

Relapse Lesson 21



Principle 7 and Step 11

Principle 7 Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Step 11 Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

*“Let the word of Christ dwell in you richly”
(Colossians 3:16).*

RELAPSE

The best way to prevent relapse can be summarized in the **acrostic RELAPSE**.

RESERVE a daily quiet time Principle 7 sums it up best: Reserve a daily time with God for self-examination, bible reading, and prayer in order to know God and His will for my life and gain the power to follow His will.

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak” (Mark 14:38).

EVALUATE

Your evaluation needs to include your physical, emotional, relational, and spiritual health. And don't forget

the value of doing a “H-E-A-R-T” check. Ask yourself, are you:

Hurting, Exhausted, Angry, Resentful. Tense

Special instructions for this step are in *Romans 12:3–17(TLB)*: *“Be honest in your estimate of yourselves...Hate what is wrong. Stand on the side of the good. Love each other...Be patient in trouble...Do things in such a way that everyone can see you are honest clear through.”*

LISTEN to Jesus We need to take a time-out from the world’s “rat race” long enough to listen to our bodies, our minds, and our souls. We need to slow down enough to hear the Lord’s directions. *“Test everything that is said to be sure it is true, and if it is, then accept it” (1 Thessalonians 5:21, TLB).*

“Let everyone be sure that he is doing his very best, for then he will have the personal satisfaction of work well done and won’t need to compare himself with someone else” (Galatians 6:4, TLB).

“Listen to the Lord. Hear what He is telling you” (Isaiah 1:10, TLB).

ALONE and quiet time Jesus spent time alone with His Father. You need to do the same. Set a daily appointment time to be alone with God. Listen carefully, learn how to hear God!

“Be still, and know that I am God” (Psalm 46:10).

PLUG in to God's power through prayer God's guidance and direction can start when your demands stop! Be specific in your prayer requests; pray about everything, asking for God's perfect will.

“Don't worry about anything; instead, pray about everything; tell God your needs and don't forget to thank him for his answers” (Philippians 4:6, TLB).

SLOW down long enough to hear God's answer We can become impatient. We want our prayers answered now! We need to remember our timing can be flawed, while God's timing is perfect!

“Listen to me. Keep silence and I will teach you wisdom!” (Job 33:33, TLB).

“If you do this [present your requests to God] you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus” (Philippians 4:7, TLB).

ENJOY your growth Rejoice in and celebrate the small successes along your road to recovery! Always remember you're on a journey, a journey of several steps. Maintaining an *“attitude of gratitude” is like taking spiritual vitamins. Share your victories—no matter how small — with others in your group. Your growth will give others hope! “Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus” (Thessalonians 5:16, GNV).*

Here are a few final suggestions for preventing relapse:

- 1. Pray and read your bible daily. Establish a specific time of day to have your “quiet time.”**
- 2. Make attending your recovery meeting a priority. Stay close to your support team.**
- 3. Spend time with your family (if they are safe). If they are not, spend time with your church family.**
- 4. Get involved in service. Volunteer!**

Think/write/discuss

1. What are some of the ways (tools) that you have developed in your recovery to prevent relapse?

2. Do a H-E-A-R-T check right now. Are you:

- Hurting?
- Exhausted?
- Angry?
- Resentful?
- Tense?

3. Specifically, what do you do when you are:

- Hurting?
- Exhausted?
- Angry?
- Resentful?
- Tense?

4. Rate your listening skills from 1 to 10; 10 being the best.

1 2 3 4 5 6 7 8 9 10

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5. What are some ways that you think you could improve your listening skills with others?
6. What are some ways that you could improve your listening skills with God?
7. Describe what a “quiet time” means to you and why it is important.
8. How could you improve your prayer time? Be specific.
 - o When do you pray?
 - o Where do you pray?
9. After you pray, do you slow down long enough to hear God’s answer? What does the word “meditation” in this step mean to you?
10. What are some of the other things that you do in your recovery to help you on your journey and prevent relapse?
11. I think we all agree that recovery is a joy, but it also requires hard work. What do you do to celebrate your recovery?

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