

WHERE DO YOU NEED HELP? -

Sin→Shame→Blame→Self-Reliance→Doubt→
→Depression→Denial→Comfort Zone Obedience

LIES	TRUE TRUTH – repeat these “lie busters”
___SIN- open or subtle- works, feels good	Sin never ultimately works or satisfies- count the cost. The wages of sin is always death- separation from God, self and others. Rom 6:23
___ SHAME- guilt, fear, we got to hide	Jesus came to take our shame. Confess to God, self, and others. Rom 5:8, Jas 5:16
___BLAME- it’s not my fault.	What happens to me is not my fault, but how I respond is my responsibility. I Jn 1:9
___ SELF-RELIANCE- I can fix it myself.	“Apart from me, you can do nothing.” Jn 15:5
___ DOUBT- God and others will not help me.	God still likes me, loves me, and wants me. He’s called me to do life with others. Rom 5:8, Jas 5:16
___ DEPRESSION- I’m worn out, overwhelmed. There is no use or hope.	When I am weak is the best time to call for help. It is the best time to depend on the Lord. II Cor 1:8-9. 12:7-10
___ DENIAL- This isn’t bad. It’s normal.	Jesus, show me my hidden faults. Ps 139:23-24
___ COMFORT ZONE OBEDIENCE- I need to protect myself.	I’m giving myself wholeheartedly to Jesus. That’s where the joy is. Jn 15:10, Acts 2:42-47, Phlm 1:6

STEP 1 TO RECOVERY- HELP - admitting our need!

Realizing I’m not God, I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

- Rom 7¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.
- Matt 5³ “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

❖ **WHAT’S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others! Heavenly Father, I realize I’m not God. I admit I am powerless to control by tendency to do the wrong thing and my life is unmanageable. Show me my faults. Show me my powerlessness. Help me to “let go and let God!” Build my faith. All so that, I become more like Jesus and bring more to Jesus. I especially hear You saying, ...

THE BEST FIRST STEP TO HEALING - “HELP!” - 10/22/23

I. DO YOU NEED HELP?

- A. Self-Assessment- Pop Quiz- 4 questions- from Celebrate Recovery’s John Baker, Life’s Healing Choices
- B. Romans 7:15-8:1
- C. What are some of your struggles?

• Stress	• Bad Habits	• Need to control	• Perfectionism
• Fear	• Anger	• Finances	• Gambling
• Diet	• Dishonesty	• Relationships	• Pornography
• Worry	• Overwork	• Painful memories	• Compulsive thots
• People Pleasing	• Attractions	• Addictions	• Shame (who I am)
• Depression	• Sadness	• Unforgiveness	• Guilt (what I did)

- 2/3s of those who attend Celebrate Recovery do not have a drug or alcohol habit, but are struggling with many of the above hang ups. We are in this together!!

II. SO, WHY DON’T WE ASK FOR HELP? 8 REASONS

- 2 Case Studies- Adam and eve (Gen 3) and The Prodigal Son (Lk 15)
- A. SIN- we don’t ask for help, because we don’t want help!
 1. Open rebellion- like the prodigal, we are going to do it our way. Nobody, including God is going to tell us what to do.
 2. Subtle rebellion- I know God’s way is better, but I’m not ready, my situation is different, I have to take care of me. I’ll obey later.
 - Mt 15⁸ These people honor me with their lips, but their hearts are far from me. (NLT)
 3. We don’t want help, because sin seems to work for us at first.
 4. True truth- sin never ultimately works, lasts or satisfies.

- Prov 14¹² There is a path before each person that seems right, but it ends in death. (NLT)
- Heb 11:25²⁵ He chose to share the oppression of God's people instead of enjoying the fleeting pleasures of sin. (NLT)
- Prov 23³¹ Don't gaze at the wine, seeing how red it is, how it sparkles in the cup, how smoothly it goes down.
³² For in the end it bites like a poisonous snake; it stings like a viper. (NLT)
- "Sin will take you farther than you want to go, keep you longer than you want to stay, and cost you more than you want to pay. –" **Ravi Zaccharias**

B. SHAME, GUILT, FEAR- we don't ask for help, because we are too ashamed.

1. Like the prodigal or Adam and Eve, we don't return to the Father, because we are too ashamed.
2. We feel we need to punish ourselves, do better, etc. before we deserve another chance.
3. The true truth- Jesus took our guilt, and shame. We have nothing to fear. There is now no condemnation, when we turn to Jesus (Rom 8:1).

C. BLAME- we don't ask for help, because we blame others and excuse ourselves.

1. Adam blamed Eve. Eve blamed the snake. Did the prodigal blame his dad, older brother, faithless friends, the famine, the pig farmer, God?
2. We don't need help if it's not our fault. We don't need to change, they need to change.
3. Blaming gives us "good news"- it's not our fault. Blaming hides the "bad news" that we are victims, totally at the mercy of everyone and everything around us. We can't do right, until everyone and everything around us is perfect – which will never happen. We are then stuck!
4. The true truth- I can't change you, but I can change me. I can't confess your sins, but I can confess mine.

D. SELF-RELIANCE-we don't ask for help because we think we can fix it ourselves.

1. Like Adam and Eve we sow fig leaves. Like the prodigal, we hire ourselves out to meet our own needs.
2. Or like the Pharisee we pat ourselves on the back that we are at least better than others. Lk 18:9-14
3. We believe it's up to us. If it's going to be it's up to me. "God helps those who help themselves.

4. Self-reliance feeds the Addiction cycle

- Act out→shame→self-reliance → self-pity→self-justification→ act out→ deeper shame→ deeper self-reliance→ ...
- Insanity is doing the same thing over and over and expecting a different result.

5. The true truth- the Recovery Cycle- trusting in the Lord in the failure and in the journey- breaks the cycle

- Act out→ Confess to God and others→Trust God to CONTINUE to help→Make amends→ Involve others→ Share with others

E. DOUBT- we don't ask for help because we believe God won't help, nor will fellow Christians.

1. Like the prodigal in the pig pen, or Adam and Eve hiding in the trees, we believe God does not like us, want us, or love us.
2. Or we wonder if God really will help us. 40% of the Psalms are laments- wondering where God is.
3. Most of us have been hurt by fellow Christians (the prodigal's older brother), and have hurt others in their struggle too.
4. The true truth- God still likes us, wants us and loves us. He goes after Adam and Eve, David, Peter, even after they sinned greatly. God wants his church family to be a safe place- open, transparent and transforming. Rom 5:8, Jas 5:16

F. DEPRESSION- We don't ask for help, because we are worn out, overwhelmed.

1. Like Jonah under the plant., we have nothing left and would rather just feel numb, overwhelmed. Jonah 4
2. The true truth- feeling overwhelmed and helpless, is the best time to call out to God. II Co 1:8-9, 12:7-10

G. DENIAL- We don't ask for help, because of all of the above.

1. We think all this is normal. Jer 8:11, 17:9
2. The true truth- we need to ask God to reveal our denial. Ps 139:23-24

H. COMFORT ZONE OBEDIENCE- we don't ask for help because we don't need the miraculous.

1. 3 levels of obedience – reluctant→willing→joyful- Jesus in the garden – Mt 26:36-46, Heb 12:2
2. The true truth- full, joyful obedience is where the Lord's power is. (Mary, Elizabeth, John the Baptist – Lk 1:39-56, early disciples – Acts 2:42-47, John 15:10-12, Phlm 1:6