

In Search of Freedom – The First Step

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Isaiah 57:18 (NIV) “…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.”

Because of sin, we all need recovery. 100% of the human race needs recovery. What do we need to recover from? Here are just a few things from which we need recovery:

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| --- | --- | --- |
| 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 |  |

There are steps to recovery. The first step to **R E C O V E R Y** is:

**R**ealize 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 (NIV) 15I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16And if I do what I do not want to do, I agree that the law is good. 17As it is, it is no longer I myself who do it, but it is sin living in me.

1. 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

1. THE CONSEQUENCES.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Adam) “I was afraid because I was naked so I hid.”

Genesis 3:10

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“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

“My dishonesty made me miserable and filled my days with frustration.” Psalm 32:3

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“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.” Proverbs 28:13

1. THE CURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

powerless to change:

powerless to control:

powerless to cope:

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

GRACE IS: