

While in this training please keep a KJV, NKJV or the version of the Bible you reference most frequently as this teacher uses various bible versions. 2 Timothy 2:15 KJV - ¹⁵ Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

Bible Versions used:

GNB: Good News Bible; TTLB: The Living Bible, Tree of Life Version; Phillips Bible

THE FIRST STEP TO FREEDOM

The Road to Recovery—Part 1

Rick Warren

Isaiah 57:18 (GNB) “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. I offer peace to all, near and far!”

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	The need to control

The first step to R.E.C.O.V.E.R.Y.:

Realize I’m _____; I admit I’m powerless to control my tendency to do the wrong thing and my life is unmanageable.

Romans 7:15–17 (TTLB) “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! I know perfectly well what I’m doing is wrong ... but I can’t help myself! It is sin inside me that is stronger than I am that makes me do these evil things.”

I. THE CAUSE OF MY PROBLEM: _____

How we “play” God:

By denying our _____ and by trying to _____ everything for selfish reasons.

- Our image
- Other people
- Our problems
- Our pain

II. THE CONSEQUENCES.

1. _____

Gen. 3:10 (Adam) “I was afraid because I was naked so I hid.”

2. _____

Rom. 7:21, 23 (TLB) “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 slave to the sin ...”

Ps. 32:3 (TLB) “My dishonesty made me miserable and filled my days with frustration.”

3. _____

Ps. 32:4–5 (TLB)

“My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them.”

4. _____

Prov. 28:13 (GNB) “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.”

III. THE CURE: _____

Admitting that I’m not God means I know I am:

powerless to change:

powerless to control:

powerless to cope:

James 4:6 “God opposes the proud but gives GRACE to the humble.”

GRACE IS:

THE FIRST STEP TO FREEDOM

WHERE TO GET HELP WHEN YOU HURT
The Road To Recovery—Part 2
Rick Warren

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

Step 1:

Realize I'm not God; I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

Step 2:

Earnestly believe that God _____, that I _____ to him, and that he has the _____ to help me recover.

Heb. 11:6

"Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him."

Three Parts

1. ACKNOWLEDGE GOD'S _____.

"Since the creation of the world, God's invisible qualities—his eternal power and divine nature—have been clearly seen."

Ps. 14:1: "The fool says "There is no God!"

2. UNDERSTAND GOD'S _____

Col. 1:15 (Phillips) : "Christ is the visible expression of the invisible God."

God _____ all about my situation.

Ps. 31:7 (TLB) : "You have seen the crisis in my soul"

Ps. 69:5 : " You know how foolish I have been."

God _____ about my situation.

Ps. 103:13–14 (TLB/GNB) : "He is like a father to us, tender and sympathetic ... for he knows what we are made of—dust."

Jer. 31:3 : "God says "I have loved you with an everlasting love!"

Rom. 5:8 (TLB) : "God showed his great love for us by sending Christ to die for us."

God can _____ me and my situation.

Eph. 1:20 (TLB) : "I pray you will begin to understand how incredibly great his power is to help those who believe Him ... the same power that raised Christ from the dead."

Luke 18:27 (GNB) : "What is impossible for men is possible with God."

3. ACCEPT GOD'S _____

"For God is at work within you giving you the will and the power to achieve His purpose."

Phil 2:13 (Phillips)

2 Tim. 1:7 (GNB) : “The Spirit that God gives us ... fills us with power, love and self-control.”

How to Plug Into God’s Power

_____ and _____

Isa. 43:2–3 (TLB) : “When you go through deep waters and great troubles, I will be with you, ... you won’t drown! When you walk through the fires of oppression, you won’t be burned up.”

LETTING GO
The Road to Recovery—Part 3
Rick Warren

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

Realize I'm not God. I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

Consciously _____ to commit all my life and will to Christ's
_____ and _____.

Matt. 11:28–30 (Phillips) : Jesus, “Come to me all you who are weary and overburdened and I will give you rest. Take my yoke upon you and learn from me ... For my yoke is easy and my burden is light.”

I. WHAT COULD KEEP ME FROM TAKING THIS STEP?

1. _____; I don't want to admit I need help.

Pr. 18:12 (GNB) “ ... Arrogant people are on the way to ruin.”

2. _____: I'm ashamed to ask God for help.

Ps. 40:12 (TLB) “Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count, have all caught up with me, and I am ashamed to look up.”

3. _____: I'm afraid of what I'd have to give up.

Mk 8:36 (TLB) “How does a man benefit if he gains the whole world and loses his soul in the process? Is anything worth more than his soul?”

4. _____: I confuse the decision phase with the problem-solving phase.

1 Peter 5:7 “Cast all your anxiety on God because He cares for you.”

Phil 1:8 (TLB) “God, who began the good work within you, will keep right on helping you grow in his grace until his love is finally finished.”

5. _____: My faith seems so small.

Matt. 17:20 “If you have faith as small as a mustard seed ... nothing will be impossible for you.”

II. HOW DO I TAKE THIS STEP?

1. I accept _____ as my Savior.

Acts 16:31 “Believe in the Lord Jesus and you will be saved.”

2. I accept _____ as my Standard.

2 Tim. 3:16 (Phillips) “All scripture is inspired by God and is useful for teaching the faith and correcting error, for resetting the direction of a man’s life, and training him in good living.”

3. I accept _____ as my Strategy

Ps. 40:8 “I desire to do your will, O my God ...”

4. I accept _____ as my Strength

Phil. 4:13 (TLB) “I can do everything God asks me to with the help of Christ who gives me the strength and power.”

Rev. 3:20 Jesus: “I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and fellowship with him.”

COMING CLEAN
The Road to Recovery—Part 4
Rick Warren

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

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

Consciously choose to commit all my life and will to Christ's care and control.

Openly _____ and _____ my faults to myself, to God, and to _____ I trust.

Ps. 32:1–2 (TLB) “What happiness for those whose guilt has been forgiven! What relief for those who have confessed their sins and God has cleared their record.”

I. THE REASON FOR THIS STEP

1. Guilt destroys my _____.

2. Guilt damages my _____.

3. Guilt keeps me _____.

Prov. 28:13 (GNB) “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.”

II. HOW TO DO THIS STEP

1. Take a personal _____.

Lam. 3:40 “Let us examine our ways and test them.”

Ps. 138:23–24 (TLB) “Search me, O God, and know my heart, test my thoughts. Point out anything you find in me that makes you sad.”

2. Accept _____

Prov. 20:27 (GNB) “The Lord gave us a mind and a conscience. We cannot hide from ourselves.”

1 John 1:8 “If we claim to be without sin, we deceive ourselves and the truth is not in us.”

3. Ask _____

1 John 1:9 (Phillips) “If we freely admit that we have sinned, we find God utterly reliable ... he forgives our sins and makes us thoroughly clean from all that is evil.”

Isa. 1:19 (TLB) “No matter how deep the stain of your sins, I can take it out and make you clean as freshly fallen snow.”

4. Admit my faults _____

James 5:16 (TLB) “Admit your faults to one another and pray for each other so that you may be healed.”

Who?

What do you say?

When?

5. Accept God’s forgiveness and _____

Rom. 3:23–24 (TLB) “All of us have sinned ... yet not God declares us not guilty if we trust in Jesus Christ, who freely takes away our sins.”

Rom. 8:1 “There is no condemnation for those who live in union with Christ Jesus”

MAKING CHANGES
The Road to Recovery—Part 5
Rick Warren

R.E.C.O.V.E.R.Y. Step 5

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my _____.

Rom. 12:1–2 (GNB) “Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him ... and let God transform you inwardly by a complete change of your mind.”

I. WHERE DO MY CHARACTER DEFECTS COME FROM?

My _____
Genetics explain predisposition but don’t excuse sin!

My _____
Character defects are often attempts to fill unmet needs.

My _____
Character defects are often positive qualities being misused.

II. WHY IS IT SO HARD TO CHANGE THEM?

1. Because I’ve had them _____

2. Because I _____ with them.

3. Because they have a _____.

4. Because _____ discourages me.

III. HOW DO I COOPERATE WITH GOD’S CHANGE PROCESS?

Rom. 12:2 “Be transformed by the renewing of your mind.”

1. Focus on changing _____ at a time.

Prov. 17:24 “An intelligent person aims at wise action, but a fool starts off in many directions.”

2. Focus on victory _____ at a time.

Matt. 6:11 “Give us this day our daily bread”

Matt. 6:34 “Don’t worry about tomorrow, each day has enough troubles of its own.”

3. Focus on _____ not willpower

Jer. 12:23 (TLB) “Can a leopard take away his spots? Nor can you who are used to doing evil now start being good.”

BUT...

Phil. 4:13 (JB) “I can master anything with the help of Christ who gives me strength.”

4. Focus on what I _____, not what I _____

Phil. 4:8 (TLB) “Fix your thought on what is true and good and right. Think about things that are pure ... Think about all you can praise God for and be glad about ...”

5. Focus on _____ good, not _____ good.

Gal. 5:16 (JB) “If you are guided by the Spirit you will be in no danger of yielding to self-indulgence.”

6. Focus on _____ who help me, not hinder me.

Prov. 27:1 (NCV) “As iron sharpens iron, so people can improve each other.”

7. Focus on _____ not _____

Phil. 1:6 “God who began the good work within you will keep right on helping you grow in his grace until his task with you is finally finished.”

REPAIRING RELATIONSHIPS

The Road To Recovery—Part 6

Rick Warren

R.E.C.O.V.E.R.Y. Step 6

Evaluate all my relationships. _____ to those who've hurt me and _____ for harm I've done to others except when to do so would harm them or others.

Eph. 4:31–32 “Get rid of all bitterness, rage, and anger ... along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

PART 1: FORGIVE THOSE WHO'VE HURT ME.

WHY?

1. Because _____
Col. 3:13 (TLB) “Never hold grudges. Remember, the Lord forgave you, so you must forgive others.”

2. Because _____
Job 5:2 (GNB) To worry yourself to death with resentment would be a foolish, senseless thing to do.”
Job 18:4 (GNB) “You are only hurting yourself with your anger!”
Job 21:23–25 “Some men stay healthy till the day they die ... others have no happiness at all; they live and die with bitter hearts.”

3. Because _____
Mark 11:25 (TLB) “When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too.”

HOW?

1. _____ my hurt.
Make a list of those who've harmed me and what they said ... thought ... did.

2. _____ my offender.
Mark 18:21–22 “How many times should I forgive my brother when he sins against me? ... Jesus answered, “not seven times, but seventy times seven times!”
“Empty chair” technique.

3. _____ my hurt with God's peace
Col. 3:15 “Let the peace of Christ rule in your hearts.”

PART 2: MAKE AMENDS TO THOSE I'VE HURT

WHY?

Heb. 12:15 (TLB) “Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.

HOW?

1. Make a list of those I've harmed and what I did.

Debts
Broken promises
Overcontrolling
Over possessive
Hypercritical
Verbally Abusive
Emotionally Abusive
Physically Abusive
Forgetting
Unfaithful
Lying

2. Think how _____ others to make amends to me.

Luke 6:31 "Do to others as you'd have them do to you."

The right _____

Eccl. 8:6 (GNB) "There is a right time and a right way to do everything."

The right _____

Eph. 4:15 "Speak the truth in a spirit of love."

Is it _____?

Prov. 12:18 "Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal."

Rom. 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."

3. _____ my life.

Job 11:13-16 (GNB) "Put your heart right, reach out to God ... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more."

MAINTAINING MOMENTUM
The Road to Recovery—Part 7
Rick Warren

“RELAPSE”—falling back into a self-defeating pattern

How it happens

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

I. WHAT CAN CAUSE A RELAPSE?

1. REVERTING TO _____

Gal 3:3 (GNB) “How can you be so foolish! You began by God’s Spirit—do you now want to finish by your own power?”

Zech. 4:6 (TLB) “Not by might, nor by power, but by my Spirit, says the Lord; ... you will succeed because of my Spirit.”

2. IGNORING _____

Gal 5:7 (GNB) “You were doing so well! who made you stop obeying the truth?”

3. TRYING TO RECOVER _____

Eccl. 4:9–10 (TLB) “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.”

Heb. 10:25 (GNB) “Let us not give up the habit of meeting together.”

4. BECOMING _____

Prov. 16:18 (TLB) “Pride goes before destruction.”

1 Cor. 10:12 (NRSV) “So if you think you are standing, watch out that you do not fall.”

II. HOW TO PREVENT A RELAPSE

Reserve a _____ with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain _____ to do it.

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

1. EVALUATION

2 Cor. 13:5 (TLB) “Check up on yourselves ...”

Lam. 3:40 (TLB) “Let us examine ourselves ... and let us repent.”

What to Evaluate:

Physical:

Emotional:

Relational:

Spiritual:

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

When:

1. _____

2. _____

3. _____

2. MEDITATION

“_____ long enough to hear God.”

Ps. 1:1–3 (LB/GN) “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.”

Ps. 115:11 (TLB) “I have thought much about your words and stored them in my heart so that they would hold me back from sin.”

3. PRAYER

Matt. 6:8–13 (GNB) “This, then, is how you should pray: Our Father in heaven; May your holy name be honored; may your kingdom come; may your will be done on earth as it is in heaven. Give us today the food we need. Forgive us the wrongs that we have done, as we forgive the wrongs that others have done us. Do not bring us to temptation, but keep us safe from the Evil One.”

RECYCLING MY PAIN
The Road To Recovery—Step 8
Rick Warren

I. A SUMMARY OF RECOVERY: THE BEATITUDES

(Matt. 5:3–12) “Happy are those who know they are spiritually poor.”

R _____ I’m not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

“Happy are those who mourn, for they shall be comforted.”

E _____ believe that God exists, that I matter to Him, and that He has the power to help me recover.

“Happy are the meek.”

C _____ choose to commit all my life and will to Christ’s care and control.

“Happy are the pure in heart.”

O _____ examine and confess my faults to myself, to God, and to someone I trust.

“Happy are those whose desire is to do what God requires.”

V _____ submit to every change God wants to make in my life and humbly ask him to remove my character defects.

“Happy are the merciful.” “Happy are the peacemakers.”

E _____ all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I’ve done to others, except when to do so would harm them or others.

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

Y _____ myself to God to be used to bring the Good News to others by both my example and my words.

II. WHY GOD ALLOWED MY PAIN

1. HE’S GIVEN ME A _____

Deut. 1:2–27 (TLB) “I am giving you the choice between God’s blessing or God’s curse. There will be blessing if you obey my commands.”

2. TO GET MY _____

Prov. 20:30 (GNB) “Sometimes it takes a painful situation to make us change our ways.”

2 Cor. 7:9 (TLB) “I am glad ... not because it hurt you but because the pain turned you to God ...”

3. TO TEACH ME TO _____

2 Cor. 1:8–10 (TLB) “We were crushed and overwhelmed ... and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God who alone could save us .. and HE DID HELP US!”

Ps. 119:71 (TLB) “ ... it was the best thing that could have happened to me, for it taught me to pay attention to your laws!”

4. TO GIVE ME _____

2 Cor. 1:4 (TLB) “Why does God do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them the same help and comfort God has given us.”

Gen. 50:20 “[They] intended it to harm me, but God intended it for good.”

III. HOW TO USE MY PAIN TO HELP OTHERS

1 Peter 3:15 “Always be prepared to give an account to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”

Gal. 6:1–2 (TLB) “If someone is overcome by some sin ... humbly help him back onto the right path, remembering that next time it might be you who is in the wrong. Share each other’s troubles and problems, and so obey our Lord’s commands.”

Suggestions (1 Thess. 2:3–12)

- 1.
- 2.
- 3.

Acts 20:24 (TLB) “But life is worth nothing unless I use it for doing the work assigned me by the Lord Jesus ... the work of telling others the Good News about God’s mighty kindness and love.”