

THE FIRST STEP TO FREEDOM

The Road to Recovery—Part 1

ISAIAH 57:18(GN) *“I have seen how they acted, but I will heal them. I will lead them and help them, and I will comfort those who mourn. I offer peace to all, near and far.”*

What do I need to recover from...?

Overworking	Overeating	Alcohol/drugs	Overspending
Grief	Guilt	Anger/Rage	Fear/Anxiety
Insecurity	Perfectionism	Hypochondria	Codependency
Divorce	Abuse	Hurtful relationships	Procrastination

Realize I’m _____; I admit that I’m powerless to control my tendency to do wrong things and my life is unmanageable.

“I don’t understand myself at all, for I really want to do what is right, but I can’t! I do what I don’t want to—what I hate! I know perfectly well what I’m doing is wrong...but I can’t help myself!...It is sin inside me that is stronger than I am that makes me do these evil things.” Rom 7:15-17 (LB)

1. THE CAUSE OF MY PROBLEM: _____

How we play God:

By denying our _____ and by trying to _____ everything for selfish reasons.

- Our image
- Other people
- Problems
- Our Pain

2. THE CONSEQUENCES

1. _____
(Adam) “I was afraid because I was naked, so I hid.” Gen 3:10
2. _____
“It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong...” Rom 7:21
“My dishonesty made me miserable and filled my days with frustration.” Ps 32:3 (LB)
3. _____
“My strength evaporated like water n a sunny day until I finally admitted all my sins to You and stopped trying to hide them.” Ps 32:4-5(LB)
4. _____
“You’ll never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.” Prov 28:13 (GN)

3. THE CURE:

Admitting that I’m not God means I know I am:

Powerless to change:

Powerless to control:

Powerless to cope:

*“God opposes the proud but gives **GRACE** to the humble.”*
James 4:6

GRACE is: