

WEEK 1 – WHY RECOVERY

STEP ONE: I admit my life is a mess and I am out of control

For some of us our past sins, mistakes, selfishness and questions about life are holding us back. Their may be legitimate reasons for our feelings. But as we begin this process of establishing spiritual foundations in the recovery we need to let go of the pain and the hurt of our past. We need to face up to the truth about ourselves and our lives and start to work through the things that are stunting our spiritual growth.

John 9:1-3 *Walking down the street, Jesus saw a man blind from birth. His disciples asked, "Rabbi, who sinned: this man or his parents, causing him to be born blind?" Jesus said, "You're asking the wrong question. You're looking for someone to blame. There is no such cause-effect here. Look instead for what God can do.*

It is time to stop looking for someone to blame for our problems and start taking responsibility about doing what we can to fix them.

Romans 15:1-2 *Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. 2 Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?"*

- i. **Recovery is about seeking to know and to do God's will in our lives** so we can get to a point where we can help others to do the same.

STEP 12: *Having gone through these steps and discovering the importance of an individual relationship with God through Jesus, I will try to live according to His principles and to lead others to a personal relationship with Him.*

- ii. **Recovery is about discovering our spiritual worth in God's eyes** so we can become all that He created us to be.

Ephesians 1:4 *Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love*

- iii. **Recovery is about working at being the best you, you can be** for God to use you where ever He needs you at any given time in your life.

Matthew 10:10 *You don't need a lot of equipment. You are the equipment, and all you need to keep that going is three meals a day. Travel light.*

Why Recovery?

WE NEED RECOVERY BECAUSE WE ARE SINNERS

Romans 7:18-21 I realize that I don't have what it takes. I can will it, but I can't do it. ¹⁹ I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. ²⁰ My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time. ²¹ It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up.

WE NEED RECOVERY BECAUSE WE MAKE MISTAKES

2 Timothy 3:16-17 Every part of Scripture is God-breathed and useful one way or another--showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. ¹⁷ Through the Word we are put together and shaped up for the tasks God has for us.

WE NEED RECOVERY BECAUSE WE HAVE A LOT OF QUESTIONS ONLY GOD CAN ANSWER

John 16:23-24 You'll no longer be so full of questions. "This is what I want you to do: Ask the Father for whatever is in keeping with the things I've revealed to you. ²⁴ Ask in my name, according to my will, and he'll most certainly give it to you. Your joy will be a river overflowing its banks!

RECOVERY WILL HELP US BUILD SPIRITUAL FOUNDATIONS

Psalm 136:6 *The God who laid out earth on ocean foundations, His love never quits.*

RECOVERY INTRODUCES US TO THE KINGDOM OF GOD

Matthew 3:1-2 While Jesus was living in the Galilean hills, John, called "the Baptizer," was preaching in the desert country of Judea. 2 His message was simple and austere, like his desert surroundings: "Change your life. God's kingdom is here."

RECOVERY HELPS US DEVELOP GOOD CHARACTER

Matthew 7:15 "Be wary of false preachers who smile a lot, dripping with practiced sincerity. Chances are they are out to rip you off some way or other. Don't be impressed with charisma; look for character."

Write About It

In what ways do you think recovery can help you:

Build New Foundations?

Develop Good Character?

Change Your Life?
