

**MAINTAINING MOMENTUM**  
**The Road to Recovery - Part 7**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor 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 EXAMINE** and **CONFESS** my faults to myself, to God, and to **SOMEONE** I trust.
- **Voluntarily** submit to every change God wants to make in my life and humbly ask Him to remove my **CHARACTER DEFECTS**.
- **Evaluate** all my relationships. **OFFER FORGIVENESS** to those who've hurt me and **MAKE AMMENDS** for harm I've done to others except when to do so would harm them or others.
- **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

**I. WHAT CAN CAUSE A RELAPSE?**

How it happens

1. Complacency – comfortable but not free – we settle...
2. Confusion – you forget how bad it was...
3. Compromise - you go back to the places that brought addiction...
4. Catastrophe – you repeat the destructive behavior...

**1. REVERTING TO WILLPOWER**

You begin to think that you are recovering by your own strength – a recipe for repeated failure until you learn to abide in God.

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

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

**2. IGNORING ONE OF THE STEPS**

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

### 3. TRYING TO RECOVER **WITHOUT SUPPORT**

“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.” Eccl. 4:9–10 (TLB)

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

He who is selfish seeks a craving; against all sound judgment he shows contempt.  
(LEB)

The selfish man quarrels against every sound principle of conduct by demanding his own way.  
(TLB)

Loners who care only for themselves spit on the common good.  
(MSG)

You can have some short term gains on your own, but you will never walk in total recovery with the support of relationships. God has designed us to be in relationship.

### 4. BECOMING **PRIDEFUL**

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

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

## **II. HOW TO PREVENT A RELAPSE**

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.

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

### **1. EVALUATION**

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

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

What to Evaluate:

- Physical: What is my body telling me?
- Emotional: What are my feelings right now? **Am I processing or suppressing?**
  - **Heart Check - Hurting? Exhausted? Angry? Resentful? Tense?**
- Relational: How are your relationships – past and present?
- Spiritual: Am I relying on God – moment by moment?

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

When:

1. **SPOT CHECK**
2. **DAILY REVIEW**
3. **ANNUAL REVIEW**

## **2. MEDITATION**

“**SLOWING DOWN** long enough to hear God.”

“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. 1:1–3 (LB/GN)

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

**If you can worry, you can meditate!**

## **3. PRAYER**

“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.” Matt. 6:8–13 (GNB)