

Jumpstart: Recovery

Life Steps | January 28 & 29, 2017

Monday

Jeremiah 29:11-14

What is the Lord's plan for you? Does your plan for your life match up with God's plan found in this scripture? If there is a gap what will you do to close the gap?

Tuesday

Matthew 11:28-30

Do you believe that God's plan is "simple but not easy" Read Jer.29:11-14 again. What is simple about it? Next read today's scripture from Matthew. Easy is used to describe Jesus' yoke. How is the term 'easy' used differently? Or is it the same?

Wednesday

Luke 5:16

Getting real with our "stuff" is difficult, find that quiet space and set aside time today to find one root to a habit, hurt or addiction that you would like to change. Keep challenging yourself to discover "why". Why did Jesus retreat to a quiet place?

Thursday

1 John 4:18

What has stopped you from succeeding to change in the past? Was it fear? What does 1 John tell us about fear?

Friday

James 5:16a

Step 5 involves admitting to God, ourselves and another person the exact nature of our wrongs. Who is your confidential "other person"? Share with that person your plan for healing in your life and set up accountability to keep you on the plan.

Saturday

Jeremiah 17:9-10

Creating a "no excuse zone" in your life means being honest, open, and willing TO change. What happens when we make excuses for our thoughts or actions?

Sunday

James 1:12, Philippians 4:13

How are you planning for obstacles on your path of recovery? What obstacles have you faced in the past and how can you move past them now?