

MY RECOVERY PLAN



WHEN YOU GO ON A TRIP, YOU TYPICALLY FILL UP THE VEHICLE WITH GAS IN PREPARATION FOR THE JOURNEY AHEAD.

Some of us checkout the tires to make sure they are in good shape. We might check the fluids to make sure they are at the proper levels. The longer the trip, the more preparation we make. BUT, when a pandemic hits or a crisis happens, we don't prepare...we just get in the car and start driving. The year 2020 was a year like no other.

Fear.

Isolation.

Loss.

Uncertainty.

The list of what we experienced could go on and on. We did not prepare for it. We just had to react to it. We had to keep driving forward.

It is now 2021 and last year is in the rear-view mirror. People are emerging again. Life is looking brighter. Smiles are returning. It is human nature to just keep moving forward and not stop to assess the wear and tear on our lives. We are not machines that just need more fuel and fluids. We are human beings created in the image of God and we must rest and recover from hard times. This does not happen naturally, you have to make a plan to be successful. So our hope is over the days ahead you can discover where you are in your journey and what areas of life that need rest and recovery. My Recovery Plan has been created to help you do just that.

Each day will identify a crucial area of life, a passage of Scripture to speak into this area, a call to action, and a written prayer you can use to commit the day to God. This is not a formula, but a simple guide to help you personalize your recovery. We hope you enjoy the journey and begin to experience recovery for yourself.

So, let's begin our journey...



START HERE

WHERE TO START...

All trips begin with an awareness of the beginning. So, where are you? Take 5-10 minutes to write out your answer. Don't rush to answer it and check it off your "to-do" list...take some deep breaths. Ask the Holy Spirit to help you see and identify where you are in life. Think about the last year and how your life was affected. Write down what comes to mind (even if it seems random or inapplicable at first).

WHAT GOD SAYS...

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 (MSG)

TODAY, I WILL...

Read this passage slowly three times—out loud on the final reading. Write down 2-3 phrases that grab your heart's attention and what God is saying to you through these phrases. Pick the one phrase you find yourself drawn to the most and use it to finish this sentence. After reading His word and seeking His voice...

TODAY, I WILL _____

TODAY, MY PRAYER IS...

*Heavenly Father, you know where I am.
You know the weary and worn-out parts of me. I
ask that you help me to see them for myself.*

*Jesus, you know where I am.
You offer to teach me your unforced rhythms of grace.
Help me to humbly learn from you.*

*Holy Spirit, you know where I am.
I need your leading and presence in my life.
Release your healing in my life.*



SPIRITUAL

This gauge can represent your relationship with God (how close you feel to Him), your spiritual habits (reading your bible, prayer), and your obedience to the Lord (obeying the scriptures).

DRAW A LINE ON THE GAUGE ABOVE TO INDICATE YOUR CURRENT LEVEL OF SPIRITUAL HEALTH.

WHERE TO START...

In a busy world, it can be difficult to find time to slow down and simply “be” with God. As a result, it can often be difficult to sense God’s presence in our life or feel connected to Him. The passage below gives us the key to that constant presence remaining in us, and it’s our dedication to remaining in Him. Like any relationship, you get out what you put in. Dedicate 30-60 minutes today for time alone with God, put your phone on do-not-disturb, and begin by reading these verses from John’s gospel.

WHAT GOD SAYS...

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends.”

John 15:1-13 (NIV)

TODAY, I WILL...

After you've read the passage a few times, prayerfully write out answers to these questions in your journal or in the space below.

FRUIT

Verses 1-4 talk about the good fruit that comes out of our lives when we're connected to Christ. In what ways do you see that being produced in your life? In what ways would you like to see more spiritual fruit? Is there anything in your life currently preventing that?

REMAIN

Verses 5-8 illustrate the importance of consistent devotion in our relationship with Christ. What are some practical ways or times you could find more time alone with God if that's something you desire? Considering your current schedule and commitments, identify a predictable window of time you'd like to try carving out for more intentional time with him for a season. What is "doable" that you could commit to for a trial run?

LOVE

Verse 9 reminds us the starting point for faith and our relationship with God is actually God's love for us. The invitation is not towards more doing, but more resting in His love. Reflect on what it means for God to love you (you!), and write out some sentences that are true about you because of God's love for you (as demonstrated by Jesus' life, death, and resurrection).

COMMAND

Verses 10-13 conclude by highlighting our response to this love- namely, keeping God's commands, and living out his greatest commandment, to love Him and to love others around us. Do you sense any commands of His he's asking you to keep? How could you honor him by extending love, grace, generosity, hospitality, or forgiveness to those around you? Does anyone in particular come to mind? Ask Him to reveal these things to you.

TODAY, MY PRAYER IS...

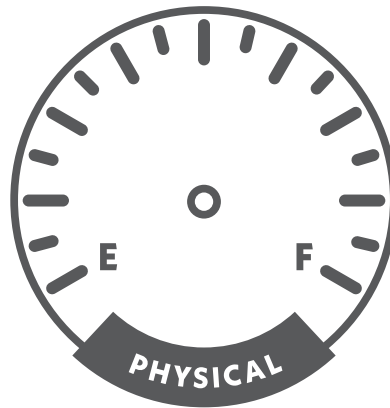
*Heavenly Father,
give me a desire for You
like the one You have for me.
Produce real fruit in me
as I remain in your love for me.*

LOOKING FOR MORE?

[Old Church Basement](#) by Elevation Worship and Maverick City Music

[The Grace of God](#) by Andy Stanley

[Spirit In A Time of Flesh](#) from Athens Church (2020)



PHYSICAL

*This gauge can represent how you are doing physically, your habits of resting, eating and exercising & your overall energy level (do you find yourself feeling more rested or tired).
If you are currently sick or have any significant injuries write what you are dealing with inside the gauge.*

DRAW A LINE ON THE GAUGE ABOVE TO INDICATE YOUR CURRENT LEVEL OF PHYSICAL HEALTH.

WHERE TO START...

Take a few minutes to examine your physical habits over the past 2 weeks. Consider things like the quality and amount of sleep you have gotten, what you have consumed (food, drink) and what activities/exercise you have engaged in doing. Finish by answering this question: Do I consistently have the energy to live the life I want to live?

WHAT GOD SAYS...

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

1 Corinthians 6:19-20

“...train yourself to be godly. Physical training has value, but godliness has value for all things, holding promise for both the present life and the life to come.”

1 Timothy 4:7-8

“Then Jesus said to them, ‘The Sabbath was made for man...’

Mark 2:27 (NIV)

TODAY, I WILL...

Decide to take **ONE** step towards being healthier physically and having more energy. You might decide to go to bed earlier tonight or take a nap to get some rest. You could choose a healthy option you enjoy for one of your next meals. Maybe its been a while since you did some activity that you like doing and carve out the time to do it. Or you might put on your calendar a period of 24 hours to practice Sabbath (“rest, play, no work, God loves me”).

TODAY, I WILL _____.

TODAY, MY PRAYER IS...

*Heavenly Father,
thank you for creating me, for giving me
the gift of life and for giving me my body.
Help me to see myself and my body
as you see me and my body.
Give me the grace to accept and love
myself and my body as I am right now.
Father, I want to glorify you with
my body and I need your help to do this.
Please give me the direction and desire
to be physically healthy so I have
the energy to live life fully for you.
In Jesus' name I pray, amen.*

LOOKING TO GO DEEPER?

[Trust the Story](#) by BEMA Discipleship (Podcast)

[Real Life Weight Loss](#) by Corey Little (Podcast)

[Start Strong, Finish Strong](#) by Kenneth Cooper & Tyler Cooper



EMOTIONAL

This gauge represents where you are emotionally: how you are feeling internally on a day to day basis and the way you respond to the environments and relationships around you. If you are currently in counseling, make note of progress your counselor has acknowledge or that you are progressing toward.

DRAW A LINE ON THE GAUGE ABOVE TO INDICATE YOUR CURRENT LEVEL OF EMOTIONAL HEALTH.

WHERE TO START...

Take a moment to quiet yourself, be still and meditate for 5-10 minutes. Reflect on how you feel at this very moment, making note of any peace, anxiety, worry, or restlessness you are experiencing. Capture any negative thoughts in your mind and replace them with truth. Speak your feelings out loud or take a brief moment to journal them.

WHAT GOD SAYS...

“The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

Psalm 23:1-4 (NLT)

“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”

Matthew 6:34 (MSG)

“And now dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

Philippians 4:8 (NLT)

TODAY, I WILL...

Decide to let your mind rest in who God says you are. Some of you will turn off technology for at least an hour, and others will decide to for the entire day. Go outside and walk in nature, to let your mind be curious and in awe of His beautiful creation. Decide to slow your pace and rest, and celebrate the things in my life you are grateful for at this moment.

TODAY, MY PRAYER IS...

Heavenly Father, you know every thought, worry, anxiety, and challenge we have in our minds.

Heavenly Father, help us to change our thought patterns to focus on who you say we are and the things that are true. Let us not find our worth in the things of this world, but to seek you first in all things.

Heavenly Father, let us be bold in our faith and rest in you. Help us to spend daily time with you, in your Word, renewing our minds on things of your Kingdom.

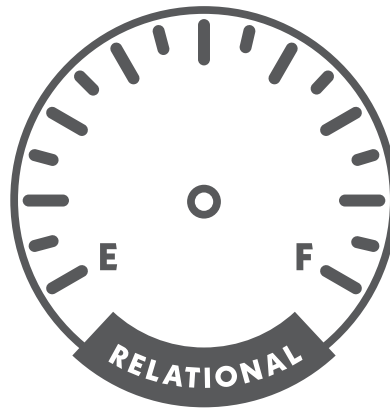
Heavenly Father, create in us a desire to draw closer to you. In your beautiful name, Amen.

LOOKING TO GO DEEPER?

[Promises](#) by Maverick City Music

[That Sounds Fun \(Episode 196\)](#) by Annie Downs (Podcast)

[Emotionally Healthy Spirituality](#) by Peter Scazzero



RELATIONAL

This gauge represents the health of your relationships. In the pages ahead we'll be talking specifically about the relationships you have with your spouse, family, and close friends. However, if there are other important relationships in your life, be sure to include them as well.

DRAW A LINE ON THE GAUGE ABOVE TO INDICATE YOUR CURRENT LEVEL OF RELATIONAL HEALTH.

WHERE TO START...

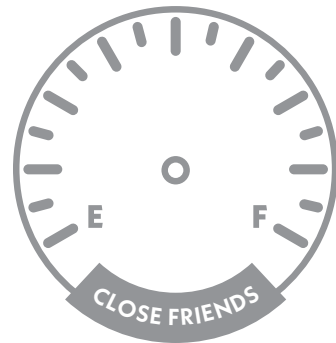
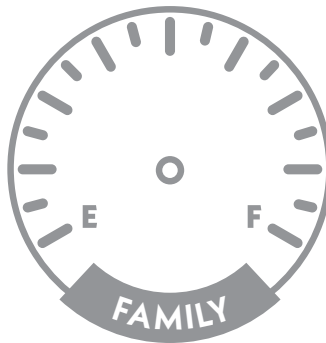
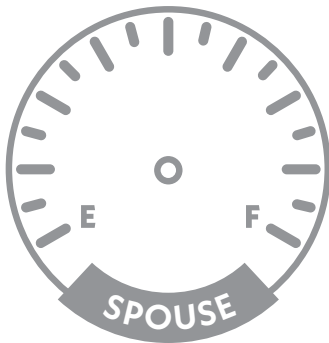
The condition of our relationships has a direct correlation to the condition of our souls. Many of us have had seasons of rich connection in our marriages, families, and friendships, but all of us know what it's like to feel disconnected and how that can lead us to experience potential loneliness or even depression and anxiety. In fact, many of us may be able to pinpoint some of our stress from this past year to some kind of disruption in the relationships around us.

So, what can we do to ensure our relationships stay healthy? What would God have us do?

The first thing we must do is to identify what relationships in our life leave us fulfilled, or, leave us feeling drained. In other words, what relationships in my life are life giving and which are not? The second thing we must do is to identify why those relationships leave us with those specific results. Could it be because of an unsettled argument? A lack of communication? Hurtful words that left a mark?

So before we go any further, rate yourself with the gauges below on the following questions. And remember, do your best to dig into why you answer the way you do.

HOW FULFILLING IS YOUR RELATIONSHIP WITH YOUR...



WHAT GOD SAYS...

“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

Ephesians 4:2-3 (NIV)

TODAY, I WILL...

So, what does God say about maintaining the health of our relationships? Well, through the Apostle Paul we are given several steps to take.

First, be humble and gentle. Ask yourself what, if anything, do I need to own in regards to this relationship not being fulfilling?

Second, be patient and bear with that person in love. In other words, give yourself and the other person time and space to process things. Ask yourself, what would love require of me in order to be patient in this relationship?

Third, make every effort to pursue unity in the Spirit of God through the peace He provides. Sometimes, this step is the hardest. It may require you to ask for forgiveness. It may require you to offer forgiveness. It may require you to be honest with yourself about how you feel for the first time in a long time. But one to take comfort in is that as we take steps towards pursuing peace in our relationships, if we are seeking God in that pursuit, our relationships do not hinge on our ability to make things right all the time, but in God’s ability to bind us together through the thing we all desperately want: peace.

TODAY, I WILL PURSUE MY PEACE IN MY RELATIONSHIP WITH MY SPOUSE BY _____

_____.

TODAY, I WILL PURSUE MY PEACE IN MY RELATIONSHIP WITH MY FAMILY MEMBERS BY _____

_____.

TODAY, I WILL PURSUE MY PEACE IN MY FRIENDSHIP WITH _____ BY _____

_____.

TODAY, I WILL THANK _____ FOR BEING A LIFE-GIVING
RELATIONSHIP IN MY LIFE BECAUSE OF HOW THEY _____

TODAY, MY PRAYER IS...

*Heavenly Father,
thank you for the gift of relationships.
Thank you for how you use them
to draw us even closer to You.
Today, I pray for the chance to see clearly and
understand the current health of my
relationships. Will you show me where I need to
focus
my attention so that I can experience peace? Will
you show me what relationships I have that give
me life so that I can give thanks? Grant me the
courage to act on
something today that will bring glory
to you in my relationships.
I love you, Lord. In your name, Amen!*

LOOKING TO GO DEEPER?

[How to Have the Best Summer Ever](#) by Sean Seay
[The Power of Vulnerability](#) by Brene Brown (TED Talk)
[Join a Group at GatheringPoint](#)



WHAT NOW?

My Recovery Plan is an awareness tool. It was designed to start your journey to rest and restoration, but YOU are the only one who can complete it. We hope the past several days have brought you some clarity around where you are and specific areas that need recovery. Though today is the final day of this resource, we cannot encourage you enough to take some of the daily action steps and turn them into a rhythm in your life, long term.

WHERE TO GO FROM HERE...

All four gauges (spiritual, physical, emotional, and relational) are below. Mark each gauge with where you believe you are **RIGHT NOW** in each. Compare them to the previous days. Note which ones are worse, the same, or better.



WHAT GOD SAYS...

“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Philippians 1:6 (NIV)

FROM NOW ON, I WILL...

All this week, we have put this statement in front of you to create a daily actionable step: “Today, I will...” Now, pick **ONE** area in which you are going to seek more recovery. Focusing on one area will help you go further faster. Targeting one area over a longer timeframe will increase your recovery. Now, complete this sentence.

FROM NOW ON, I WILL _____

_____.

Commit to making this a new rhythm for yourself. Be consistent without being legalistic. Paul was sure that God begins and completes His work in us. Commit this verse to memory. Let its truth ring in your heart and soul. God is for you! He wants to heal broken places in you. He wants to help you recover from the trauma of this past year. Be confident in that!

MY PRAYER IS...

*Heavenly Father,
I know you care for me. I know
you have begun
a good work in me and you will
carry that work to completion.
I commit myself to you.
Restore me. Renew me.
Help me to recover so I can
love and serve you with all my
heart and soul and strength.*