

> **THE 6 Missing KEYS TO Unlock Your Recovery**

In *humility*, are you **seeking, asking and knocking**.

*“Nobody stays in recovery unless the life they have created is more rewarding and satisfying than the one they left behind.”* – Anne Fletcher

**Romans 2:3-4;** ... *God’s kindness is intended to lead you to repentance?*

> Key #1: **PAIN**

**We can not live until we die.** Dying is a **process** that also brings pain and yet this is the pain that brings the **hope of a new life. Have you suffered enough pain to lead you to change?**

*“We will consider advice, but we will obey our pain.”*

*“Change happens when the pain of staying the same is greater than the pain of change.”* – Tony Robbins

**Revelation 16:10-11;** *People gnawed their tongues in agony and cursed the God of heaven because of their pains and their sores, but they refused to repent of what they had done.*

**Question:** Have you suffered enough pain to lead you to wanting to suffer the pain of transformation?

> Key #2: **HUMILITY**

Embracing powerlessness and becoming desperate, learning to surrender, admitting you need help, asking for help, saying “I can’t, alone.” Becoming **willing** to do or not do anything necessary. Asking others to tell you what you need to do. Not necessarily unawareness of a problem, **but minimizing the problem and not being ready for step 1.** Humility is seeing the unmanageability in your life.

*“True humility is not thinking less of yourself; it is thinking of yourself less.”* – C.S. Lewis

**James 4:7-10;** *Submit yourselves, to God ... Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.*

**Question:** What are you willing and not willing to do for your recovery?

> **Key #3: LOVE**

Having **experiences** that move knowledge from your head **to your heart**.  
You must have an experience of faith, hope and **love, before freedom!**

***“Self-care is never a selfish act—it is simply good stewardship of the only gift you have, the gift you were put on earth to offer to others.”***

– Parker Palmer

**1 John 4:7-11;** *Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God ... Dear friends, since God so loved us, we also ought to love one another.*

**Question:** Have you experienced the love of God? Others? Self?

> **Key #4: KNOWLEDGE**

Think of knowledge as education. So knowledge, understanding and awareness, moves us toward wisdom and is one of the keys to getting out of your prison.

**Becoming completely willing to change. Learning and being intentional.** You must have knowledge of your issues and the steps needed to change. Building tools and creating escape plans.

***“Those who cannot change their minds cannot change anything.”***

– George Bernard Shaw

**Proverbs 1:7;** *The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.*

**Proverbs 25:3-6;** *By wisdom a house is built, ... and victory is won through many advisers.*

**Question:** Do you understand addiction, recovery and how to change your heart and heal wounds?

> Key #5: **HEALING**

Embracing, feeling, acknowledging, and **healing from our story, our wounds**. What are your **core** wounds, lies and beliefs? Renewing your mind. **Forgiving**. Letting go. **Progress, not Perfection**. **Confession** that brings healing. **Not always complete healing**. Healing so deep it creates a desire to **help others**.

*“It has been said that time heals all wounds. The truth is that time does not heal anything, it merely passes. It is what we do during the passing of time that helps or hinders the healing process.”* – Rick Warren

**2 Corinthians 12:7-10;** *My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*

**James 5:13-16;** *... Therefore confess your sins to each other and pray for each other so that you may be healed.*

**Question:** Have you found the healing you need from your childhood wounds?

> Key #6: **SURRENDER**

February 2017, deeper level of sobriety surrender. May 28, 2017. June 2017, my life and my will. Surrender is a form of **dying to control**. Ultimately Jesus example was his surrender to his Father’s will. **Surrender is the ultimate step and key for your full recovery**. Surrender is giving your life and your will to God’s way and will, in order to live in God’s will and receive **God’s best** and God’s power.

*“The reason why many are still troubled, still seeking, still making little forward progress is because they haven’t yet come to the end of themselves. We’re still trying to give orders, and interfering with God’s work within us.”* – A.W. Tozer

**Matthew 10:39;** *Whoever finds their life will lose it, and whoever loses their life for my sake will find it.*

**Matthew 26:39;** *... Yet not as I will, but as you will."*

**Question:** What have you not surrendered and why? What if surrender was the key to your new life, true freedom and joy?

**> Summary Questions:**

*Have you had enough pain?*

*Are you willing to humble yourself?*

*Have you experienced God's love?*

*Are you ready to ask, seek knowledge and knock?*

*Have you forgiven and found healing from your wounds?*

*Are you ready to surrender?*

**Are you ready to surrender** that last part of your addiction, **your life** and your will to do things **your own way?** Are you **willing to die** to your addiction and **will,** in order to get a **new life?**