

Welcome To  
Celebrate Recovery -  
Crossroads  
(September 30, 2009)

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## Crossroads

### A. Review

### B. "T" stands for "Take time to do a daily inventory".

"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God's way of preparing us in every way, fully equipped for every good thing God wants us to do." 2 Timothy 3:16- 17

"Pray like this: Our Father in heaven may your name be honored. May your Kingdom come soon. May your will be done here on earth, just as it is in heaven. Give us our food for today, and forgive us our sins, just as we have forgiven those who have sinned against us. And don't let us yield to temptation, but deliver us from the evil one." Matthew 6:9-13

a. "Our Father in heaven may your name be honored."

b. "May your Kingdom come soon. May your will be done here on earth, just as it is in heaven."

c. "Give us our food for today..."

d. "...and forgive us our sins, just as we have forgiven those who have sinned against us."

e. "And don't let us yield to temptation, but deliver us from the evil one."

**C. "E" stands for "Evaluate the food and the bad parts of our day."**  
"Instead, let us test and examine our ways. Let us turn back to the LORD."  
Lamentations 3:40

**D. "N" stands for, "We NEED to admit our wrongs promptly".**

1. Evaluate yourself regularly using the Self evaluation questions and the

Motives questions provided.

2. Add additional questions as appropriate.
3. Write down your answers in your journal.
4. Determine what needs to change.
5. Ask *God* to help you make plans to change.
6. Discuss your plans with your Sponsor.
7. Record your plans in your journal.
8. Commit all of this to the Lord.
9. Followup.

### Two Question Method of Bible Study

Step 1 - Schedule it. Meet the Lord everyday at the same time and place. Put it on your planner, and don't let anything preempt it.

Step 2 - Always begin your meeting with prayer. Pray something like this:

*“Dear Holy Spirit. I ask You to teach me in my Bible study. Thank You for doing this. I pray in Jesus name. Amen”*

Step 3 - Select a passage and read it.

- Does it matter which passage we select? No.

*“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God’s way of preparing us in every way, fully equipped for every good thing God wants us to do.” 2 Timothy 3:16-17*

- How much Scripture should we read at one time?

- Use the overwhelm principle.

Step 4 - Use the two question method.

- First question is “What does the passage say?”

- We are looking for background, context, etc.
- A good idea is to use a Bible Dictionary as well as commentaries.
- Tyndale has a good dictionary
- And there are a lot of good commentaries around.
- As you collect information, write it down in your journals.
- Using a journal is a very important part of Bible study.

- Second question is “How can I use this in my life?”

- Most of the time you will come up with applications.
- However, there will be times when you won’t.
- So, if that’s the case, just write down, “I don’t know” in your journal.
- The Holy Spirit will use it later.

Step 5 – Close your study with prayer. Pray something like this:

*“Thank You Holy Spirit for teaching me. I ask You to bring these lessons to mind as I need them throughout this day and in the future. I pray in Jesus’ name. Amen”*

### Self Evaluation Questions

1. What did I do today or yesterday that was GOOD?
2. Where did I blow it today or yesterday?
3. Did I do or say anything that hurt anyone?

4. Do I owe any amends?

5. Who do I need to forgive?

6. What can I learn from my actions?

7. What are my character defects? It may be hard to be objective on this one, so you may want to ask your Accountability Partner for input on this one.

8. Where do I feel convicted?

9. What do I need to do about it (them)?

### Questions for evaluating our motives

1. Why did I do what I did?

2. Was I being selfish?

3. Did I try to manipulate others?

## Biblical standards for evaluating our motives

1. Are they pure?
2. Loving?
3. Gentle?
4. Humble?
5. Merciful?
6. Full of good deeds?
7. Peace loving?