

The First Step To Freedom

(The Road to Recovery - Part 1)

Pastor Bob Johnson, January 17th, 2016

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. ¹⁹ I offer peace to all, both near and far! I will heal my people. Isaiah 57:18-19 (TEV)

What do I need to recover from?

| | | | |
|-------------|---------------|-------------------|-----------------------|
| overworking | overeating | alcohol/drugs | overspending |
| grief | guilt | anger/rage | fear/anxiety |
| divorce | abuse | sexual addictions | codependency |
| insecurity | perfectionism | hypochondria | hurtful relationships |
| gambling | lying | procrastination | need to control |

The First Step To R.E.C.O.V.E.R.Y. :

REAIMIZE I'M _____

I admit I am powerless to control my tendency to do the wrong thing and I cannot manage my life successfully.

There is a path before each person that seems right, but it ends in death. Proverbs 14:12 (NLT)

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. ¹⁶ I know perfectly well that what I am doing is wrong, ... ¹⁷ But I can't help myself ... it is sin inside me that is stronger than I am that makes me do these evil things. Romans 7:15-17 (LB)

I. The Cause Of My Problem: _____

How we "play God":

By denying our _____ and trying to _____ things around us.

- our image
- other people
- our problems
- our pain

II. The Consequences of Playing God:

1. **F** _____

He answered, "I heard you in the garden, and I was afraid because I was naked, so I hid." Genesis 3:10 (NIV)

2. **F** _____

It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong ... something else deep within me is at war with my mind and wins the fight and makes me a slave to the sin ... Romans 7:21-23 (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. Psalm 32:3 (LB)

3. **F** _____

My strength evaporated like water on a sunny day ⁵ until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone. Psalm 32:4-5 (LB)

4. **F** _____

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. Proverbs 28:13 (TEV)

III. The Cure: _____

Admitting that I'm not God means I know I am ...

- powerless to change:
- powerless to control:
- powerless to cope:

God opposes the proud but gives grace to the humble. James 4:6 (NIV)