

RELAPSE

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Step 11: We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

“Let the message of Christ dwell among you richly.” (Colossians 3:16)

Think About It

The best ways to prevent relapse can be summarized in the acrostic RELAPSE.

Reserve a daily quiet time

Principle 7 sums it up best: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and *gain the power* to follow His will.

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” (Mark 14:38)

Evaluate

Your evaluation needs to include your physical, emotional, relational, and spiritual health. And don't forget the value of doing a “H-E-A-R-T” check. Are you

Hurting
Exhausted
Angry
Resentful
Tense

Special instructions for this step are found in Romans 12:3 – 17 (TLB): “Be honest in your estimate of yourselves. . . . Hate what is wrong. Stand on the side of the good. Love each other. . . . Be patient in trouble. . . . Do things in such a way that everyone can see you are honest clear through.”

Listen to Jesus

We need to take a time-out from the world's “rat race” long enough to listen to our bodies, our minds, and our souls. We need to slow down enough to hear the Lord's directions.

“Test everything that is said to be sure it is true, and if it is, then accept it.” (1 Thessalonians 5:21, TLB)

“Let everyone be sure that he is doing his very best, for then he will have the personal satisfaction of work well done and won't need to compare himself with someone else.” (Galatians 6:4, TLB)

“Listen to the Lord. Hear what he is telling you.” (Isaiah 1:10, TLB)

Alone and quiet time

Jesus Christ spent time alone with His Father. You need to do the same. Set a daily appointment time to be alone with God. Listen carefully; learn how to hear God!

“Be still, and know that I am God.” (Psalm 46:10)

Plug into God's power through prayer

God's guidance and direction can start when your demands stop! Be specific in your prayer requests; pray about everything, asking for God's perfect will.

"Don't worry about anything; instead, pray about everything; tell God your needs and don't forget to thank him for his answers." (Philippians 4:6, TLB)

Slow down long enough to hear God's answer

We can become impatient. We want our prayers answered now! We need to remember that our timing can be flawed, while God's timing is perfect!

"Listen to me. Keep silence and I will teach you wisdom!" (Job 33:33, TLB)

"If you do this you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus." (Philippians 4:7, TLB)

Enjoy your growth

Rejoice and celebrate the small successes along your road to recovery! Always remember you're on a journey, a journey of several steps. Maintaining an "attitude of gratitude" is like taking spiritual vitamins.

Share your victories — no matter how small — with others in your group. Your growth will give others hope!

"Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus" (1 Thessalonians 5:16, GNT)

Here are a few final suggestions for preventing relapse:

1. Pray and read your Bible daily. Establish a specific time of day to have your "quiet time."
2. Make attending your recovery meeting a priority. Stay close to your support team.
3. Spend time with your family (if they are safe). If they are not, spend time with your church family.
4. Get involved in service. Volunteer!

Write About It

1. What are some of the ways (tools) that you have developed in your recovery to prevent relapse?

[Your Response Here]

2. Do a **H-E-A-R-T** check right now. Are you

Hurting?

[Your Response Here]

Exhausted?

[Your Response Here]

Angry?

[Your Response Here]

Resentful?

[Your Response Here]

Tense?

[Your Response Here]

3. Specifically, what do you do when you are

Hurting?

[Your Response Here]

Exhausted?

[Your Response Here]

Angry?

[Your Response Here]

Resentful?

[Your Response Here]

Tense?

[Your Response Here]

4. Rate your listening skills from 1 to 10, 10 being the best.

- What are some ways that you think you could improve your listening skills with others?

[Your Response Here]

- What are some ways that you could improve your listening skills with God?

[Your Response Here]

5. Describe what a “quiet time” means to you and why it is important.

[Your Response Here]

6. How could you improve your prayer time? Be specific.

[Your Response Here]

When do you pray?

[Your Response Here]

Where do you pray?

[Your Response Here]

7. After you pray, do you slow down long enough to hear God's answer? What does the word "meditation" in this step mean to you?

[Your Response Here]

8. What are some of the other things that you do in your recovery to help you on your journey and prevent relapse?

[Your Response Here]

9. I think we all agree that recovery is a joy, but it also requires hard work. What do you do to celebrate your recovery — even the small victories?

[Your Response Here]