



Lesson 4: Recovery

I. **LOVING (10 min)** ~ *From what are you recovering?*

- A. From an injury or physical illness.
- B. From the death of a loved one.
- C. From a missed opportunity.
- D. From a moral failing.
- E. From a loss of confidence.
- F. From a crisis of faith.

Share with one or two persons, then share with whole group:

- 1. What sustains you in the midst of recovery?
- 2. What does your faith say about the journey of recovery?

II. **LEARNING** ~

- A. **In the Know (15 Min)** ~ **Read aloud, if more than 7, break into groups of 4 to discuss.**

The original sin of Adam and Eve was the desire to have the knowledge of good and evil for themselves, apart from God. They imagined they could do it on their own. They imagined they really didn't need God to show them the way to the truth.

It is this original sin, of thinking that we can do everything without God, that leads to all the rest of our sins. So the first thing we need to do to begin to get out of the vicious cycle of our sinful behaviors is to admit that we can't do it alone and to ask God and others to help us. And God has already provided the path to recovery!

The good news is all we need to do is look to the cross. All we need to do to receive God's healing grace is lift our eyes and gaze into the face of our Lord Jesus Christ. All we need to do is trust that he is the one who can transform us, change us, restore us, heal us, save us. And then let him keep doing it.

Share your thoughts about recovery.

- 1. How does thinking we can do it on our own mess us up?
- 2. How does looking at the cross lead to recovery?



B. Reflection on the Scriptures (20 Min) ~ One person read the following passages and another read the background.

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God (John 3:14-18).

Background:

It is common to read "eternal life" and make a mental leap to images of clouds, angels, and pearly gates. Yet the way John uses this phrase is a bit more "earthy." "Life" in this passage has more to do with the quality of life. Eternal life would have been a phrase that Jesus' audience would have understood along the lines of "age to come," which was their hope (not an escape to a distant place).

The strategy and work of recovery prepares us to hear even more clearly the good news that our faults and weaknesses do not define us. Recovery has a destination—healing and wholeness. Easter reveals God's ultimate purpose for the world is not condemnation, but redemption—redemption that can be won only by God's redeeming power.

Questions for Discussion ~ If more than 7, break into groups of 4 to discuss.

1. How do you define salvation?
2. How does God's love fuel recovery?

III. LEADING ~ Making it Personal (10 Min)

- A. Rehab is not always a neat and easy path. Failures, setbacks, and new obstacles often appear. How do you persevere when recovery seems so far away?
- B. What difference does it make believing that God is "for us," specifically when it comes to growing in Christian maturity? What about in the midst of doubt?

Close in Prayer (5 Min)