

THE JESUS MODEL OF RECOVERY

The Jesus Model

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A while back, I got this note:.....

“Every morning I start out with great intentions to change my ways. I think today is going to be different! But it never is. Some how and some way I always fall back into my same old ways of relating to people and my old bad habits. Sometimes I feel like there is a tug of war going on inside me. I really want to do what’s best but I always end up disappointing myself , and God.

I’ve tried everything- prayer, resolutions, self-help tapes, and even hypnosis. Nothing seems to work. Why do I keep making the same mistakes? Why am I so resistant to change? Why do I do things I know are bad for me? I’m very discouraged and I need help getting unstuck.

*Ever feel that way? - **Good intention are never good enough!***

*- It takes **more than desire** to change*

Begin with 3 very personal questions:

1. What 1 thing about yourself would you like to change?

Not appearance, An attitude or action or habit

2. What do you have a hard time controlling?

- Your anger? Mouth? Moods? Temper? Eating? Spending?

3. What would you most like to be free from?

A painful memory, a hurt, a hangup, a habit, a fear, insecurity

Jesus promised in **JOHN 8:36 (NLT)** *“If the Son sets you free, you will **indeed be free.*** But most believers don’t LIVE it or FEEL it.

Instead, we identify with Paul in ROM.7:15-18 (NLT)

“I don’t understand myself at all, for I really want to do what is right, but I don’t do it. Instead, I do the very thing I hate. I know perfectly well that what I am doing is wrong, and my bad conscience shows that I agree that the law is good. But I can’t help myself, because it is sin inside me that makes me do these evil things... No matter which way I turn, I can’t make myself do right. I want to, but I can’t. When I want to do good, I don’t. And when I try not to do wrong, I do it anyway.

Paul: a Civil War inside me Like 2 horses pulling in the opp. direction.

Ever tried to break a habit -only to fall back. wks?

Ever made a NY Resolution that you broke by Feb?

WRITE: **Good intentions are never Good Enough!**

Takes more than willpower to change!

“I’ll never do it again” “This is the last time I’ve giving in”

BECAUSE OF THIS CIVIL WAR INSIDE YOU –

You get stuck in a vicious cycle: **Best intentions – temptation – defeat - regret – new resolution.** Like a Squirrel in cage
In Rom, 7 Paul identifies 3 results: of this cycle

1. _____ ***I don't understand myself at all*** "My behavior baffles me.
Ever wonder **why** you sometimes act in ways that don't make sense?

- Why do I keep making-same mistakes?
- Why am I so resistant to change?
- Why do I do what I don't want to do?

2, _____ ***"I can't make myself do right"***
"I have the desire to change but not the power"

My diet. Start each morning, Great intentions. By dinner –lost all resolve.

ILL: You start each morn: "Today will be different!"
By evening - nothing has changed! *Frustrated!*

- **Want** to change **but can't!** Just can't pull it off
- You have the **Motivation** / not **Determination**

How many promises to God or yourself have you broken?

ILL: 2,000 new Self-Help books pub. annually!
Problem: provide no power!

3. _____ **ROM 7:24 (NLT)** ***"Oh, what a miserable person I am! Who will free me from this life that is dominated by sin?"***

ROM.7:24 (Mes) ***"I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question?"***

- I'm losing the battle & I'm tired of trying
- This area of my life is a mess & I feel hopeless
- I'll never be able to change!

Even more crucial: ***"I tell you the truth, UNLESS YOU CHANGE and become like little children, you will never enter the kingdom of heaven. Matthew 18:3 (NIV) Eternal consequences***

Fortunately God sent us a solution in his son! **ROM.7:25**
Thank God! The answer is in Jesus Christ our Lord." ***Not a Pill, a person!***

The Big Q: **HOW? How does Jesus set us free? ...** change us?

The answer is he uses **a process**.

That process is found in the 8 beatitudes of Jesus' sermon on the mount.

Today -I want to lay a foundation of understanding HOW Jesus changes people

The PRINCIPLES of CHANGE are given in his 8 Beatitudes.

The TOOLS of CHANGE are modeled by Jesus as he discipled...

o This Fall, I hope you & your church will join us, along with 1000s of other churches- as we do an 8 wk spiritual journey together journey you to that process. This fall 1000s of churches will join

o We're calling this 8 wk, verse by verse intensive study of the 8 Beatitudes of Jesus "Life's Healing Choices" because each beatitude is a choice that brings health, healing, and wholeness to our lives!

o It's likely that you've already taught on the Beatitudes.

In 30 yrs- I've taught through them 4 times – but you never hit bottom

Can't improve on the words of Jesus!

Each time the Holy Spirit reveals deeper insights.

THINK ABOUT THIS: Jesus could have begun his most famous sermon talking about anything. But he begins with the 8 life choices

The beatitudes are a step by step paradigm for godly living!

But first you need to understand the foundation of change

How our lives are transformed

How we are set free from hurts, hang ups & habits

At Saddleback we've been helping people change with these for 30 yrs

- They are the pillars behind our discipleship process

1.

Our ultimate goal is not just to be happy, or contented or balanced or successful – we see a bigger picture

JESUS: "A student should be satisfied to become like his teacher.

And a servant should be satisfied to become like his master."

MATT. 10:25 (NCV)

John the B understood this: **"He must become greater;**

I must become less." John 3:30 (NIV)

Paul understood: **"For those God foreknew he also predestined to be**

conformed to the likeness of his Son, that he might be the firstborn among many brothers."

ROM 8:29 (NIV)

"We are not meant to remain as children at the mercy of every chance wind of teaching... But we are meant to hold firmly to the truth in love, and to grow up in every way into Christ the head." Eph 4:14 (Ph)

Note: **What is spiritual maturity? CHRISTLIKENESS!**

Perfect model! Remember 1 God's 5 Purposes:

CREATED TO BECOME LIKE CHRIST!

2.

Spiritual growth is both mystical and practical

***JESUS:** "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." John 15:5 (NIV)*

*"If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."
John 15:7-8 (NIV)*

*"Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to his good purpose."
Phil. 2:12-13 (NIV)*

You cannot transform yourself to be like Christ on your own power!
It is the Holy Spirit by the power of the cross -who transforms you!

*"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in my body, I live by faith in the Son of God, who loved me and gave himself for me."
Gal. 2:20 (NIV)*

3.

***JESUS:** "If anyone chooses to do God's will, he will find out whether my teaching comes from God or whether I speak on my own." John 7:17 (NIV)*

"I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live." Deut. 30:19 (NIV)

Reality: Spiritual Growth is NOT automatic

Maturity is not inevitable

You can grow OLD w/o ever growing UP!

Fact: You must decide to change.

You are as close to God as.. Don't blame (b lame)

We call these decisions – **LIFE'S HEALING CHOICES**

Jesus explained them in the 8 Beatitudes

NOW: When you've been stuck in a hurt, habit or hang-up for a long time,
It takes enormous focus & intention in the first stage.

ILL: Rocket- most of energy is expended getting off launch pad

ILL: What we've learned at SVCC- is that people grow in spurts!
Growth is not continuous. We grow in phases & stages
Growth periods & phases consolidation periods

Another way of saying this: **Spiritual growth is seasonal!**
This is true of everything that grows!

GEN. 8:22 (NLT) As long as the earth remains, there will be springtime and harvest, cold and heat, winter and summer, day & night."

Plants don't grow continuously. Spring/summer Fall/ winter

That's why, for years at SVCC- we've used an effective ministry tool we call A SPIRITUAL GROWTH CAMPAIGN

A short, but intense focus on Life's Healing Choices
Like getting in shape at a boot camp!

8 weeks-because there are 8 beatitudes
but also It takes 6 wks to build a new habit.

We've done these in the past & nothing has created greater transformation

change becomes more likely
When you intentionally focus on it for a SEASON!

THEY ACCELERATE SPIRITUAL GROWTH

4. _____

**JESUS: "When you will know the truth, and the truth will set you free."
John 8:32 (NIV)**

The secret to personal change **is not...** will power...pills...resolutions...a gimmick

It's FACING the Truth!

WHY TRUTH? Think...Feel...Act

FACT: BEHIND EVERY SELF-DEFEATING BEHAVIOR IS: A LIE THAT I AM BELIEVING!

I'm accepting an idea that just isn't true! About...

- Myself
- Life
- Past
- Others
- Success
- Present
- God
- Failure
- Future

This Fall, in the *Life'sHealing Choices* journey – we will uncover and expose the wrong ideas
& misconceptions that keep you stuck in a rut!

One of the things we'll do is face the truth about ourselves:

"Examine yourselves to see whether you are living in the faith. Test yourselves." 2 Cor. 13:5 (NRSV)

5. _____

You don't get well on your own!

***JESUS:** "A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another." John 13:34-35 (NIV)*

***My command is this:** Love each other as I have loved you. John 15:12 (NIV)*

***This is my command:** Love each other. John 15:17 (NIV)*

MYTH: CAN ATTAIN MATURITY BY YOURSELF, (on your own)

But spiritual growth is *relational* .

Other religions: More isolated= more holy

REALITY WE ONLY GROW IN COMMUNITY

58 one anothers

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." James 5:16 (NIV)

"Let us be concerned for one another, to help one another to show love and to do good. Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more..."

Heb. 10:24-25 (TEV)

The journey we take is a small group journey! You will need to
form a small group EXPLAIN
H.O.S.T.

6. _____

It is incremental. You follow certain steps. It is not instant!

JESUS: *This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain--first the stalk, then the head, then the full kernel in the head. Mark 4:26-28 (NIV)*

...our lives are gradually becoming brighter and more beautiful as God enters our lives and we become like him." 2 Cor. 3:18 (Mes)

FACT: You didn't collect your hurts, habits & hangups overnight
You won't eliminate them overnight either!

There is no magic pill... experience... event... book

REALITY: WE GROW THROUGH A STEP BY STEP PROCESS

See the Beatitudes in a new way-

As a step by step sequential growth process!

"Don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time" Matt, 6:34 (LB)

7. ---

ILL: Growing up – how can people attend church... never change!
More than sermons - forget 95%

JESUS: *But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete." Luke 6:49 (NIV)*

"Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. [25] But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it--he will be blessed in what he does."
James 1:22-25 (NIV)

FACT: We all learn in different ways: Ear... Eye... Mouth ... hands

So with Life's Healing Choices, we will use
MULTIPLE LEARNING STYLES & MULTIPLE REINFORCEMENT!

We focus on a single theme but reinforce it 5 ways?
Hear it!.. Read... Discuss. Memorize... Do!

"Our tools are ready at hand for clearing the ground and building lives of obedience into maturity until finally we all believe... and become full-grown in the Lord--yes, to the point of being filled full with Christ." Eph.. 4:13 (LB)

YOU'RE GOING TO NEED SOME TOOLS TO CHANGE

And we've prepared them for you...

*8 messages that your pastor will teach you
A weekly small group video teaching by me
A daily reading from "LIFE'S HEALING CHOICES"
A daily email devotion we'll send you
Some Bible verses to remember for encouragement
Internet resources to support you.*

REALITY IT TAKES ALL 5 PURPOSES TO GROW.

*Warmer through fellowship
Deeper through discipleship
Stronger through worship
Broader through ministry
Larger through mission*

8. _____

JESUS: New wine must be poured into new wineskins. Luke 5:38
(NIV)

Fact: You are the sum total of your habits.
You habits ARE your character.

REALITY: GOD CHANGES US THRU DEVELOPING GOOD HABITS

Also called: "Sp disciplines" or "Devotional practices"
*Prayer, QT, Personal Bible Study, Solitude, Tithing, Fellowship,
Fasting, Serving, Listening, Journaling*

These are the Building Blocks of Growth

During the Life's Healing Choices 8 week journey

Your pastor is going to help you develop some lifetime habits

*The habit of a daily quiet time
The habit of weekly small group
The habit of self-evaluation,*

and several others

9. _____

*“Every good tree bears good fruit, but a bad tree bears bad fruit..
By their fruit you will recognize them.” Matt. 7:17-20 (NIV)
Repentance, Spirit, Answered prayer, another believer*

o How know when a church or individual is mature?

Bible: mature plants... people....*churches BEAR FRUIT!*

ILL: Apple tree, tomato plant, human

*“My true disciples produce much fruit. This brings great glory to my
Father.” John 15:8 (NLT)*

*Words.. Thoughts...Attitudes...Character .. Behavior...Another believer!
Healing, Recovery & Growth are not an end in itself! For Ministry & Mission*

Will you join in the journey? Prayer www.life_shealingchoices.com