

## **“God Has the Power to Help Me”**

### R.E.C.O.V.E.R. Your Capacity to Love Part 5

**R**ealize I’m not God; I admit I’m powerless to control my tendency to do the wrong thing and my life is unmanageable.

#### **God uses three denial busters: Crises – Confrontation - Catastrophe**

**E**arnestly believe that God exists, that I matter to him, and that he has the power to help me recover.

*“Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him.”* Heb. 11:6

#### **Three Parts**

##### **1. ACKNOWLEDGE GOD’S EXISTENCE \_\_\_\_\_.**

*“Since the creation of the world, God’s invisible qualities—his eternal power and divine nature—have been clearly seen.”* Romans 1:20

*“The fool says “There is no God!”* Ps. 14:1

##### **2. UNDERSTAND GOD’S CHARACTER \_\_\_\_\_**

*“Christ is the visible expression of the invisible God.”* Col. 1:15 (Phillips)

- God knows all about my situation.

*“You have seen the crisis in my soul”* Ps. 31:7 (TLB)

*“ You know how foolish I have been.”* Ps. 69:5

- God cares about my situation.

*“He is like a father to us, tender and sympathetic ... for he knows what we are made of—dust.”*  
Ps. 103:13–14 (TLB/GNB)

*“God says “I have loved you with an everlasting love!”* Jer. 31:3

“God showed his great love for us by sending Christ to die for us.” Rom. 5:8 (TLB)

- God can change me and my situation.

*“I pray you will begin to understand how incredibly great his power is to help those who believe Him ... the same power that raised Christ from the dead.” Eph. 1:20 (TLB)*

*“What is impossible for men is possible with God.” Luke 18:27 (GNB)*

### **3. ACCEPT GOD’S OFFER TO HELP ME.**

*“For God is at work within you giving you the will and the power to achieve His purpose.”*

Phil 2:13

*“The Spirit that God gives us ... fills us with power, love and self-control.” 2 Tim. 1:7 (GNB)*

**How to Plug Into God’s Power: Believe and Recieve**

*“When you go through deep waters and great troubles, I will be with you, ... you won’t drown!*

*When you walk through the fires of oppression, you won’t be burned up.” Isa. 43:2–3 (TLB)*