

Celebrating Recovery—One Day At A Time

*Do you wonder why certain bad habits are hard to break? Are you frustrated with the insanity of making the same "mistake" over and over and over again? Today's message is going to challenge our thinking. Instead of trying to **remove** a bad habit, this message suggests that we **add** the discipline of confessional living and let God deal with our hurts, habits, and hang-ups in his time and way. This is a very different way to live. It requires a certain perpetual sense of brokenness that is unnatural to the body and soul. But, if the old way of self-discipline and hard work hasn't worked in the past, why would we think it will work this time? What if we took a chance . . . and tried something different?*

Implications of Confessional Living

Are you hurting? Pray. Do you feel great? Sing. Are you sick? Call the church leaders together to pray and anoint you with oil in the name of the Master. Believing-prayer will heal you, and Jesus will put you on your feet. And if you've sinned, you'll be forgiven— healed inside and out. Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with. James 5:13-16, *The Message*

Humility as a Lifestyle

But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble." James 4:6

Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD? "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe him, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. "If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Isaiah 58:5-11

For further study, consider "eating" Deuteronomy 8, Psalm 18:27, 25:9, 147:6, 149:4, Proverbs 3:34, Isaiah 29:19, Isaiah 58 and 66