

Celebrate Recovery
Lesson 6 Action

Principle 3: Consciously choose to commit all my life and will to Christ's care and control.

"Happy are the meek." (Matthew 5:5)

Step 3: We made a decision to turn our lives and our wills over to the care of God.

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God —this is your true and proper worship." (Romans 12:1)

Introduction **ACTION**



When we get to Principle 3, we have worked, with God's help, the first two principles to the best of our ability.

1. We admitted our lives were out of control and unmanageable,
2. and we came to believe that God could restore us.

But even after taking the first two steps we can still be stuck in the cycle of failure that keeps us bound by **guilt, anger, fear, and depression**.

Tonight we are going to see how to get "unstuck."

How do we get past those old familiar **negative barriers of pride, fear, guilt, worry, and doubt** —those barriers that keep us from taking this step? **The answer is action!**

Principle 3 is all about ACTION. It states: **"Consciously choose to commit ..."** Making a choice requires action.

Almost everyone knows the difference between right and wrong, but most people don't like making decisions. We **procrastinate** making commitments that will allow change to occur from the pain of our hurts, hang-ups, and habits.

Do you know putting off the decision to accept Jesus Christ as your Higher Power, Lord, and **Savior really is making the decision not to accept Him?**

Principle 3 is like opening the door: All you need is the **willingness to make the decision. Christ will do the rest!**

He said, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me" (Revelation 3:20).

A, stands for **ACCEPT** Jesus Christ as your Higher Power and Savior!

Make the once-in-a-lifetime decision to **ask Jesus into your heart**. Make the decision to establish that personal relationship with your Higher Power that He so desires. Now is the time to choose to commit your life. God is saying make it today! Satan says do it tomorrow.

In Romans 10:9 (GNT) God's Word tells us, "If you confess that Jesus is Lord and believe that God raised him from death, you will be saved."

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It's only after you make this decision that you can begin to COMMIT to start asking for and following His will!

Commit That's the **C** of the word action.

I would venture that all of us here tonight have tried to run our lives on our own power and will and found it to be less than successful. In Principle 3, we change our definition of willpower. **Willpower becomes the willingness to accept God's power** to guide your life. We come to see that there is no room for God if we are full of ourselves.

We need to pray the prayer the psalmist prayed when he said, *"Teach me to do your will, for you are my God; may your good Spirit lead me on level ground" (Psalm 143:10).*

T in action stands for **TURN** it over.

"Let go and let God." You have heard that phrase many times in recovery. It doesn't say just let go of some things to God. It doesn't say just let go of, **turn over, only the big things.**

Proverbs 3:6 (TLB) tells us, "In everything you do, put God first, and he will direct you and crown your efforts with success." "In everything you do." Not just the big things, not just the little things. **Everything!** You see, Jesus Christ just doesn't want a relationship with part of you. He desires a relationship with all of you.

What burdens are you carrying tonight that you want to turn over to Jesus? He says, *"Come to me and I will give you rest — all of you who work so hard beneath a heavy yoke. Wear my yoke —for it fits perfectly —and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens" (Matthew 11:28–30, TLB).*

The next letter in ACTION is **I**. **IT'S** only the beginning.

In the third principle we make the initial decision to accept Christ as our personal Savior. Then we can make the commitment to seek and **follow God's will.** The new life that begins with this decision is followed by a lifelong process of growing as a Christian.

Philippians 1:6 (TLB) puts it this way: "God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished."

Recovery is not a three-principle program! Principle 3 is only **the exciting beginning of a new life** — a life we live in a new way: **ONE day at a time.**

The letter **O** in ACTION stands for **ONE** day at a time.

Our recoveries happen one day at a time. If we remain **stuck in the yesterday or constantly worry about tomorrow**, we will waste the precious time of the present. And it is only in the present that change and growth can occur. We can't change yesterday and we can only pray for tomorrow. Jesus gave us instructions for living this philosophy: *"Don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time" (Matthew 6:34, TLB).*

N in Action is **Next Step**, Take the next step, ask Jesus into your heart with this prayer

Please take a moment and read the prayer, think about it, have you asked Jesus to be your Lord and Savior? We will close this week with this prayer at the end of the lesson.

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Prayer of Salvation

Dear Lord Jesus, I love you, I need you, I ask you to please be my Lord and Savior. Come into me and be my friend. I know what you did for me that I may have eternal life, how you died for my sins that I may be forgiven. Please forgive me of my sins.

I Repent and turn away from my sins Lord. For this I will need your help, please help me. I ask that you send the Holy Spirit to live in me as my friend, to guide me in my life.

I trust you Lord Jesus, my thirst is to follow you, please lead me. Lord, give me a new heart, and put a new spirit within me.

(Ezekiel 36:26)

I pray in your name Lord Jesus. Amen

Believe me, if I could go back and change the past, I would do many things differently. I would choose to spare my family the pain and the hurt that my sin-addiction to alcohol caused. But I can't change even one thing that happened in my past. And neither can you.

And on the other side of the coin, I can't live somewhere way off in the future, always worrying if "this or that" is going to happen. And neither can you. I leave that up to God.

But I can and do live in today! And I can, with Jesus Christ's guidance and direction, make a difference in the way I live today. And so can you. You can make a difference one day at a time.

Wrap-Up

This finally brings us to the last letter in our acrostic. **N** stands for **NEXT** step. The next step is **to ask Jesus into your life to be your Higher** Power. How? It's very simple.

Pastor Rick Warren has developed an easy way for you to establish a "spiritual B.A.S.E." for your life. Ask yourself the following four questions, and if you answer yes to all of them, pray the prayer that follows. That's it. That's all you have to do! Do I

- 1. Believe Jesus Christ died on the cross for me and showed He was God by coming back to life? (1 Corinthians 15:2 –4)**
- 2. Accept God's free forgiveness for my sins? (Romans 3:22)**
- 3. Switch to God's plan for my life? (Mark 1:16–18; Romans 12:2, Jeremiah 29:11)**
- 4. Express my desire for Christ to be the director of my life? (Romans 10:9)**

Dear God, there are some here this evening that need to make the decision to commit their lives into Your hands, to ask You into their hearts as their Lord and Savior. Give them the courage to silently do so right now in this moment. It is the most important decision that they will ever make.

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Prayer of Salvation (Let us pray this together)

Dear Lord Jesus, I love you, I need you, I ask you to please be my Lord and Savior. Come into me and be my friend. I know what you did for me that I may have eternal life, how you died for my sins that I may be forgiven. Please forgive me of my sins.

I Repent and turn away from my sins Lord. For this I will need your help, please help me. I ask that you send the Holy Spirit to live in me as my friend, to guide me in my life.

I trust you Lord Jesus, my thirst is to follow you, please lead me. Lord, give me a new heart, and put a new spirit within me.

(Ezekiel 36:26)

I pray in your name Lord Jesus. Amen

If you made the decision to invite Christ into your life, let someone know. I would love to talk to you after our fellowship time.

Think/write/discuss (please answer the questions for discussion)

1. What differences have you noticed in your life now that you have accepted Jesus Christ as your Higher Power?

2. How has your definition of willpower changed since you have been in recovery?

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3. What have you been able to turn over to God? And what do you fear turning over to Him?

4. What is keeping you from turning them over?

5. What does the phrase, "live one day at a time" mean to you?

6. What is the major concern in your life?

7. What's stopping you from turning it over to your higher power Jesus Christ?

Principle 3 Verses

"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9).

"If you had faith even as small as a mustard seed you could say to this mountain, 'move!' and it would go far away. Nothing would be impossible" (Matthew 17:20, TLB).

"Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens" (Matthew 11:28-30, TLB).

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“Commit everything you do to the Lord. Trust him to help you do it and he will” (Psalm 37:5, TLB).

“Lead me; teach me; for you are the God who gives me salvation. I have no hope except in you” (Psalm 25:5, TLB).

“Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead” (2 Corinthians 1:9).

“Teach me to do your will, for you are my God; may your good Spirit lead me on level ground” (Psalm 143:10).

“In everything you do, put God first, and he will direct you and crown your efforts with success” (Proverbs 3:6, TLB).

Prayer

“Dear God, I have tried to do it all by myself, on my own power, and I have failed. Today I want to turn my life over to You. I ask You to be my Lord and my Savior. You are the One and only Higher Power! I ask that You help me think less about me and my will. I want to daily turn my will over to You, to daily seek Your direction and wisdom for my life. Please continue to help me overcome my hurts, hang-ups and habits; that victory over them may help others as they see Your power at work in changing my life. Help me to do Your will always. In Jesus’ name I pray, Amen.”