

Celebrate Recovery III: Consciously Choose

October 18th & 19th, 2014

Matthew 9:35-38

Eight Principles ...

1. **R**ealize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. ...
2. **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
3. **C**onsciously choose to commit all my life and will to Christ's care and control.
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust.
5. **Y**oluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.
6. **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.
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 to gain the power to follow His will.
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words. ¹

Principle Three: Consciously choose to commit all my life and will to Christ's care and control.

Matthew 5:5 "Blessed are the meek, for they shall inherit the earth."

Meek: "denotes 'gentle, mild, meek;' ... Christ uses it of His own disposition, Matt.11:29; ... It is that temper of spirit in which we accept His dealings with us as good, and therefore without disputing or resisting; ..." ¹

"Principle 3 constitutes the core difference between a secular 12-Step program and Celebrate Recovery. True and lasting recovery can be achieved only through a personal, committed relationship with Christ." ²

⇒ In Principles one and two we admitted that our lives were unmanageable and we came to believe that God does exist and that He could restore us.

"But even after taking the first two steps we can still be stuck in the *cycle of failure* that keeps us bound by guilt, anger, fear, and depression. ... How do we get past those old familiar negative barriers of pride, fear, guilt, worry, and doubt – those barriers that keep us from taking this [third] step? The answer is *action!*" ³

Step 3: We made a decision to turn our lives and our wills over to the care of God.

Romans 12:1 "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

ACTION

Acept... Now is the time to accept Jesus and your Savior and Lord. Savior because He is the only one who can remove the barrier of sin separating us from God, and Lord because He alone has the words of life to direct our choices!

“because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved.” Romans 10:9-10

Commit... Now is the time to start asking for and following His will! We have all tried to run our lives on our own power and will and found it to be less than successful. Here we change from operating on our own will-power to a willingness to accept God’s power to guide our lives.

“Teach me to do your will, for you are my God! Let your Spirit lead me on level ground!” Psalm 143:10

Turn it over... “Let go and let God”. You have heard that phrase many times in recovery. We have to let go of not only the little or the big things in our lives, but *everything!*

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.” Proverb 3:5-6

It’s only the beginning... Recovery is not a three principle program! Principle Three is only the exciting beginning of a whole new life – new friends, spiritual family, home, community!

“And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ.” Philippians 1:6

One day at a time... “Our recoveries happen one day at a time. If we remain stuck in the yesterday or constantly worry about tomorrow, we will waste the precious time of the present. And it is only in the present that change and growth can occur.”³ Jesus gave His followers insight into this truth.

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.” Matthew 6:34

Next step... How do I ask Christ into my life?

1. **B**elieve that Jesus died on the cross for the forgiveness of my sins and rose from the dead proving that He was God almighty Incarnate. *1 Corinthians 15:11*
2. **A**cept God’s free forgiveness for my sins. *Romans 3:22-24*
3. **S**witch to God’s plan for my life. *Mark 1:15-18*
4. **E**xpress my desire for Christ to be the director of my life. *Romans 10:9*

f These steps – **B**elieve, **A**cept, **S**witch, and **E**xpress establish a **BASE** from which we begin our new life in Christ!

Colossians 2:6-7

“Therefore, as you received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, just as you were taught, abounding in thanksgiving.”

Endnotes:

¹ Baker, John. "Eight Principles Based on the Beatitudes By Pastor Rick Warren." *Growing in Christ While Helping Others*. Grand Rapids, MI: Zondervan, 2012. 10. Print.

² Vine, W.E. *Vine’s Expository Dictionary of Old & New Testament Words*. Nashville: T. Nelson Publishers, 1997.

³ Baker, John. *Your First Step to Celebrate Recovery: How God Can Heal Your Life*. Grand Rapids, MI: Zondervan, 2013. Print.

⁴ Baker, John. *Celebrate Recovery: Leader’s Guide*. Grand Rapids, MI: Zondervan, 2012. Print.

♦ Scripture quotations are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.