

FROM PAIN TO FREEDOM

KEEPING MOMENTUM

"RELAPSE" - falling back into a self-defeating pattern

How it happens

1. Complacency
2. Confusion
3. Compromise
4. Catastrophe

HOW TO PREVENT A RELAPSE

Reserve a _____ with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain _____ 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

1. Evaluation

"Check up on yourselves..." - 2 Corinthians 13:5 (LB)

"Let us examine ourselves ... and let us repent." - Lamentations 3:40 (LB)

"Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else." - Galatians. 6:4

When:

1. _____

2. _____

3. _____

4. _____

2. Meditation

"_____ long enough to hear God."

"Happy are those who...are always meditating on God's laws and thinking about ways to follow him more closely. They are like trees along a river... that do not dry up. They succeed in everything they do." - Psalm 1:1-3 (LB/GN)

"I have thought much about your words and stored them in my heart so that they would hold me back from sin." - Psalm 115:11 (LB)

3. Prayer

"This, then, is how you should pray: Our Father in heaven; may your holy name be honored; may your kingdom come; may your will be done on earth as it is in heaven. Give us today the food we need. Forgive us the wrongs that we have done, as we forgive the wrongs that others have done us. Do not bring us to temptation, but keep us safe from the Evil One." - Matthew 6:8-13