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# Maintaining Growth

The Road to Recovery - Part 7

Relapses happen in a predictable pattern:

- First is \_\_\_\_\_
- Second is \_\_\_\_\_
- Third is \_\_\_\_\_

## I. WHAT CAN CAUSE A RELAPSE?

1. Going back to \_\_\_\_\_  
(*Galatians 3:3, Zechariah 4:6*)
2. Ignoring \_\_\_\_\_
3. Trying to recover without \_\_\_\_\_  
(*Ecclesiastes 4:9-19, Hebrews 10:25*)
4. We become \_\_\_\_\_  
(*Proverbs 16:18, 1 Corinthians 10:12*)

## II. HOW DO I PREVENT A RELAPSE?

### The Seventh Step – Maintenance Step – ‘R’ is for RESERVE

- ◆ 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.  
(Mark 13:38)

#### Three Maintenance Tools:

1. \_\_\_\_\_ (*1 Corinthians 13*)
  - Physical, Emotional, Relational, Spiritual
2. \_\_\_\_\_ (*Psalms 1:1-3*)
  - Slowing down long enough to hear God
3. \_\_\_\_\_ (*Matthew 6:9-13*)
  - Plugging in to God's power