

Growth Cell Homework

For the Week of May 18-24, 2008

Jesus says: "Happy are those whose greatest desire is to do what God requires" (Matthew 5:6 TEV)

Reflection Question:

1 Corinthians 10:11-13

1. True or False: A person standing firm has nothing to worry about and can fully relax. _____ Verse: _____
2. What does God promise to do when we are tempted? _____ Verse: _____

Galatians 6:1-10

3. What attitude should we have as we restore a believer who is caught in a sin? _____ Verse: _____
4. What should we do with our own behavior (actions) and why? _____ Verse: _____
5. Yes or No: Are there consequences for what we sow? _____ Verse: _____
6. Who should we do good to? _____ Verse: _____

Psalm 1

7. How does this psalm describe a righteous person? _____ Verse: _____
8. What delights the righteous person and how does he/she show his/her delight? _____ Verse: _____
9. True or False: The righteous prosper; the wicked do not. _____ Verse: _____

To make the Maintenance Choice, I need to...

1. **Pray about my choice:** As I prepare to evaluate my life, I need to pray with David: *Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.* (Psalm 139:23-24 NIV)
2. **Write about my choice:** An important habit in preventing relapse is evaluation. I need to evaluate my life right now in the following four areas:
 - **Physical:** What is my body telling me?
 - **Emotional:** What am I feeling? I will use the HEART acrostic to identify what's going on inside of me:
 - H – Am I hurting?
 - E – Am I exhausted?
 - A – Am I angry?
 - R – Do I resent anybody?
 - T – Am I tense?
 - **Relational:** Am I at peace with everyone? Do I need to make amends to anyone? Do I need to forgive anyone?
 - **Spiritual:** Am I relying on God? I need to take a moment to write about where I am in my relationship with God and what I can do to move my relationship to the next level.

As I look over where I am at the present moment, what step do I need to take next to maintain a healthy momentum of growth in my life?

3. **Share about my choice:** I need to share what I wrote with my accountability. He/she can help me see any unhealthy patterns that are developing, and any old hurts, habits, or hang-ups that are resurfacing. Then, he/she can help me develop a godly plan to resolve each problem promptly. If I need to make amends, my accountability partner can help me see my part and pray with me about how to make the amends.

Maintaining an ABCDE Balance

Growth Cells embody five ABCDE characteristics:

- A- **Accountability:** Participants help each other apply Biblical truths to each others' lives.
- B- **Belonging:** Participants deepen friendships with each other as a part of studying together.
- C- **Care:** Participants care for each others' needs under the direction of the growth cell leader.
- D- **Discipleship:** Participants learn more about the Bible and apply it to their lives.
- E- **Evangelism:** Participants reach out to new people.

This Week:

This week focus on **Caring** by doing the following:

- Galatians 6:9-10 which we studied in this session says: *Don't get tired of helping others. You will be rewarded when the time is right, if you don't give up. We should help people whenever we can, especially if they are followers of the Lord.* What can I do this week, individually or as a group, to live this verse out in the environments where I work and play and live my daily routine?

Strategic Prayer Concerns:

- Health of your growth cell (and other growth cells)
- Those you could invite into your growth cell
- Any others from your group:

Have a Question?

The Christian Church at Cogan Station
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Missed the sermon or forgot your Bible study?
Interested in more resources? Check out our webpage:
www.coganstationchurch.org

What Do You Think?

Reflections on This Week's Study in the Word

When we get to Principle Seven on the Road to R.E.C.O.V.E.R.Y., we've arrived at an important junction – a crossroads – in our recovery. We have faced our denial, surrendered our lives to Jesus Christ, taken an honest look at our lives, allowed God to make major changes in us, and offered our forgiveness to those who've hurt us and made amends for the harm we have caused other. But we can't stop and rest on our accomplishments. We can thank God for getting us this far, but we need to continue working on the last two principles. 1 Corinthians 10:12 NIV says: *So, if you think you are standing firm, be careful that you don't fall!*

Step 10 (in the 12 steps to recovery) is one of the two steps that correlate to principle seven on the Road to R.E.C.O.V.E.R.Y. Step 10 says: "We continued to take personal inventory and when we were wrong, promptly admitted it." This step involves three key actions:

Take time to do a daily inventory (Lamentations 3:40)

Evaluate both the good and the bad (1 John 1:8-10)
Need to admit our wrongs promptly (Matthew 5:23-24)

In doing the evaluation, we actually can do three different inventories:

1. *An ongoing inventory:* This is an inventory we maintain throughout the day. The best time to admit we're wrong is at the exact time we're made aware of it. Why wait?
2. *A daily inventory:* At the end of the day, we can look back over our daily activities, both good and bad, paying special attention to where we may have harmed someone else or reacted out of anger or fear.
3. *A periodic inventory:* We should take a periodic inventory every 90 days or so. We may want to go on a mini-retreat. Be sure to take your journal along to review. We should ask God to show us areas where we can improve, as well as, helping us remember to identify and celebrate the victories we've experienced.

Daily Reading Plan

To prepare for next Sunday's sermon, read the Bible passages listed under the "Fast Track."

Fast Track

- First Reading:** Matthew 5:3-14
As I read the Beatitudes again, I need to review the principles of the Road to R.E.C.O.V.E.R.Y. Where am I at in my journey of recovery? How am I doing as salt and light to the world?
- Second Reading:** 2 Corinthians 1:3-11
What is the relationship between God's ability to comfort me and my ability to comfort others? How is God comforting me and how am I comforting others in my life?
- Third Reading:** 2 Corinthians 12:7-10
How has God worked in and through me in a time of weakness? What will I do to develop trust in God during times of weakness? How will I tell my story to others of God's help in weakness?

Complete Track

- Monday:** First Reading (Matthew 5:3-14)
- Tuesday:** James 2:14-25
What kind of faith is James criticizing in this passage? What kind of faith does he want me to have? If I were arrested for being a Christian, what evidence would be used to prove the point?
- Wednesday:** Second Reading (2 Corinthians 1:3-11)
- Thursday:** Third Reading (2 Corinthians 12:7-10)
- Friday:** Romans 12:9-16
Of the commands listed in this passage, which two are the easiest to do? Which two are the most difficult? What does this passage prompt me to do?
- Weekend:** 1 Peter 3:13-18
What model for evangelism does Paul give me in verses 15-16? How closely do I follow this? What fears do I have? How does following Jesus as Lord help me?

Series: The Road to Recovery

May 18, 2008

Larry Freed

The Maintenance Choice – Maintaining Momentum

A. What Can Cause a Relapse?

Relapse occurs when I try to do my _____ on my _____.

1. Becoming _____ (Gal. 6:3)
2. Reverting to _____ (Gal. 3:3)
3. Ignoring _____ (Gal. 5:7)
4. Trying to recover _____ (Gal. 6:2)

C. How Can I Prevent a Relapse?

I prevent relapse by _____

Principle Seven on the Road to R.E.C.O.V.E.R.Y.:

Reserve a _____ with God for self-examination, Bible readings, and prayer in order to know God and His will for my life and gain the _____ to follow His will.

Hebrews 10:19-25: "Let us..."

1. "Draw near to God (v. 22): _____ and _____
2. "Hold unswervingly to the hope" (v. 23): _____
3. "Consider how ... spur one another ... meeting together ... encouraging one another" (vs. 24-25): _____ of _____

To explore this topic more this week, consider joining one of the CCCS Growth Cells. Contact Dave Hall or the church office at 998-2989.