



R. E. C. O. V. E. R. Y.

RELAPSE - Falling back into self-defeating thoughts, behaviors or patterns.

WHAT BEHAVIORS CAN LEAD TO MY RELAPSE?

1. REVERTING TO _____ POWER MORE THAN _____ POWER.

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 GNB

Not by might, nor by power, but by my Spirit, says the Lord; ... you will succeed because of my Spirit. Zechariah 4:6 TLB

2. _____ STEPS RATHER THAN _____ STEPS.

You were running the race so well... Galatians 5:7 NLT.

It's time to rethink and...go back to how you first acted. Revelation 2:5 VOICE

2. ATTEMPTING TO RECOVER WITHOUT _____.

Two are better off 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 TLB

Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more... Hebrews 10:25 TEV

4. GETTING WELL _____.

Pride goes before destruction. Proverbs 16:18 TLB

Don't be so naive and self-confident. You're not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it's useless. Cultivate God-confidence. 1 Corinthians 10:12 MP

WHAT CAN I DO TO RESIST A RELAPSE — Step 7

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to follow it.

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

1. I _____ MYSELF.

Keep examining yourselves Test yourselves! 2 Corinthians 13:5 ISV

Let us look closely at our ways and examine them and then return to the LORD. Lamentations 3:40 GW

WHAT TO EVALUATE: I must take inventory of:

My _____ health - What is my body telling me?

My _____ health - How am I feeling right now?

My _____ health - Am I at peace with people?

My _____ - Am I relying On God?

Examine your own works so that if you are proud, it will be because of your own accomplishments and not someone else's.. Galatians 6:4 VOICE

WHEN TO EVALUATE: Three optimum times:

A _____ Check: Any Time in your day.

A _____ Review: At the end of your day.

An _____ Checkup: An yearly moral inventory.

2. I _____ ON GODS WORD.

I have thought much about your words and stored them in my heart so that they would hold me back from sin. Psalms 119:11 TLB

*Happy are those who ... are **always meditating** on God's laws and **thinking** about ways to follow him more closely. They are like trees along a river... that do not dry up. They succeed in everything they do. Psalms 1:1-3 LB*

3. I _____ WITH GOD.

Be constantly praying! 1 Thessalonians 5:17 HCSB

*This, then, is **how** you should pray: Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done on earth as it is in heaven. ¹¹Give us today our daily bread. ¹²Forgive us our debts, as we also have forgiven our debtors. ¹³And lead us not into temptation but deliver us from the evil one. Matthew 6:9-13 NIV*

Notes:

Reflecting on today's message...

What touched my heart?

What is God asking me to do?

What should I change this week?

Who else needs to hear this message?
