



**Deep Sea Rescue**  
**My Best**  
Pastor Jonathan  
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**I. A SUMMARY OF RECOVERY:**

Matthew 5:3-12

**R**\_\_\_\_\_ I'm not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

Matthew 5: 4

**E**\_\_\_\_\_ believe that God exists, that I matter to Him, and that He has the power to help me recover.

Matthew 5:5

**C**\_\_\_\_\_ choose to commit all my life and will to Christ's care and control.

Matthew 5:6

**O**\_\_\_\_\_ examine and confess my faults to myself, to God, and to someone I trust. *–for they will receive it in full...*

Matthew 5:8

**V**\_\_\_\_\_ submit to every change God wants to make in my life and humbly ask him to remove my character defects.

Matthew 5:7

Matthew 5:9

**E**\_\_\_\_\_ all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

**R**\_\_\_\_\_ 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 do it.

Matthew 5:10

**Y**\_\_\_\_\_ myself to God to be used to bring the Good News to others by both my example and my words.

Jeremiah 29:11

## II. WHY GOD ALLOWED MY PAIN

### 1. HE'S GIVEN ME A \_\_\_\_\_

Deuteronomy 11:26-27

### 2. TO GET MY \_\_\_\_\_

Proverbs 20:30  
Psalms 119:71

### 3. TO TEACH ME TO \_\_\_\_\_

2 Corinthians 7:9  
Jonah 2:7

### 4. TO GIVE ME \_\_\_\_\_

2 Corinthians 1:4  
Genesis 50:20

## III. HOW TO USE MY PAIN TO HELP OTHERS

1 Peter 3:15  
Galatians 6:1-2

### Suggestions in Sharing Your Story

1. **Be** \_\_\_\_\_

2. **Be** \_\_\_\_\_

*- People join Celebrate Recovery because of their pain, but they stay in Celebrate Recovery because of their growth.*

3. **Don't** \_\_\_\_\_ - Share your story.....

### Action Steps

- Commit your life to Jesus Christ today....
- Write out your story.
- Commit yourself to a local church family for support.
- Ask God to give you somebody you could share your story with.

### Acts 20:24

*“But life is worth nothing unless I use it for doing the work assigned me by the Lord Jesus ... the work of telling others the Good News about God’s mighty kindness and love.”*