

# MAINTAINING MOMENTUM

Getting Healthy Again

Part 7 Of 8

Moving from Commitment to \_\_\_\_\_

## 1. I MUST SEE THE WARNING SIGNS OF A RELAPSE

Stages of a Relapse

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- .
- .
- .

Causes of a Relapse

1. Reverting to \_\_\_\_\_

“Not by might, not by power, but by \_\_\_\_\_ says the Lord, you will succeed because of My Spirit.” Zech. 4:6 (LB)

“Don't be so naive and self-confident. You're not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence, its useless.

Cultivate God confidence.” 1<sup>st</sup> Cor. 10:12 (Message)

2. Ignoring one of the \_\_\_\_\_!

3. Trying to recover without \_\_\_\_\_!

“Two are better than one, because they have a good return for their work, if one falls down, his friend can help him up. But pity the man who falls and has \_\_\_\_\_ to help him up.”: Eccl. 4:9-10 (NIV)

## 11. I MUST DEVELOP NEW HABITS TO SUSTAIN HEALTH

Reserve a \_\_\_\_\_ with God for self-examination, Bible Reading, and prayer in order to know God and His will for my life and gain the power to do it.

1. Set aside Daily time for \_\_\_\_\_

“Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else.” Gal. 6:4 (NIV)

## WHEN?

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### APPLICATION:

- . Sit down with a spouse or an accountability partner and evaluate your schedule together.
- . Schedule in 10-15 minutes a day for reflection. Tell a friend when you plan this.

### 2. \_\_\_\_\_ Bible truths into your life.

“The word of God is living and active. Sharper than any double edged sword, it penetrates even to the dividing soul and spirit, joints and marrow, it judges the thoughts and attitudes of the heart.” Heb. 4:12 (NIV)

“The \_\_\_\_\_ of the Spirit, which is the Word of God.” Eph. 6:17

### Application:

- . **Commit to 30 consecutive days of reading a daily devotion.**
- . **Memorize 1 Verse and meditate on it each day.**

### 3. \_\_\_\_\_ throughout your day.

- . \_\_\_\_\_ yourselves to prayer, being watchful and thankful.” Col. 4:2

### Application:

- . Start a prayer list and keep track of God's answered prayers
- . Maybe take a walk for 30 minutes a day and pray for this valley.

### 4. Get connected to a \_\_\_\_\_ Sunday mornings, Tuesday mornings, Wednesday Mornings, Wednesday nights! “Encourage one another daily, as long as it is still called Today, so that none of you may become hardened by sin's deceitfulness.” Heb 3:13