

Relapse Lesson 22 Gratitude



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 message of Christ dwell among you richly.”
(Colossians 3:16)*

Introduction

Tonight, we are going to focus our attention outward rather than inward. We have taken many steps on our road to recovery. Our first step was to admit that we were (and are) **powerless**. Our second step led us to choose, once and for all, **a power by which to live**. We took our third and most important step when we chose to **turn our lives and wills over to the only true Higher Power, Jesus Christ**.

As we continue our journey, we grow in our conscious contact with God and He begins to unfold in our lives. And, as we begin to grow in our understanding of Him. We keep walking now, in peace, as **we maintain**

inventories on a regular basis and as we continue to deepen our relationship with Christ. The way we do this according to **Principle 7, is to “reserve a daily time with God.”** During this time, we focus on Him by praying and meditating.

Prayer is talking to God. Meditation is listening to God on a daily basis. When I meditate, I don't get into some yoga-type position or murmur, “om, om, um.” I simply focus on and think about God or a certain Scripture verse or maybe even just one or two words. This morning I spent ten or fifteen minutes just trying to focus on one word: **gratitude.**

Gratitude

This week, I suggest that your prayers be focused on your gratitude in **four areas of your life:** toward **God, others, your recovery, and your church.** I'm going to ask you to write them down on your **“gratitude list.”**
This is an interactive lesson.

We are going to take some time now for you to build your gratitude list.

First, for what are you thankful to God? Offer prayers of gratitude to your Creator.

In *Philippians 4:6*, we're told, **“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”**

Psalm 107:15 encourages us to “give thanks to the Lord for his unfailing love and wonderful deeds for mankind.” What wonderful deeds they are! **What are at least two areas of your life in which you can see God’s work and that you are thankful for this holiday season?**

You can reflect on the last eleven months or on what God has done for you this week or even today. Then take a moment to list just a few of the special things for which you are thankful to your Higher Power (God).

The next area is to **list the individuals whom God has placed in your life to walk alongside you** on your road of recovery. We need to be thankful for others.

“Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ —the Message —have the run of the house” (Colossians 3:15 – 16, MSG).

Who are you thankful for? Why? Take a moment to list them.

The third area we can be thankful for is our recovery. *“As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and of the sin which holds on to us so tightly, and let us run with determination the race that lies before us” (Hebrews 12:1, GNT).*

What are two recent growth areas of your recovery for which you are thankful? Again, list them now.

The fourth and final area to be thankful for is your church. “Enter the Temple gates with thanksgiving” (Psalm 100:4, GNT). What are two things for which you are thankful to your church?

Wrap-Up

Take your “gratitude list” home with you tonight and put it in a place where you will see it often. It will remind you that you have made progress in your recovery and that you are not alone, that Jesus Christ is always with you.

Using your gratitude list, going to your recovery meetings and making them a priority, and getting involved in service in your church are the best ways I know to prevent relapse during the holidays.

Gratitude List Principle 7-Step 11

I’m thankful to **God**:

Celebrate Recovery
Main Street UMC

I'm thankful to God for **placing others in my life:**

I'm thankful for my **recovery program:**

I'm thankful for **my church:**

Remember, maintaining an “attitude of gratitude” is the best prevention against relapse. (Philippians 4: 6-7, NCV): “Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God’s peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.”

Let's close in prayer.

Dear God, help me set aside all the hassles and noise of the world to focus and listen just to You for the next few minutes. Help me get to know You better. Help me to better understand Your plan, Your purpose for my life. Father, help me live within today, seeking Your will and living this day as You would have me.

It is my prayer to have others see me as Yours; not just in my words but more importantly, in my actions. Thank You for Your love, Your grace, Your perfect forgiveness. Thank You for all those You have placed in my life, for my program, my recovery, and my church family. Your will be done, not mine. In the name of Jesus Christ we pray Amen.

Baker, John. Celebrate Recovery Updated Leader's Guide (p. 239).
Zondervan. Kindle Edition.