

# **“The Road to Recovery”**

Presented by Pastor R. Timothy Jones  
Peaceful Rest Missionary Baptist Church – The Family of Faith

Accept the things you cannot change and change the things you cannot accept.

## **GOD'S PROMISE**

**Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand. (Isaiah 41:10,NKJ)**

1. Take responsibility for your recovery.
2. Meditate on Scripture and pray each day.
3. Live one day at a time, one thing at a time.
4. Identify sources of stress.
5. Forgive persons who may have hurt you.
6. Establish relationships with encouraging people.
7. Get a physical examination.
8. Think and speak “positive” only.
9. Set small realistic goals.
10. Participate in exciting and enriching activities.
11. Work from your rest (*versus rest from your work*).
12. Ask for help when you need it.

## **A PRAYER**

**“I am afflicted and in pain; let thy salvation, O God, set me on high!”  
[Psalm 69:29,RSV]**