

Steps to Relapse – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Think of a time when you were getting off track spiritually. Were you aware you were slipping? At what point did you first recognize it? Did you do something to counter it and get back on track? Why or why not? Write this out and read it to yourself.

Day 2

What does this verse teach you about the essence of righteousness? Is it never falling? What is your definition of falling? Is it using drugs or alcohol again, or can it be less than that?

PROVERBS 24:16 (NIV)

for though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity.

Is it more important to have other people not know you sinned, or for you to gain victory? According to this verse, what sometimes happens when we seek to be justified by grace? What are some ways that it has become evident to you that you are a sinner?

GALATIANS 2:17 (NIV)

If, while we seek to be justified in Christ, it becomes evident that we ourselves are sinners, does that mean that Christ promotes sin? Absolutely not!

One of the things that tends to happen when we draw closer to God is that God allows us to go through things so that those things inside us that are ugly can be exposed. This is done so we can deal with these things and allow God to change us.

Day 3

Memorize

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.

Day 4

What are some areas of your life, standards, etc., that you have set for yourself to measure if you are growing or slacking off? Have you been checking yourself lately? How do you check yourself? What are you measuring yourself by?

Day 5

Sometimes, when we are examining ourselves regularly, we begin feeling ourselves slacking off spiritually. What are some things you can do that help motivate you to pursue God and desire to grow in Him more? Write out some things that you will do when you begin seeing yourself slip that will help you get your motivation back.