

**THE FIRST STEP TO FREEDOM**  
**The Road to Recovery—Part 1**  
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*(Taken from the Series by Pastor Rick Warren)*

**INTRODUCTION**

Q) What is Celebrate Recovery?

A) A safe place to find hope, help, and healing from life's hurts, habits, and hang-ups.

Q) Who needs Celebrate Recovery?

A) Everyone

20 million Americans meet weekly in over 500,000 recovery groups around the nation.

**GORILLA MOVIE - Available on our facebook page:**

**<http://www.facebook.com/living-hope-pa>**

Does everyone have their recovery manual?

Corporate reading:

**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!”**

5 Areas Where God Has Promised to Bring Wholeness:

1. If you've been hurt; I want to heal you...
2. If you're confused; I want to lead you, to give your life direction...
3. If you've ever felt powerless to change destructive circumstances and behavior in your life; I want to empower you to change...
4. If you've ever felt that no one understands your problems, your situation; I understand and I want to comfort you.
5. If you feel anxious, worried, and frankly, afraid; I want to give you peace.

What do I need to recover from?

Overworking

Grief

Overeating

Guilt

Alcohol/Drugs

Anger/Rage

Overspending

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: (Acrostic)**

**Realize** that I'm **NOT GOD**; I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

**“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.” Romans 7:15–17 (TTLB)**

### **I. THE CAUSE OF MY PROBLEM: I WANT TO BE GOD**

How we “play” God: Satan said: “I will be LIKE God...”

By denying our **HUMANITY** and by trying to **CONTROL** everything for selfish reasons.

- Our image – We front, we fake it. We're afraid to be and show who we really are because if people really know us, they might not love us, and we're the only we that we've got. (Professional church people) The problem? We hang around other people like ourselves to hide so we're never exposed to those walking in the freedom we need!
- Other people – Spouses, parents, children, bosses, friends with: silence, lying, pretending, adapting, anger, crying, violence, flattery, sex, money, position, etc.
- Our problems – Denial, Control, Pride, Fear.
- Our pain – Medicate: depression, drugs, food, sex, relationships, (The problem? Hurting people hurt people – the cycle has to stop!)

### **II THE CONSEQUENCES.**

1. **FEAR** (We hide from God and we hide from each other)

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

2. **FRUSTRATION** – Control is an illusion, a safe and trouble-free life is an illusion, pain avoidance is impossible, the walls we build to keep others out only serve to keep us trapped within.

The harder you try to “try” your way out of your sin dilemma, the more frustrated and failure prone you become, until you’re caught in a cycle of trying harder, failure, shame

**“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 ...”**

**Rom. 7:21, 23 (TLB)**

**“My dishonesty made me miserable and filled my days with frustration.”**

**Ps. 32:3 (TLB)**

### 3. FATIGUE

**“My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them.” Ps. 32:4–5 (TLB)**

### 4. FAILURE

**“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.” Prov. 28:13 (GNB)**

## **III. THE CURE: ADMIT MY POWERLESSNESS**

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

powerless to change: My past, my memories, my heart.

powerless to control: Control other people – I am responsible for my actions, not theirs – here’s the sad part, it’s only our whole/healed version of ourselves that will bring the changes that we desire in our relationships, until we are whole we will continue to damage and destroy all of our relationships.

powerless to cope: With my destructive habits and behavior – will power is not enough.

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

Often we will only change when the level of our pain exceeds the level of our fear to change.

**GRACE IS: THE POWER TO CHANGE**

**God’s Riches At Christ’s Expense**

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