

Life's Healing Choices

Part 7 – Maintaining Momentum, Avoiding a Relapse

March 9-10, 2013

“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the lord, and on his law he meditates day and night...” Psalms 1: 1-2

How it happens...

Complacency ➡ Rationalization ➡ Compromise ➡ Relapse

I. What can cause a Relapse?

1. Reverting to _____.

“How can you be so foolish! You began by God’s Spirit – do you now want to finish by your own power?” Galatians 3:3 (GN)

“Not by might, nor by power, but by my Spirit, says the Lord:...you will succeed because of my Spirit.” Zechariah. 4:6 (LB)

2. Ignoring _____.

“You were doing so well! Who made you stop obeying the truth?” Galatians 5:7 (GN)

3. Trying to Recover _____.

“Two are better than one, because...if one of them falls down, the other can help him up. But if someone is alone and falls, it’s just too bad, because there is no one to help him.” Ecclesiastes 4: 9-10 (LB)

4. Becoming _____.

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

2 Chronicles. 7:14

II. How to prevent a relapse

Reserve a Daily Time with God for _____ and _____ in order to Know God and his will for my life.

1. Self Examination, Where _____.

“Let us examine our ways and test them, and let us return to the Lord.” Lamentations 3:40

Physical Emotional Relational Spiritual

2. Bible Reading and Meditation.

It means I _____ long enough to _____.

“Blessed is the man...his delight is in the law of the Lord, and on his law he meditates day and night...whatever he does prospers.”

Psalms 1: 1-3

3. Pray, like God is _____ and He _____.

“This, then is how you should pray; Our Father in heaven; may your holy name be honored; may your kingdom come; may your will be done on earth as it is in heaven. Give us today the food we need. Forgive us the wrongs that we have done, as we forgive the wrongs that others have done to us. Do not bring us to temptation, but keep us safe from the Evil One.” Matthew. 6:8-13 (GN)

Remember that our _____ is who _____ and will be the _____ that we leave behind. We are the beacon to those that come after us of what God _____.

“I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.” 2 Timothy 1:5