

The Way Back to Better

LESSON 7 // END

Big Idea: There is no new in our lives—no recovery—without letting go of the old. Healthy new beginnings follow proper endings. Jesus helps you begin what you need to begin and end what you need to end. Breakthroughs follow break-ups and so you need to break up with whatever is holding you back if you want to move forward in your recovery.

Luke 5:36-39 (TLB) *Then Jesus used this illustration: “No one tears off a piece of a new garment to make a patch for an old one. Not only will the new garment be ruined, but the old garment will look worse with a new patch on it!”³⁷ And no one puts new wine into old wineskins, for the new wine bursts the old skins, ruining the skins and spilling the wine.³⁸ New wine must be put into new wineskins.³⁹ But no one after drinking the old wine seems to want the fresh and the new. ‘The old ways are best,’ they say.”*

Start Talking:

What is something important in your life that you had to bring to an end (or that came to an end without any input from you)? What did you learn through this experience?

Start Thinking:

Read Luke 5:36-39. What do these verses tell you about Jesus’ perspective on the “old” and “new” in our lives? What is the “new wine” He wants to pour into your life? In what ways do you need to become a “new wineskin” to receive this?

Read Revelation 1:8, 21:6, 22:13. What does it mean to you that Jesus is “the Alpha and the Omega”? What difference should this make in your life and recovery?

Read John 5:1-9. In what way does Jesus’ question “Do you want to get well?” challenge you to believe Him and grow in an area of your life?

Start Praying:

Pray for discernment and wisdom about any “mat” you need to stop relying on in your life.

Start Doing:

From which of the following do you need a “break-up”: regret, hopelessness, shame, self-hatred, resentment, bitterness, hatred, self-pity, rejection, fear, worry, laziness, procrastination, stubbornness, negativity? Take one practical action step in this direction this week—and thank God for His grace to do it!

Please note that we have a wonderful Celebrate Recovery ministry that provides a safe environment and small groups for recovery from hurts, hang-ups and habits. Find out more at <https://church-redeemer.org/ministries/care-and-support/celebrate-recovery/>.

Please continue to pray for wisdom for our church leaders about beginning to meet in person for worship services and ministry opportunities.