



THE ROAD TO RECOVERY

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Series: "The Road to Recovery" Part 1 of 4

Message: "Recovery Begins with Brokenness"

Big idea

Experiencing God's power that leads to recovery in our lives begins by recognizing that we need help.

We need God's help with

1. Our _____ (Luke 7:36-39)

2. Our _____ (Luke 19:1-5)

3. Our _____ (Luke 23:39)

Resources to help you discern hurts, habits, and hang ups in your life.

These assessment tools examine just a few of the many sources of hurts, habits, and hang ups in our lives. Referencing these assessment tools is not necessarily a recommendation of the creator or his/her practice.

General emotional/spiritual health assessment
<https://cutt.ly/mevb2ba>

Anger assessment
<https://www.5lovelanguages.com/profile/anger/>

Sexual behavior assessment
<https://living-truth.org/self-assessment/>

Stress assessment
<https://cutt.ly/YevbL2d>

MY NEXT STEP TODAY IS TO:

- Put my trust in Jesus, so I can receive God's help in my life.
- Ask God to reveal any hurts, habits, or hang ups that are preventing me from experiencing His life changing work.
- Ask God to give me the courage to face my hurts, habits, or hang ups and receive His help.
- Visit staffordcrossing.org/cr to learn about the Celebrate Recovery ministry.

We exist to help people trust and follow Jesus

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HELP WITH HURTS, HABITS, AND HANG-UPS

HURTS

A “hurt” could be classified as any life experience that may have damaged your heart, some offense against you that hinders your ability to deal with the world in a healthy way. Something that may have twisted your view of yourself, God or others. Some common hurts:

- Abandonment
- Abortion
- Adoption
- Betrayal
- Dysfunctional family (divorce, drug abuse, alcoholism, abuse, rage, etc.)
- Health issues
- Neglect
- Past abuse
- Rape
- Rejection/Discrimination
- Same sex attraction
- Cheating, affairs
- Unforgiveness

HABITS

“Habits” tend to be unhealthy patterns that often start as a perceived “remedy” for some problem in your life, but end up turning into a chronic bad behavior or addiction. Habits are the repeat, default scripts you run to when the going gets tough and continually lead to trouble in your life. Some common habits are:

- Abusive behavior
- Alcohol
- Bitterness
- Drugs
- Eating disorders
- Gambling
- Gossip
- Isolation
- Lying
- Self-harm
- Sexual Integrity
- Spending problems
- Wasteful pursuits
- Workaholism
- Pornography addiction

HANG-UPS

“Hang-ups” are those road blocks that keep you from progressing further in God’s plan for your life. They are often shaped by warped thinking you may have developed as a child, or unhealthy attitude you may have adopted as a means of coping with life’s challenges. Here are some common hang-ups:

- Anger
- Anxiety, worry
- Arrogance
- Body image
- Bullying, bigotry
- Codependency
- Control
- Depression
- Fear
- Greed, envy
- Guilt (false) and/or shame
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Same Sex Attraction

Celebrate Recovery

Celebrate Recovery (CR) is a Christ-centered ministry where people can find God’s healing and strength to face and move beyond their hurts, habits, and hang-ups.

staffordcrossing.org/cr