



Celebrate Recovery - Maintaining Momentum Home Fellowship Notes

Sermon Date: October 12, 2014

Scripture: Mark 14:38

Speaker: Pastor Mike Jacobson

Resources - Pastor Rick Warren
Saddleback Church

Opener: *Share three things about yourself. Two will be true and one will be false. The group will try to figure out which are true and which is false.*

Introduction: We have been talking in this series about how to handle and how to overcome the hurts in your life, the habits that are messing up your life and the hang-ups that have caused pain in your life. In the study today we will be discussing how to prevent a "relapse" in our spiritual growth.

Question? What do you think of the statement: "Because we are all broken (either spiritually, emotionally or physically) - it only stands to reason that we all need recovery?"

I. WHAT CAN CAUSE A RELAPSE?

Question? Sometimes we take two steps forward and one step back. Does it make sense that we are going to have a "relapse" in our Christian walk or with a habit or hang-up that is plaguing us?

Question? Read **Zechariah 4:6**. Is it safe to say that willpower alone is not going to keep us from falling back into old patterns?

Question? Read **Ecclesiastes 4:9-10**. For someone trying to recover from a hurt, habit or hang-up, do you think they can do with it without accountability from a trusted friend? How does accountability help us grow in our Christian walk? What is scary about accountability?

Question? Read **1 Corinthians 10:12**; **Proverbs 16:18**. How does pride prevent us from making progress in our spiritual growth? How does it move us closer to a relapse as we seek to make progress with a hurt, habit or hang-up?

II. HOW TO PREVENT A RELAPSE

Step 7 in this series reads: 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.

Question? As you read this Step what principles stand out for making strides in our recovery?

Question? Do we ever really "recover"? What does true recovery look like?

Question? **Mark 14:38** states: "Watch and pray so that you will not fall into temptation. For the spirit is willing but the body is weak." Explain that verse in your own words? Do we accidentally "fall" into temptation as if we had no prior warning or can we see it coming if we open our eyes?

Question? Read **2 Corinthians 13:5** and **Lamentations 3:40**. Heading off a relapse involves evaluation. What sort of clues will give us a heads up that we are close to reverting back to old patterns and ways (Physical; Emotional; Relational and Spiritual).

Question? Read **Galatians 6:4**. Do you think we slow down our recovery and spiritual growth by comparing ourselves with other Christians.

Question? Do you think it is true that we have certain "fatal flaws" and are capable of do some things we would never ever think we could do? How do we prepare ourselves from falling into satan's trap?

Question? Meditation is another means of avoiding a relapse. What does it mean to you to meditate on the Bible? What does it mean to slow down enough to hear from God? Is busyness a tool of satan to prevent spiritual growth...explain? Time permitting - Read and discuss Psalm 1:1-3

Prayer