

*July 23, 2006*

# **Maintaining Growth**

## **The Road To Recovery – Part 7**

# 1. What Can Cause A Relapse?

*1. Going back to willpower*

*"Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?"*

***Galatians 3:3***

*"This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the LORD Almighty."*

***Zechariah 4:6***

# 1. What Can Cause A Relapse?

1. *Going back to willpower*
2. *Ignoring one of the steps*
3. *Trying to recover without support*

*"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"*

**Ecc. 4:9-10**

*"Let us not give up the habit of meeting together."*

*Hebrews 10:25*

# 1. What Can Cause A Relapse?

1. *Going back to willpower*
2. *Ignoring one of the steps*
3. *Trying to recover without support*
4. *We become prideful*



*"Pride goes before destruction."*

***Proverbs 16:18***

*"So if you think you're standing watch  
out that you do not fall."*

***I Corinthians 10:12***

# Test of Pride:

- 1. Am I continually critical of others?*
- 2. Am I quick to judge but slow to help?*

## **2. How Do I Prevent A Relapse?**

### *1. Maintenance*

# Maintenance

*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***

# Three Maintenance Tools:

*1. Evaluation*

*2. Meditation*

*"Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers."*

***Psalm 1:1-3***



# Three Maintenance Tools:


*1. Evaluation*

*2. Meditation*

*3. Prayer*

*“This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'”*

***Matthew 6:9-13***



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