God Walk – A Journey of Faith

"God Walk -A Journey Of Faith"

Mini Lesson Four:

If I Can't Do It – Who Can?

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Lesson Four – If I can't do it, who can?

One of the principles I began to learn many years ago is that when we are struggling to overcome life controlling behaviors we must come to the place where we give up hope in our own ability to change. I know that sounds like a contradiction the idea of living the victorious Christian life, but I have found it to be true.

We have observed that every time an addict or alcoholic has been clean and sober for a period of time, and they begin to feel like they have this thing whipped, they are on the verge of relapse.

It always amazes me that when some people reach the absolute brink of despair and someone comes along to pull them out and get them pointed in the right direction, those same people forget that they couldn't do it on their own and after a while they begin to feel like they did it and they can keep doing it. Then suddenly (at least it seems suddenly) they are hit with an irresistible temptation and they fall. I have observed this happening over and over again. Is there an answer to this dilemma? Yes there is, but it is a hard pill to swallow.

You can't do it alone! There used to be an old joke about a man who was lost out in the country and he stopped to ask a farmer directions. The farmer began to explain how to get there; "Well, you go down here by the big oak and turn left. Then go to the road that comes in on the right and go to… No, you can't get there that way. I know," he says, "Go straight down this road until you reach the old red barn and there will

be a cross road there. Turn right and go down to… No you can't get there that way either." He thinks for a minute, then scratches his head and says, "Well sir, you can't get there from here." I have become convinced that the only way we are going to overcome in the area of our primary sin is to realize that we can't get there alone. We must have outside help. As long as we walk by ourselves we can't get there from here.

Principles we must learn:

- We can't do it alone – My life is out of control and I can't get it back.
- Only someone greater than myself can help me – Realize that it is only through the power of God through Jesus Christ that I can live free of this sin.
- We must make a decision – I choose to turn my will and my life over to God.

Much of the material in the God Walk program is based on a scriptural application of the 12 step process popularized by Alcoholics Anonymous. Many Christians who do not understand the principles of the program speak negatively about it because they have seen its shortcomings.

After many years of prayerfully looking at the process I have come to realize that the process itself is based on sound scriptural truth. The first three steps have to do with conversion. The next four steps have to do with repentance and restoration. Then there are two steps that deal with restoring relationships. There is a step on maintaining the progress one has made then there is a step on growing in understanding and grace. The final step teaches about sharing your experience of restoration with those who are still in need of what you have received.

Once you have arrived at the point where you realize that your life is out of control in the area of your primary sin you are ready to move forward in the process of reconciliation, renewal and restoration. You have completed the first step in your journey of faith.

The material below is copied from God Walk – A Journey of Faith:

This second step in your journey is about the beginning of faith. If we stopped at the first step, the step of despair and hopelessness, we would be ready to give up and say, "What's the use, there is no hope." But we don't stop there. As we begin to reach out for answers to our dilemma we come to realize that God is our only answer.

The second step in 12 Step programs says, "Came to realize that a power greater than myself could restore my sanity." We have actually come far enough to go beyond the generic higher power and identify Jesus Christ as our source of restoration.

The phrase, "restore my sanity" caught my attention. Remember the definition of insanity? Doing the same things over and over and expecting different results. What is being said here is that our ego won't let us admit defeat so it drives us to keep trying on our own.

We finally have to admit that this doesn't work. Then Jesus steps up and restores our sanity. That is, he breaks that cycle of trying the same things over and over. He comes in as the answer. The question for many of us turns from "Who can rescue me" to "How do I find God?"

This second step is about discovering God. In step one of our journey of faith we discovered ourselves. We found out where we were and we wanted to change. Now we are reaching out to God. How do we find God?

One writer of the New Testament wrote, "Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him" (Hebrews 11:6). How do we come to believe in him?

The material in this lesson comes from these chapters in God Walk – A Journey of Faith:

- "If I Can't Do It – Who Can?"
- "The Bridge Story

You are going to want to read the full text of this valuable book. If these lessons are ministering to you at all I would encourage you to order the text book and the workbook. If you have a problem paying for the materials send me an email and we'll talk about it. Our ministry has expenses to cover, that is why we charge for the materials, but when people have a genuine need we work with them because we know the value of this material in the hands of those whose need for restoration is great.

If you want to order a hard copy of the book and workbook go to the same web page that started you on this journey and scroll to the bottom. There is information there that will help you purchase this valuable resource.

www.nhmresources.org/Restoration_Ministries.html

It is our hope that these few short lessons will give you the motivation youneed to move forward in the process of reconciliation, renewal andrestoration. Don't stop now – continue through the entire set of lessons .

The next lesson you will receive is:

Is That All There Is?

- **I feel stuck – is there more?**
- **My list is so long….**
- **If I tell them they won't accept me.**

I encourage you to continue these lessons – They are vital to continued success on your journey of faith.

Questions to ask yourself:

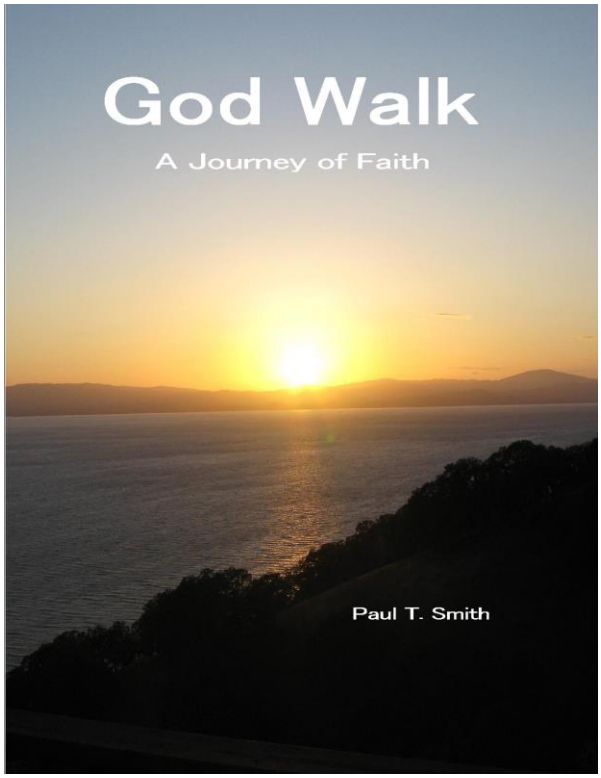
- **Do I have behavior patterns in my life that frustrate me?**
- **Do my family and/or friends make negative comments about some of my behaviors?**
- **Would I stop doing some things if I just had the discipline or will power?**

If you answered yes to any of these questions you will find answers as you continue through this series

If you have any questions, or you want to know more about the God Walk program send us an email. If you just want to make comments about what you are learning feel free to send us a message:

paul@nhmresources.org

Be sure to see the next page... you will learn how to get a free, no obligation, information about the God Walk - A Journey of Faith and how you can get a free subscription to the God Walk - A Journey of Faith program.



A pastor who edited the book before it published: "I was so moved by the book that I made changes in my own life."

Another pastor: "This is the best material for overcoming undesirable behaviors I have come across."

A person in recovery: "I love the text and workbook format. I have learned so much more with the God Walk book than I have any other books I have read."

If you have liked what you have read so far I would encourage you to continue this short lessons from the God Walk - A Journey of Faith book.

You can get a look at the first chapter of the printed version here: http://nhmresources.org/20-04-Chapter-01.pdf

You have one more opportunity. You can subscribe to the God Walk Journey of Faith online program with weekly interactive online lessons. Get the details by emailing me at: paul@nhmresources.org