

HERE'S HOPE

Message Notes ~ June 3, 2007

"I can do anything I want to if Christ has not said no, but some of these things aren't good for me. Even if I am allowed to do them, I'll refuse to if I think they might get such a grip on me that I can't easily stop when I want." 1 Corinthians 6.12 (Living Bible)

1. ADDICTION - A PREDICTABLE PATH

- Secretize
- Fantasize
- Ritualize
- Actualize
- Paralyze
- Demoralized
- Desensitize

2. RELAPSE TRAPS - GAUGING YOUR VULNERABILITY

- _____
- "Let he who stands take heed, lest he fall." 1 Corinthians 10.12
- _____
 - _____
 - _____

3. BREAKING THE POWER OF ADDICTIVE BEHAVIORS

- CONFESSION - Breaking the power of _____.

• Confess it to _____ for understanding.

"If we refuse to admit that we are sinners, then we live in a world of illusion." 1 John 1.8 (Phillips)

• Confess it to God for _____.

"There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration...until I finally admitted all my sins to You and stopped trying to hide them...And You forgave me! All my guilt is gone." Psalm 32.3-5 (Living Bible)

• Confess it to others for _____.

"Confess your sins to each other and pray for each other so that you can live together whole and healed." James 5.16 (The Message)

Good reasons to practice confession...

1. A spiritual reason - It helps in the healing.
2. A practical reason - You're not the best judge of the _____.
3. A personal reason - It sets you free from terminal _____.
4. A pragmatic reason - It _____.

- ACCOUNTABILITY - Come out of _____.

"Two are better than one...If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" Ecclesiastes 4.9 -10

"He who trusts in himself is a fool." Proverbs 28.26

"Whoever walks with the wise will become wise; whoever walks with fools will suffer harm." Proverbs 13:20 (New Living Translation)

"It is better to heed a wise man's rebuke than to listen to the song of fools." Ecclesiastes 7.5