

Recovering from Life's Hurts, Habits & Hang-ups:
Recycling Our Pain
November 16, 2008

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

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

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

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

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

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

E_____ all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

R_____ a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to do it.

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

2 Corinthians 1:3-11

Introduction (3-4)

I. God recycles our pain so that we can _____ (4-7)

II. God recycles our pain so that we will _____ (8-9)

III. God recycles our pain so that we will _____ (10-11)