

NOTES:

MAINTAINING MOMENTUM
My Spiritual Bucket List Part 7
Celebrate Recovery 2014

Moving from commitment to _____.

I. I MUST SEE THE WARNING SIGNS OF A RELAPSE.

Stages of a Relapse:

- Complacency
- Confusion
- Compromise
- Catastrophe!

Causes of a Relapse:

1. Reverting to _____.

“Not by might, not by power, but by My Spirit says the Lord ... you will succeed because of My Spirit.”
Zech. 4:6 (LB)

“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 (MSG)

2. Ignoring one of the _____.

3. Trying to recover without _____.

“Two are better than one, because they have a good return for their work; if one falls down, his friend can help him up. But pity the man who falls and has no one to help him up.” Ecclesiastes 4:9-10 (NIV)

II. I MUST DEVELOP NEW HABITS TO SUSTAIN HEALTH

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 do it.

1. Set aside daily time for _____.

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

When?

- Spot Check
- Daily Review
- Annual Checkup

Application:

- Sit down with a spouse or an accountability partner and evaluate your schedule together.
- Schedule in 10-15 minutes a day for reflection and journaling. Tell a friend when you plan to do it.

2. _____ Bible truths into your life.

“The word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”
Hebrews 4:12 (NIV)

“The sword of the Spirit, which is the word of God.”
Eph. 6:17 (NIV)

Application:

- Commit to 30 consecutive days of reading a daily devotion.
- Memorize 1 verse this week and meditate on it each day.

3. _____ throughout your day.

“Devote yourselves to prayer, being watchful and thankful.”
Col. 4:2

Application:

- Start a prayer journal where you can keep track of prayer needs and how God answers.
- Take a 30 minute prayer walk around your neighborhood.

4. Stay connected to a _____.

“Encourage one another daily, as long as it is still called today, so that none of you may be hardened by sin’s deceitfulness.”
Hebrews 3:13

Application:

- Come to Celebrate Recovery this Thursday night.
- Come to a Men’s or Women’s small group this Monday night.