

LETTING GO
The Road to Recovery—Part 3
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(Taken from the Series by Pastor 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 CHOOSE to commit all my life and will to Christ's **CARE** and **CONTROL**.

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." Matt. 11:28–30 (Phillips)

I. WHAT COULD KEEP ME FROM TAKING THIS STEP?

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

"... 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." Matt. 11:28–30 (Phillips)

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

"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." Ps. 40:12 (TLB)

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

"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?" Mk 8:36 (TLB)

True freedom is not freedom from all control, rather, it's being able to choose the source and nature of your controlling influence.

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

"Cast all your anxiety on God because He cares for you." 1 Peter 5:7 (NIV)

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

Your freedom begins with decisions – not solutions, not information, not with greater understanding. CR is a decision, followed by a proven process. *The principle of the cities in the promised land.*

5. **DOUBT:** My faith seems so small.

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

Jairus – “I believe, but help me with my unbelief” – it’s not the **size** of the seed, it’s the **nature** of the seed. Most important is to whom you have placed whatever faith you have.

II. HOW DO I TAKE THIS STEP?

I’ve tried this before, but it didn’t work. ***Illustration Casual Suicide Bomber, Chicken and Pig.***

1. I accept **GOD’S SON** as my Savior.

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

Taking as much as you understand about yourself, your life, and committing it to as much of Jesus as I understand – He is Lord, He is God, He loves me and has promised to save me.

2. I accept **WORD** as my standard for living.

“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.” 2 Tim. 3:16 (Phillips)

3. I accept **WILL** as my Strategy (***Seek ye first!***)

Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met. Matt. 6:33 (MSG)

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

4. I accept **POWER** as my Strength

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

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.” Rev. 3:20 (NIV)