



RECOVERY



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RECOVERY

To stumble and fall is human, but what really matters is how we recover after we have fallen. Every person who lives, and all people who have lived, are the product of human flaws, weaknesses and failures. Perpetrators of evil and victims of misuse and abuse are caught in the same web of depravity, deception and confusion.

Read Romans 3:23 and complete the following:

“All have and fall short of the of God.” The person, people or circumstances responsible for your hurt, pain and circumstances will not get off lightly. God will deal with them. Revenge belongs to God.

Read Hebrews 10:31

“It is a thing to fall into the hands of an God.” The horrors of life and the enemy of our soul will not escape God’s justice.

Read Romans 12:19

“..... not yourselves but rather give place to wrath (anger) for it is written

.....

Life comes in seven-year cycles. There are seven years from birth to early childhood. From early childhood to adolescence there is another seven years. From one’s teenage years to young adult life is a further seven years. It is at 21 that a three times seven cycle is completed in preparation for adulthood. God is a Trinity, Father, Son and Holy Spirit (3 x 1). The number seven represents completeness as in a seven-day week, therefore 3 x 7 = a significant period of complete emotional, physical and personal growth. The age of seventy is considered a full and complete lifespan. Any further years are considered a bonus.

It is hard to believe in the goodness of God when a personal disaster strikes. Even those of us who have faith in God are often shattered and broken. Does God cause such things to happen? It is extremely important to think clearly and develop a belief structure that incorporates some understanding of God's will before disaster strikes. When the worst happens it is too late to talk about the anchor that should have been put down before the storm began, nor can we suddenly draw from the deep reservoir of faith. If we know Christ, as Saviour, and believe that there is a purpose in everything that happens and we are assured that God is with us then we will find it less traumatic when facing disaster.

If our belief structure is based on the knowledge that *God has not promised us anything but to be with us and love us*, then, like Job, our faith will neither be dependent upon rewards or destroyed when a blessing turns into a loss. For then, God can interact with us through the gift of the Holy Spirit to bring healing to our wounded spirits.

To the faithful, God has promised, *"I will never, never fail you nor forsake you"* (Hebrews 13:5). Jesus called this Presence of God the Holy Spirit, the Comforter.

*Though we pray for healing and it doesn't happen,
God has promised to be with us.
Though our disabled or aging body may entrap the spirit,
God has promised to be with us.
Though we may endure unbearable sorrow and loss,
God has promised to be with us.*

*The light of God surrounds us,
The love of God enfolds us,
The power of God protects us,
The presence of God is with us,
Wherever we are,
Wherever our loved one is,
God is.*

Did anyone hurt or harm you in the first seven years of your life?

Have you forgiven this person?

The reason why its important to forgive this person is because through forgiveness you become whole and you are able to move forward to the next cycle of growth.

Did anyone hurt or harm you as a teenager?

What words describe your experience? (Please tick)

Crushed

Guilty

Angry

Broken

Violated

Bitter

Afraid

Manipulated

Depressed

Romans 10:13 says:

“For whosoever shall call upon the

.....
.....

Are you saved?

How can you be saved?

Romans 10:9 says

.....
.....
.....

Remember, based on your confession the Lord, through the Holy Spirit, lives in you. Please read and complete **1 John 4:15**.

.....

.....
A further reading that will help you to understand your position of strength is **1 John 5:13**. Write out what this verse says.

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.....
It is helpful to identify the things of the world that may trigger off emotions and feelings that will drag you down into the pit of despair. Try to prevent these triggers occurring in your life and begin to live a full and fruitful life. You owe it to God, to yourself and others who love you. Read **1 John 2:15-17**.

What does **1 John 5:4 - 5** teach us?

.....
Do not be afraid of the forces of evil, because something wonderful has happened inside your spirit.

What does **1 John 4:4** say?

.....
With such new found confidence God will turn negative, ugly circumstances into a means of bringing you into a deeper appreciation of His purpose and plan for your life.

List some of the dreams that you would want to fulfil:

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In terms of circumstances and occurrences that have torn your life apart read and record **Romans 8:28**.

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.....

The Lord is at work in your life and he promises you the security of His love **Romans 8:37–39**. Record what cannot separate you from God’s love.

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.....

Your mind is the control room of your life. If your mind is not functioning properly, your life will be in chaos. You need order and a new found discipline. Read **Philippians 4:5-13** and answer the following questions:

How should you pray?

.....

How should you think?

.....

What are the things you should fill your mind with?

.....

Who will help you to overcome your problems?

.....

Though problems are inevitable, growth is optional. You make your own choice as to how you respond to the road called recovery.