

The Way Back to Better

LESSON 8 // REACH

Big Idea: Recovery involves reaching! Pain produces inward thinking and isolated living, and this kind of withdrawal hinders recovery. But right relationships, including a personal relationship with Jesus, help heal us and equip us to help others. Recovered people recover people.

Hebrews 10:24, 25 (NIV) *And let us consider how we may spur one another on toward love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.*

Start Talking:

What relationships have been most healing in your life? How have these helped you to be a blessing to others?

Start Thinking:

Read 1 Kings 19:3, 4. How did Elijah deal with his pain and stress? In what ways can you identify with him in this struggle?

Read 1 Kings 19:13-18. What do you learn from these verses about how the Lord responds when we withdraw from the challenges and opportunities He is giving us?

Read Galatians 6:1-3; Hebrews 10:24, 25; James 5:16. What is the value of relationships with other believers according to these verses?

Read Hebrews 4:14-16. How does Jesus help us so that we can reach out to help others?

Start Praying:

Pray for grace, wisdom and strength from the Lord to reach out to others in need.

Start Doing:

Determine someone you can reach out to with encouragement and support to help them recover and take a step this week to begin doing this.

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.