

The Way Back to Better

#8 "R = REACH"

1. Pain produces _____ thinking and _____ living.

1 Kings 19:3-4 (NIV) Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

2. _____ recovery.

1 Kings 19:13-16 (NIV) When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet."

1 Kings 19:18 (NIV) Yet I reserve seven thousand in Israel--all whose knees have not bowed down to Baal and whose mouths have not kissed him.

3. _____ help heal us.

Luke 8:43-48 (NLT) A woman in the crowd had suffered for twelve years with constant bleeding, and she could find no cure. Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped. "Who touched me?" Jesus asked. Everyone denied it, and Peter said, "Master, this whole crowd is pressing up against you." But Jesus said, "Someone deliberately touched me, for I felt healing power go out from me." When the woman realized that she could not stay hidden, she began to tremble and fell to her knees in front of him. The whole crowd heard her explain why she had touched him and that she had been immediately healed. "Daughter," he said to her, "your faith has made you well. Go in peace."

Matthew 18:19-20 (NIV) Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.

Hebrews 10:24-25 (NIV) And let us consider how we may spur one another on toward love and good deeds, 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.

Galatians 6:1-3 (NIV) Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves.

James 5:16 (NIV) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Romans 12:10 (NIV) Be devoted to one another in love. Honor one another above yourselves.

4. _____ people _____ people.

There are 3 approaches to helping others recover:

1. _____ = Insensitive.
2. _____ - _____ = Incompetent.
3. _____ = Empathetic.

Hebrews 4:14-16 (NIV) Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

2 Corinthians 1:3, 4 (NLT) All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.