

30 July 2006

# Recycling My Pain

The Road to Recovery - Part 8

## I. A SUMMARY OF RECOVERY – The Beatitudes (Matthew 5)

- Step 1 – **R**ealize I'm not God, I'm powerless to control my tendency to do the wrong thing and my life is unmanageable (*verse 3*)
- Step 2 – **E**arnestly believe that God exists, that I matter to Him, and He has the power to help me recover (*verse 4*)
- Step 3 – **C**onsciously choose to commit all my life and will to Christ's care and control (*verse 5*)
- Step 4 – **O**penly examine and confess my faults to myself, to God, and another person I trust. (*verse 8*)
- Step 5 – **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects (*verse 6*)
- Step 6 – **E**valuate all my relationships, offer forgiveness to those who've hurt me and make amends for harm I've done to others, except when to do so would harm them or others (*verses 7 and 9*)
- Step 7 – **R**eserve 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 His will for my life
- **Step 8 – 'Y' is for YIELD**  
Yield myself to God to be used to bring this Good News to others by both my example and my words. (1 Peter 3:15)

## II. WHY HAS GOD ALLOWED MY PAIN?

1. He gave me \_\_\_\_\_ (*1 Corinthians 13*)
2. He uses it to \_\_\_\_\_ (*Proverbs 20.30, 2 Corinthians 7:9, Jonah 2:7*)
3. He uses pain to teach me to \_\_\_\_\_ (*2 Corinthians. 1:8-10*)
4. He uses pain to give me a \_\_\_\_\_ (*2 Corinthians. 1:4*)

## III. HOW DO I USE MY PAIN TO HELP OTHERS?

Be prepared to give an answer.  
(*Galatians 6:1-2*)

Three suggestions in sharing your story:

1. Be \_\_\_\_\_
2. Be \_\_\_\_\_
3. Be \_\_\_\_\_