

Celebrate Recovery I: Admitting Need September 20th & 21st, 2014

Matthew 5:16

The next eight weeks could be life transforming as we learn the 12 steps to recovery through the teaching of Jesus in the Beatitudes!

Eight Principles ...

1. **R**ealize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. ...
2. **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
3. **C**onsciously choose to commit all my life and will to Christ's care and control.
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust.
5. **V**oluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.
6. **E**valuate 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.
7. **R**eserve 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 follow His will.
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words. ¹

Principle One: Realize I'm not God *Genesis 3:5*

f I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

Matthew 5:3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

"**Blessed.** This means more than the emotional state represented by the word 'happy.' It includes spiritual well-being, having the approval of God, and thus a happier destiny (Ps.1)." ²

Step 1: We admit we are powerless over our addictions and compulsive behaviors, that our lives have become unmanageable.

Romans 7:15-18 "... For I have the desire to do what is right, but not the ability to carry it out." *(verse 18b)*

❖ Everyone has hurts, hang-ups and habits – we all exhibit addictive behavior!

Addict: "[Latin addico, to devote,...] To apply one's self habitually; to devote time and attention by customary or constant practice;..." ³

Addicts are not "those people" – those who cannot handle life or have made terrible choices resulting in their obvious bad condition. We all have made bad choices in the past, to various degrees, and suffer present consequences! Beware of Self-Righteousness!

📖 Luke 18:9-14

Self-evaluation questions:

- ☞ Have you ever known the right thing to do but don't do it?
- ☞ Have you ever known that something is wrong but do it anyway?
- ☞ Have you ever engaged yourself in anger, bitterness, worry, attraction, excesses, gossip, or had compulsive thoughts, deceptive comments, or lack of discipline?

- ❖ Everyone tries to play God
 - ♦ We try to control our image
 1. We deny our weaknesses
“I’m not upset” ... “I’m not worried” ... “I’m not afraid”
 2. We try to control others
...parents/children, husbands/wives, coworkers and others by using manipulations such as guilt, anger, praise, or the silent treatment!
 3. We try to control our problems
“I don’t need any help” ... “I can quit anytime” ...
“I don’t need counseling or recovery...I can work it out myself”
 - ♦ We suffer consequences
 1. Fear *Genesis 3:10* “... *I was afraid* ...”
 2. Frustration *Romans 7:15; 21-24*
 3. Fatigue *Psalms 32:1-5*

- ❖ We all must admit our weaknesses and humble ourselves before God
 - ☞ I admit that I am powerless to change my past.
 - ☞ I admit that I am powerless to control other people.
 - ☞ I admit that I am powerless to cope with my harmful habits, behaviors and actions.
 - ♦ Good intentions will not cut it ... willpower is not enough ... I need much more ... I need Christ and His grace which is sufficient for my true freedom!

God’s All-Sufficient Grace!

2 Corinthians 12:9

“But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

Endnotes:

¹ Baker, John. "Eight Principles Based on the Beatitudes By Pastor Rick Warren." *Growing in Christ While Helping Others*. Grand Rapids, MI: Zondervan, 2012. 10. Print.

² Sproul, R.C. *The Reformation Study Bible*. Orlando: Ligonier Ministries, 2005.

³ Webster, Noah. *American Dictionary of the English Language (1828 Facsimile Edition)*. San Francisco: Foundation for American Christian Education, 1989.

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