

Steps to Relapse - Lesson

Lesson summary: Become aware of what the devil is doing in trying to lead you down a path of destruction. The quicker we can identify warning signs, the safer we are, and the more effective we are in countering it.

2 CORINTHIANS 2:10-11 (NIV)

¹⁰If you forgive anyone, I also forgive him. And what I have forgiven...I have forgiven in the sight of Christ for your sake, ¹¹in order that Satan might not outwit us. For we are not unaware of his schemes.

The devil tries to get us down a path, and you can identify where you are on this and move up the scale.

Steps to Relapse (Warning Signs)

1. Forgetting Priorities
 - a. A change in what's important
2. Anxiety (Getting energy from emotions)
3. Speeding up (Out-running depression)
4. Ticked off (Running on anger, fight)
5. Exhausted (Out of gas)
6. Relapse (using)

What Healthy Recovery Looks Like:

1. No secrets
2. resolving problems as they arise
3. identifying feelings and fears
4. keeping commitments and responsibilities
5. Openness, honesty
6. Making eye contact
7. Reaching out to others
8. Accountability
9. Increased growth in relationships with God and others

One of the differences between the guys who stay clean, and the guys who relapse, is that the guys who stay clean evaluate themselves on a regular basis.

“Wisdom doesn’t come from experience, but from evaluated experience.”

- John Maxwell

When was the last time you checked yourself and then took steps to get yourself back in line?

When you find you are starting to slip, a few things can help you get back on track:

1. Call a man/woman of God and tell them you feel you are getting off track.
2. Fast for a day, or even half a day. It can be an effective means of killing the flesh.
3. Make it a point to get around other believers.
4. Find a way to serve someone else or minister to someone. Take your mind off you.