

Recovering from Life's Hurts, Habits & Hang-ups – Maintenance
November 9, 2008

Realize I am not God and in control

Earnestly believe God exists and I matter to Him

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

Openly examine and confess my faults to God, to myself & to someone I trust.

Voluntarily submit to every change God wants to make in my life.

Evaluate all my relationships; offer forgiveness make amends.

Reserve a _____ with God for self-examination,
Bible reading, and prayer in order to know God and His will for
my life and gain _____ to do it

Mark 14:38 – Watch and pray so that you will not fall into
temptation. For the spirit is willing but the body is weak.

I. How does relapse happen?

A.

B.

C.

D.

II. What can cause a relapse?

A. Reverting to _____
Galatians 3:3; Zechariah 4:6

B. Ignoring _____
Galatians 5:7

C. Trying to recover _____
Ecclesiastes 4:9-10; Hebrews 10:25

D. Becoming _____

Proverbs 16:18; 1 Corinthians 10:12

III. How to prevent a relapse

A. Evaluation

1 Corinthians 13:5; Lamentations 3:40

What to evaluate?

a) Physical – What's my body telling me?

b) Emotional – How am I feeling?

Am I **H**urting?

Am I **E**xhausted?

Am I **A**ngry?

Am I **R**esenting someone?

Am I **T**ense, anxious, fearful?

c) Relationships – How are my relationships?

d) Spiritual – Am I trusting the Lord?

B. Meditation

Psalms 1:1-3

Psalms 119:11

C. Prayer

Mark 14:38

Philippians 4:6-7

1 Thessalonians 5:17-18