Lesson #25: The Seven Reasons We Get Stuck in our recoveries
(short lesson)

OK. The last lesson of this cycle deals with: The “7 Seven reasons we get stuck in our recoveries:

OK, Here they are:

1. You have not completely worked the Principles of Recovery in the way CR lays out for you.
   a. Maybe trying to move too quickly
   b. Or avoiding more painful parts
   c. Galatians 5:22 says: “...Since we live by the spirit, let us keep in step with the Spirit.”

2. You have not completely surrendered your life & your will to the Lord
   a. Critical – must first ask Jesus Christ into your heart as savior & Lord ..
      i. Second is to seek to follow His will in all your decisions
   b. Are you still holding on to part(s) of your life you haven’t yielded to Him?

3. You have not accepted the FORGIVENESS that Jesus offers on the cross
   a. May have forgiven others but not yourself
      i. Remember 1John 1:9 “...If we confess our sins He is faithful to forgive and cleanse from all wrongs...”
   b. But big question is: Have you forgiven yourself? – this is where I see most people getting stuck in Recovery.
      i. Romans 8:1 “…Therefore, there is no condemnation for those who are in Christ Jesus.”

4. You have not Forgiven others who have harmed you.
   a. You must let go of the pain of the past – harm or abuse. It will hold you captive if you don’t.
5. You are afraid of the risk in making the necessary change.
   a. There may be several reasons you delay the needed change:
      i. Paralyzed by fear of failure
      ii. Fear intimacy because of fear of rejection or being hurt again
      iii. Fear of the unknown
         1. Sometimes the pain of the mess of the known is preferable to the fear of the unknown.
            a. In scripture many places:
               i. “fear not…” Heb 13:6  Isaiah 41:10 (expand on these)

6. You are not willing to “own” your responsibility
   a. Remember not responsible for all the things that have happened to you BUT ARE responsible for the way you react to them.
      i. Ie: In case of abuse – no way is victim at fault or responsible BUT are responsible for how (IF) they respond

7. Finally: You have not developed an effective Support Team around you
   a. Sponsor?
   b. Accountability partner?
   c. Solid sober friends?
   d. Loving Family if appropriate?
      i. Galatians 6:2 “…Share each other’s troubles and problems, and so obey our Lords command.”

CR Daily Action Plan to experience SERENITY:

- Continue to take inventory – when wrong, promptly admit it
- Daily study God’s word & pray

Daily work and live the CR principles to best of ability – beyond CR.

SERENITY Prayer

Dismiss to Open Share Groups

Newcomers to room 304 with: __________________