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|----------|--------------------------------------------|
| D | <i>disables our feelings</i> |
| E | <i>energy lost</i> |
| N | <i>negates growth</i> |
| I | <i>isolates us from God</i> |
| A | <i>alienates us from our relationships</i> |
| L | <i>lengthens the pain</i> |

Unfortunately, it is human nature that we never change until our pain becomes greater than our fear of _____.

Cure

2 Corinthians 1:9, LB *We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God.*

2 Corinthians 12:9, GN *My grace is all you need, for my power is greatest when you are weak.*

Maturity comes when you recognize these three facts:

1. I am powerless to change _____.
2. I am powerless to control _____.
3. I am powerless to cope with my _____.

James 4:6, NRSV *God opposes the proud, but gives grace to the humble.*

GRACE IS: _____

This Bible Study series is based on "Celebrate Recovery" by Rick Warren and John Baker.



LifeNIGHT
Whole People In A Broken World
An Interactive Bible Study Series for Summer 2002

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|----------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| R | Happy are those who know they are spiritually poor. (Matthew 5:3, GN) |
| | Principle #1: Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. |

Because of sin, we've all hurt ourselves and others. As a result, each of us needs _____ and _____ in order to live our lives the way God intended.

What's the problem with the statement, "Time heals all wounds?"

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.*

Four parts of the recovery God wants to accomplish in your life:

- If you've been hurt, God wants to _____ you.
- If you're confused, God wants to _____ you.
- If you feel you can't change, God wants to _____ you.
- If you feel no one understands, God wants to _____ you.

The good news is that regardless of the problem you need recovery from, _____!

The Bible is the ultimate guide to the principles of recovery. When Jesus taught the Sermon on the Mount, He began by stating the Beatitudes, which are simply "**Eight Ways to be _____.**"

R

Happy are those who know they are spiritually poor.
(Matthew 5:3, GN)

Principle #1:

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong things and that my life is unmanageable.

Romans 7:15-17 (LB) *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 that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking. But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things.*

Cause

The cause of my problem is: _____

Proverbs 14:12 (NAB) *Sometimes a way seems right to a man, but the end of it leads to death.*

Behind all my problems is this attitude: _____

What I'm really saying is: _____

HOW DO WE PLAY GOD?

1. **We try to control our** _____.

In what ways? _____

2. **We try to control other** _____.

In what ways? _____

3. **We try to control our** _____.

In what ways? _____

4. **We try to control our** _____.

In what ways? _____

Consequences

1. _____.

Genesis 3:10, NCV *The man answered, "I heard you walking in the garden, and I was afraid because I was naked, so I hid."*

2. _____.

Romans 7:21, LB *It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong.*

Psalm 32:3, LB *There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration.*

3. _____.

Psalm 32:4-5, LB *All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them.*

4. _____.

Proverbs 28:13, GN *You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.*

Psalm 6:6 (LB) *I am worn out with pain; every night my pillow is wet with tears.*

As we grow older, the faulty coping mechanisms we have adopted to block out pain tend to cloud our perception of ourselves and our expectations of others. The longer we hold on to them, the more distorted they become, eventually growing into _____!

Jeremiah 6:14 (LB) *You can't heal a wound by saying it's not there!*

2 Peter 2:19 (GN) *They promise them freedom while they themselves are slaves of destructive habits—for we are slaves of anything that has conquered us.*