



2 QUESTIONS ABOUT YOUR JORNEY SO FAR?

Guiding Principle 1: Have you constructed a biblically based perspective both of mankind in created perfection and the extensive damage from the Fall common to us all as evidenced in broken relationships with God, self and others?

Guiding Principle 2: Have you opened yourself up to admitting the truth that many of your past ways of dealing with life's pain and loss have been ineffective and if you keep dealing with life in these ways, the past will simply define your future?

WHAT DO WE DO NEXT?

Guiding Principle 3: *MAKE* a commitment of faith to seek God to lead us into the hope of Biblical transformation, embracing on our journey the essential need for the Holy Spirit's help and the support of godly brothers and sisters.

GENERAL DEFINITIONS OF "RECOVERY" THAT ARE TRUE OF GODLY RECOVERY

- **Return to health:** the return to normal health of somebody who has been ill or injured
- **Return to a normal state:** the return of something to a normal or improved state after a setback or loss
- **Gaining back of something lost:** the regaining of something lost or taken away

3 THINGS WE INHERITED BECAUSE OF THE FALL THAT WE WEREN'T DESIGNED FOR

1. **Broken relationships with God, self, and others.**
2. **A sinful nature that is prone to deal with our problems independent of God, according to what we see as right in our own eyes.**
3. **The constant possibility of bruises, brokenness and bondages.**

3 THINGS WE CAN RECOVER

1. **A restored relationship with God, and more healthy relationships with self and others.**
2. **Progressive healing and growing freedom from our bruises, brokenness and bondages.**
3. **Living according to God's commands and principles with a greater sense of well-being as God has planned for us**

with fewer self-inflicted bruises and brokenness as well as greater freedom from our bondages.

8 OBSTACLES TO DEALING WITH OUR BRUISES, BROKENNESS & BONDAGES IN GOD'S POWER

1. Pride that keeps a person from Seeking God

In the pride of his face the wicked does not seek him; all his thoughts are, "There is no God." Psalm 10:4

("There is no room for God." NIV)

2. Laboring at building life, protecting it, and meeting needs without God.

Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain.

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved sleep. Psalm 127:1-2

3. Rear-view living:

Viewing past ways of slavery to bruises, brokenness and bondages as being better than they really were.

² In the desert the whole community grumbled against Moses and Aaron. ³ The Israelites said to them, "If only we had died by the LORD's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

Exodus 16:2-3 (See also, Numbers 11:4 & 14:2)

Say not, "Why were the former days better than these?" For it is not from wisdom that you ask this.

Ecclesiastes 7:10

4. Just Being dependent on external influences to live godly.

Remove these influences & the person turns back to old practices and stubborn ways, doing what is right in their own eyes.

But whenever the judge died, they turned back and were more corrupt than their fathers, going after other gods, serving them and bowing down to them. They did not drop any of their practices or their stubborn ways.

Judges 2:19

In those days there was no king in Israel. Everyone did what was right in his own eyes.

Judges 17:6, 21:25

5. When there is only an "appearance of godliness, but denying the power" Religious not a disciple.

But understand this, that in the last days there will come times of difficulty. ² For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, ³ heartless, unappeasable, slanderous, without self-control, brutal, not loving good, ⁴ treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, ⁵ having the appearance of godliness, but denying its power. Avoid such people.

("having nothing to do with" NIV, "turn away" NJKV)
2 Timothy 3:1-3

6. Believing that say we can follow our own hearts apart from God without harmful consequences.

¹⁶ Thus says the Lord of hosts: “Do not listen to the words of the prophets who prophesy to you, filling you with vain hopes. They speak visions of their own minds, not from the mouth of the Lord. ¹⁷ They say continually to those who despise the word of the Lord, ‘It shall be well with you’; and to everyone who stubbornly follows his own heart, they say, ‘No disaster shall come upon you.’” **Jeremiah 23:16-17**

7. Ignorance due to hardening of hearts

They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.
Ephesians 4:18

JOHN BAKER, co-founder of celebrate recovery, says:
“When our “self” is out of control, all attempts at control – of self or others – fail. In fact, our attempt to control ourselves and others is what got us into trouble in the first place. God needs to be the one in control.

“The only reason we consider that there’s something wrong, or that we need to talk to somebody, or that we need to take this step is because we are finally able to admit that some area – or all areas – of our lives have become unmanageable!”

“...Only when your pain is greater than your fear will you be ready to honestly take the first step, admitting that you are powerless and life is unmanageable.” “There are two jobs: God’s and mine! We have been trying to do God’s job and we can’t!”

“On the flip side, He won’t do our job. We need to do the footwork! We need to admit that we are not God and that our lives are unmanageable without Him. Then, when we have finally emptied ourselves, God will have room to come in and begin His healing work.”

WHAT SPIRITUAL POWERLESSNESS DOESN'T MEAN

- That I have no influence.
- That I am not responsible for the outcome of my decisions.
- That I have no control.
- That I am totally helpless.

WHAT SPIRITUAL POWERLESSNESS DOES MEAN

I lack power, strength, or effectiveness IN MYSELF when it comes to controlling my flesh.

¹⁵ For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree with the law, that it is good. ¹⁷ So now it is no longer I who do it, but sin that dwells within me.

¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but

not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

²¹ So I find it to be a law that when I want to do right, evil lies close at hand. **Romans 7:17-21**

(⁶ Then the Lord said to Cain, “Why are you angry? Why is your face downcast? ⁷ If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”
Genesis 4:6-7)

²² For I delight in the law of God, in my inner being, ²³ but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.

²⁴ Wretched man that I am! Who will deliver me from this body of death? **Romans 7:22-24**

LIVING IN GOD'S EMPOWERMENT

1. When we face our powerlessness against our BRUISES, BROKENNESS, AND BONDAGES, admit we don't know what to do, then we need to keep our eyes on God and trust him.

¹² O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you.” **Chronicles 20:12**

2. God's surpassing power is available in our jars of clay.

But we have this treasure [The light of the knowledge of the glory of God 4:6] in jars of clay, to show that the surpassing power belongs to God and not to us.
2 Corinthians 4:7

3. Through God's power we can serve God's law despite the sinful nature conflict.

²⁴ Wretched man that I am! Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.
Romans 7:24-25

4. His divine power provides weapons for war to take every thought that is against God captive to obey Christ.

³ For though we walk in the flesh, we are not waging war according to the flesh. ⁴ For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. ⁵ We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...
2 Corinthians 10:3-5

5. His divine power grants us all things pertaining to life & godliness.

³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence...
2 Peter 1:3

6. His divine power helps us experience escaping the corruption of our sinful nature.

... ⁴ by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.
2 Peter 1:4

3 KEY THINGS I HAVE THE POWER TO DECIDE IN OVERCOMING OUR BRUISES, BROKENNESS & BONDAGES

1. I will not let our past failures prevent me from taking this journey.
2. I will not be controlled by my fear. (i.e., of change)
3. I will trust God & be willing to change as He shows me where change is needed.

A IMAGINARY DIALOGUE WITH GOD ABOUT WHO OR WHAT WE PUT OUR TRUST IN

Us: "Who are you?" "I am who I am."

Us: "Who is that?" "God."

Us: "Which god?" "I am God alone."

Us: "What about the other gods."

"There is no other God. All other gods are simply created by man's imagination. I am not imagined, nor am I created. I am who I am. I am God alone

and "I Am":

Holy - set apart from all others

All powerful	Glorious	Gracious
All knowing	Never changing	Totally good
All present	All sufficient	Faithful
Eternal	Perfect in wisdom	Just
Infinite	Loving	Merciful

May I, as God, ask you a couple of questions?

- **The person or thing you most rely upon, what are all the characteristics that lead you to put so much trust in it/them?**
- **How does their characteristics measure up to the list I just gave you about me?**
- **What promises can they made guaranteeing that they can provide for you everything you need in this life and the one to come?**
- **How does the amount of trust you put in these compare to the amount of trust you put in me?**
- **How much sense does this all made?**

⁴ For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. ⁵ May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, ⁶ that together you may with one voice glorify the God and Father of our Lord Jesus Christ. ⁷ Therefore welcome one another as Christ has welcomed you, for the glory of God.

Romans 15:4-6

AT LEAST ONE WAY THIS WEEK I WILL TRY TO PUT THIS LESSON INTO PRACTICE IS:

**Weekly Going Deeper Study Guide
For "From Powerlessness to God's Empowerment"**

- Before beginning each day simply ask God to help you see things that He would have you to see.
- When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.

DAY 1

1. Carefully read and meditate on each of the scriptures in this week's lesson.
2. Identify the one that stands out the most to you and rewrite it in your own words.

DAY 2

1. Reread the lesson.
2. Write down any things you see that God would want you to avoid, change, or give up.

DAY 3

1. Reread the lesson.
2. Write down the most positive thing you see that you would really like to see become part of your life.

DAY 5-7

Answer these questions from the "Imaginary Dialogue with God..." section on p.3:

- **The person or thing you most rely upon, what are all the characteristics that lead you to put so much trust in it/them?**

- **How do their characteristics measure up to the list I just gave you about me?**

- **What promises can they make guaranteeing that they can provide for you everything you need in this life and the one to come?**

- **How does the amount of trust you put in these things compare to the amount of trust you put in me? How much sense does this all make?**

HERE IS WHAT I WOULD LIKE TO SHARE IN GROUP AS TO HOW PUTTING THIS LESSON INTO PRACTICE WENT THIS WEEK: