

Message Notes
Faithpoint Church
“The Road to Recovery”

07.24.16
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Part III

Isaiah 57:18-19a, NLT. *“I have seen what they do, but I will heal them anyway! I will lead them. I will comfort those who mourn bringing words of praise to their lips.”*

HURTS – HABITS – HANGUPS = We ALL have them!

Overworking – Overeating – Alcohol – Grief – Guilt – Drugs
Anger/Rage – Fears/Anxiety – Divorce – Overspending
Abuse – Insecurities – Sexual Addiction – Codependency
Gambling – Perfectionism – Procrastination – Lying – Control
Unhealthy Relationships – Trust – Prejudice – _____

STEP 1: THE REALITY STEP

Realize I’m **NOT GOD**, that I’m **POWERLESS** to control my tendency to do the wrong thing and that my life is **UNMANAGABLE**

STEP 2: THE HOPE STEP

Earnestly believe that God **EXISTS**, that I **MATTER** to him, and that He has the **POWER** to help me recover

STEP 3: THE COMMITMENT STEP

Consciously _____ to commit all my life and will to Christ’s _____ and _____

Matthew 11:28-30, NLT. [Jesus] *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ... my yoke is easy to bear, and the burden I give you is light.”*

What Keeps Us From Taking This Step?

1. _____ – “I don’t want to admit I need help.”

Proverbs 18:12, NLT. *“The wise are glad to be instructed, but babbling fools fall flat on their faces.”*

2. _____ – “I’m ashamed to ask God for help.”

Psalms 40:12, NLT. *“For troubles surround me—too many to count! My sins pile up so high I can’t see my way out. They outnumber the hairs on my head. I have lost all courage.”*

3. _____ – “I’m afraid of what I’d have to give up.”

Mark 8:37-38, NLT. *“What do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?”*

4. _____ – “I confuse the decision phase with the problem-solving phase.”

1 Peter 5:7, NLT. *“Give all your worries and cares to God, for he cares about you.”*

“The Christian life is a decision followed by a process.”

5. _____ – “My faith seems so small.”

Matthew 17:20, NLT. *“If you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.”*

How Do I Take This Step?

1. I accept _____ as my **SAVIOR**

Acts 16:31, NLT. *“Believe in the Lord Jesus and you will be saved.”*

2. I accept _____ as my **STANDARD**

2 Timothy 3:16, NLT. *“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.”*

3. I accept _____ as my **STRATEGY**

Isaiah 55:9, NLT. [God] *“For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.”*

4. I accept _____ as my **STRENGTH**

Philippians 4:13, NLT. *“I can do everything through Christ, who gives me strength.”*

Revelation 3:20, NLT. [Jesus] *“Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.”*