

**I humbly admit I need \_\_\_\_\_.**

*My help comes from the LORD,  
the Maker of heaven and earth. Psalm 121:2 (NIV)*

*And he gives grace generously. As the Scriptures say,  
“God opposes the proud but gives grace to the humble.” James 4:6 (NLT)*

*We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. <sup>9</sup>Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. <sup>10</sup>He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us.*

*II Corinthians 1:8-10 (NIV)*

**I humbly admit I need the \_\_\_\_\_  
of \_\_\_\_\_ believers.**

*Two people are better off than one, for they can help each other succeed. <sup>10</sup> If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:9-10 (NLT)*

*Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16 (NLT)*

*Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. <sup>2</sup> Share each other's burdens, and in this way obey the law of Christ.  
Galatians 6:1-2 (NLT)*

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***I will lead* the blind by ways they have not known,  
along unfamiliar paths *I will guide* them;  
*I will turn* the darkness into light before them  
and make the rough places smooth.  
These are the things *I will do*; *I will not* forsake them.  
Isaiah 42:16 (NIV)**

**Recovery =**

1. the act or process of recovering.
2. the regaining of something lost or taken away.
3. restoration or return to any former and better condition,  
(esp. to health from sickness, injury, addiction, etc.)
4. something that is gained in recovering.
5. an improvement in the economy marking the end of recession
6. a movement or return to a particular position,  
(esp. in preparation for the next movement)

**Isaiah 42:16 tells me:**

**When I've lost my way, God will \_\_\_\_\_ me.**

**When I don't know what to do, God will \_\_\_\_\_ me.**

**When life becomes unbearable, God will \_\_\_\_\_ a way.**

**When I'm hurting, God will keep His \_\_\_\_\_.**

**No matter what I face, God is always \_\_\_\_\_ me.**

***“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”  
Matthew 5:3 (NIV)***

## Principle 1 – Finding Freedom

Realize I'm not \_\_\_\_\_. I admit I am powerless to control my tendency to do wrong things and my life is unmanageable.

### How do a cultivate a humble dependence upon God?

**I humbly admit I need \_\_\_\_\_.**

*There is a path before each person that seems right, but it ends in death.  
Proverbs 14:12 (NLT)*

I struggle for control and end up “playing God”

**I try to control my \_\_\_\_\_.**

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**I try to control my \_\_\_\_\_.**

**I try to control my \_\_\_\_\_.**

*I do not understand what I do. For what I want to do I do not do, but what I hate I do. <sup>16</sup>And if I do what I do not want to do, I agree that the law is good. <sup>17</sup>As it is, it is no longer I myself who do it, but it is sin living in me.  
Romans 7:15-17 (NIV)*

### Truths about me (and the rest of the human race):

- **I am \_\_\_\_\_.**

*For all have sinned; all fall short of God's glorious standard.  
Romans 3:23 (NLT)*

*I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. <sup>22</sup>I love God's law with all my heart. <sup>23</sup>But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. <sup>24</sup>Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?  
Romans 7:21-24 (NLT)*

- **My \_\_\_\_\_ make me ill.**

*Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! <sup>3</sup>When I refused to confess my sin, my body wasted away, and I groaned all day long. Psalm 32:3-4 (NLT)*

- **It is through \_\_\_\_\_ that sin loses its power in my life.**

*It will not go well for the man who hides his sins, but he who tells his sins and turns from them will be given loving-pity. <sup>14</sup>Happy is the man who always fears the Lord, but he who makes his heart hard will fall into trouble.  
Proverbs 28:13-14 (NLT)*

*We know that our old life, our old sinful self, was nailed to the cross with Christ. And so the power of sin that held us was destroyed. Sin is no longer our boss.  
Romans 6:6 (NLT)*

- **\_\_\_\_\_ and \_\_\_\_\_ threaten to keep me off of the road to recovery..**

*...This is what the Sovereign LORD says: “In the pride of your heart you say, “I am a god; ...But you are a mere mortal and not a god, though you think you are as wise as a god.  
Ezekiel 28:2 (NIV)*

*He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.” He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.” Genesis 3:10 (NIV)*

When pride and fear control my life...

\_\_\_\_\_ grows. \_\_\_\_\_ mount.

\_\_\_\_\_ increase. \_\_\_\_\_ is inevitable.

*For my body is filled with burning pain. There is no strength in my body. <sup>8</sup>I am weak and broken. I cry because of the pain in my heart. <sup>9</sup>Lord, all my desire is before You. And my breathing deep within is not hidden from You. <sup>10</sup>My heart beats fast. My strength leaves me. Even the light of my eyes has gone from me. <sup>11</sup>My loved ones and my friends stay away from me because of my sickness. My family stands far away..  
Psalm 38:7-11 (NLT)*