

BUT NOW... Session 1 | Living a Christ-Centered Recovery

180 Ministries | [Colossians 1:15–23](#)

Inside and Outside

Golf ball. Baseball. Bowling ball.

How does what's on the inside (especially at the center) affect the way each ball behaves on the outside? What about the opposite?

Colossians 1:15-23 NIV

Notice who Christ is (vv. 15–20): All things were created through him and for him. In him all things hold together. He is the head of the church. ***The One who holds all things together is the same One who has reconciled us to God.***

Now look closely at verses 21–23:

Already accomplished (vv. 21–22): What has Christ done for us?

- Christ has reconciled us to God through his death, bringing us from alienation into relationship with him.

His purpose (v. 22): What does Christ intend to accomplish through reconciliation?

- To present us holy, without blemish, and free from accusation before God.

Our response (v. 23): What are we called to continue doing?

- Continue firmly established in faith, holding on to the hope of the gospel.

Three questions to ask myself

ME (My performance) – How much does my hope depend on how well I'm doing?

OTHERS (Their responses) – How much does my hope depend on what others think, feel, or do?

CHRIST (His accomplished work) – How much does my hope rest on what Christ has already done and how am I responding in faith?

Means and Doesn't Mean

MEANS	DOESN'T MEAN
• I build my hope on what Christ has done, not how well I'm doing. • I take responsibility for my choices while depending on Christ. • I use recovery tools and relationships as ways to practice following Jesus. • My recovery becomes part of a larger purpose: learning to love God and others.	• My recovery progress no longer matters. • I wait for Christ to change me without taking action. • I need less accountability, community, or practical help. • Every setback means I've failed to trust Christ enough.



Making Christ the Center of My Recovery

How can I use my recovery tools in ways that keep Christ at the center of my recovery?

180 Tool	With Myself at the Center	With Christ at the Center
FASTT Check-In	I manage what others know about me. I want to appear successful, avoid disappointment, and protect my image. Even my honesty can become a performance.	I bring my real feelings, struggles, and beliefs into the light “as or before” they become an issue, rather than after. I invite others to help me recognize what's true, receive grace, and take a faithful next step.
30-Day Plan	I use my commitments to gain control, guarantee success, and prove I've changed. When I succeed, I feel secure; when I fail, I question my worth and future.	I make specific commitments because I want to follow Christ in everyday life. I take responsibility, depend on his strength, and keep learning—even when I stumble.

Key Thoughts

I may be doing many of the right things in recovery while still looking to the wrong things for my hope and security.

BUT NOW... Christ is already the center. **Whatever has happened up to this moment**, I can recognize his rightful place and take my next faithful step.

Every day I'm learning to return to “But Now” and take steps from there.

It's a decision we have to keep making along the way.