
 - ii. We try to control other people
 - iii. We try to control our problems
 - iv. We try to control our pain
- l. What are consequences of playing God
 - i. Fear
 - ii. Frustration
 - iii. Fatigue
 - iv. Failure (2 Peter 2:19)
 - v. What is the cure for my problem
 1. Realize that we are not God

2. Admit you have a problem - Maturity

- a. Admit I am powerless to change my past
- b. Admit I am powerless to control other people
- c. Admit I am powerless to cope with harmful behaviors

vi. Grace has the power to change

II. Earnestly Believe

- a. Denial is what keeps us from moving into recovery
- b. God knows all about my situation
- c. God cares about my situation
 - i. God's love is not based on your performance, but on His Character
- d. God can change me and my situation
- e. Paralyzed by procrastination
 - i. Luke 18:27 (GN)
 - ii. Luke 18:27 (MES)
 - iii. Longer you postpone God help, the fewer days you have on earth being all God has for you!
- f. Except God's offer to help!
 - i. Phil 2:13
 - ii. 2 Tim 1:7
 - iii. I want the power to break habits I can't break
 - iv. It all comes through God's Spirit
 - v. Things work best when plugged in – Plug into God's power

III. Consciously

a. What Keeps me from letting go

i. Pride

1. Proverbs 18:12

ii. Guilt

1. Psalms 40:12

iii. Fear

1. John 8:31-32

iv. Worry

1. I Peter 5:7

v. Doubt

1. Matthew 17:20

2. It is not the size of your faith that matters, but the size of your GOD

b. So how do I let go?

i. Accept God's sacrifice as my salvation

1. Acts 16:16:31

ii. Accept God's word as my standard for living

1. 2 Timothy 3:16

iii. Accept God's will as my goal in life

1. Psalms 40:8

iv. Accept God's power as my strength

1. Phil 4:13

v. Real willpower is my willingness to accept God's power

vi. The choice is yours

IV. Openly

a. What Guilt Does to Me

- i. Guilt Destroys my confidence
- ii. Guilt Damages my Relationships
- iii. Guilt Keeps me stuck in the past

b. How do I come clean?

i. Take a personal moral inventory

- 1. Lam 3:40
- 2. Psalms 139:23-24

ii. Accept responsibility for my faults

- 1. Proverbs 20:27
- 2. 1 John 1:8
- 3. If I really want to stop defeating myself, then I've got to stop deceiving myself.

iii. Ask God for forgiveness

- 1. 1 John 1:9
- 2. How to get forgiveness from God
 - a. Don't beg
 - b. Don't bargain
 - c. Don't Bribe
 - d. Just Believe!

iv. Admit my faults to another person

- 1. James 5:16

v. Accept God's forgiveness and forgive myself

1. Romans 3:23-24

V. Voluntarily

VI. Evaluate

a. Forgive those who have hurt me

i. Why

1. Because God has forgiven me

a. Col 3:13

2. Because resentment doesn't work

a. Job 5:2

3. Because I will need forgiveness in the future

a. Mark 11:25

VII. Reserve

a. Mark 14:38

b. What causes a relapse

i. Reverting to willpower

1. Gal 3:3

ii. Ignoring God's process of recovery

1. Gal 5:7

iii. Trying to recover without support

1. Ecc 4:9-10

iv. Becoming prideful

1. Proverbs 16:18

c. How do I prevent relapse

i. Evaluation

1. 2 Cor 13:5

ii. Meditation

1. Psalms 1:1-3

iii. Prayer

1. Prayer can do whatever God can Do!

2. Matthew 6:9-13

VIII. Yield