

Maintaining Momentum

(The Road to Recovery - Part 7)

Pastor Bob Johnson, February 28th, 2016

“Relapse” - falling back into a self-defeating pattern.

How it happens:

1. Complacency
2. Confusion
3. Compromise
4. Collapse

I. WHAT CAN CAUSE A RELAPSE?

1. REVERTING _____

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 (TEV)

'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 (TEV)

3. TRYING _____

"Two are better off than one, because together they can work more effectively. 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 (TEV)

"Let us not give up the habit of meeting together ..." Hebrews 10:25 (TEV)

4. BECOMING _____

"Pride goes before destruction ..." Proverbs 16:18 (LB)

"So if you think you are standing, watch out that you do not fall." 1 Corinthians 10:12 (RSV)

II. HOW TO PREVENT A RELAPSE (R.E.C.O.V.E.R.Y.)

Reserve a _____ with God
for reflection, Bible reading, and prayer in order to know God and his will for my life and gain the power to do it.

Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak. Mark 14:38 (NIV)

THREE MAINTENANCE TOOLS

1. EVALUATION

"Examine yourselves to see if your faith is really genuine." 2 Corinthians 13:5 (NLT)

"Let us test and examine our ways. Let us turn again in repentance to the Lord." Lamentations 3:40 (NLT)

What to evaluate:

- Physical: What is my ...
- Emotional: What am I ...
- Relational: Am I denying ...
- Spiritual: Am I relying ...

"Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else." Galatians 6:4 (NIV)

When to evaluate:

1) _____ 2) _____ 3) _____

2. MEDITATION: _____ Thinking.

"... He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers." Psalm 1:1-3 (ESV)

"Blessed is the man who trust in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its root by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." Jeremiah 17:7-8 (ESV)

"I have thought much about your words and stored them in my heart so that they would hold me back from sin." Psalm 119:11 (LB)

3. SUPPLICATION (PRAYER)

Pray then like this: 'Our Father in heaven, hallowed by your name. Your Kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.' Matthew 6:9-13 (ESV)