



**STEPPING OUT OF DENIAL
INTO GOD'S GRACE?**

WE WANT TO HELP YOU!

Lesson 1

“DENIAL”

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3 NIV)

INTRODUCTION: *Without a doubt you have heard the expression “time heals all wounds”. Unfortunately, it is not true. There are people that still have wounds from 30 or 40 years ago. The truth is that most often than not time makes things get worse. The wounds that are left unattended make the infection worse and it spreads throughout the body. Time only extends the pain if the problem is not treated. Before taking the first step to recovery, first we must confront and admit our denial. God tells us: “**You can’t heal a wound by saying it’s not there!...**” (Jeremiah 6:14a TLB)*

The acronym **DENIAL** spells out what could happen if we do not accept our denial:

1. **D**isables our feelings. Repressing our feelings makes us neutralize our emotions. We must understand and feel our emotions for our freedom. *“They promise them freedom, while they themselves are slaves of destructive habits – for we are slaves of anything that has conquered us.” (2 Peter 2:19 GNT)*
2. **E**nergy lost. An important side effect of denial is anxiety. Anxiety causes us to waste precious energy, running from our past and worrying about and dreading the future. It is only in the present, today, where positive changes can occur. *“He frees the prisoners...; he lifts the burdens from those bent down beneath their loads.” (Psalm 146:7-8 TLB)*

3. **N**egates growth. We are as sick as our secretes, once more we cannot grow in recovery until we are ready to leave our denial towards the truth. God is waiting to take your hand and get you out of there. *“They cried to the Lord in their troubles, and he rescued them! He led them from their darkness and shadow of death and snapped their chains..” (Psalm 107:13–14 TLB)*
4. **I**solates us from God. The light of God shines in the truth. Our denial keeps us in the darkness. *“God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.” (1 John 1:5–7 NIV)*
5. **A**lienates us from our relationships. Denial makes us think that no one will notice what is going on. We think that no one knows, but they do know. What is the answer? *“Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves.” (Ephesians 4:25 TLB)*
6. **L**engthens the pain. We have the false belief that denial protects us from our pain. In reality, denial allows our pain to fester and grow and

turn into shame and guilt. "God's promise: I will give you back your health again and heal your wounds." (Jeremiah 30:17 TLB)

CONCLUSION: *Accept the first principle of recovery. Get out of denial! Enter the unconditional love and grace of his Superior Power – Jesus Christ! Start by giving Him your life!*

SALVATION PRAYER: *Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so that you can be my Lord and my personal Savior, amen.*

INTERACTIVE QUESTIONS:

- What areas of your life do you have power (control) over? Be specific.
- What areas of your life are out of control, unmanageable? Be specific.
- How do you think that giving this first step will help you?

- When you were a child, what did you do to get attention or to protect yourself?
- In your family what was the 'family secret' that everyone tried to protect?
- How do you manage pain and deception?
- How can you begin to deal with your denial?
- In what areas are you starting to confront the reality and breaking with the effects of denial?
- Are you beginning to develop a support group?
- Are you asking for phone numbers in your meetings?

PRACTICAL APPLICATION:

- It is important to take these questions home and answer them honestly. In a journal write your answers.
- If necessary, share them with your mentor so they can help with prayer. That will bring healing to your wounds of the past.

Lesson 2

“POWERLESS”

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3 NIV)

INTRODUCTION: *When we accept the first principle of recovery and give the first step to leave our denial and go into our reality; we see that there are very few things that we have control over. Once we admit that in our own strength, we are not capable of leaving the following thieves of serenity, spelled out in the acronym **POWERLESS**.*

1. **Pride.** Ignorance + power + pride = a deadly mixture! (*Proverbs 29:23 TLB*)
2. **Only ifs.** Our “only ifs” in life keep us trapped in the fantasy land of rationalization. (*Luke 12:2-3 GNB*)
3. **Worry.** Worrying is a form of not trusting God enough! “So, don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” (*Matthew 6:34, TLB*).
4. **Escape.** By living in denial, we may have escaped into a world of fantasy and unrealistic expectations of ourselves and others. (*Ephesians 5:13-14, PH*)
5. **Resentments.** Resentments act like an emotional cancer if they are allowed to fester and grow. (*Ephesians 4:26-27*)
6. **Loneliness.** Loneliness is a choice. In recovery and in Christ, you never have to walk alone. (*Hebrews 13:1-2, TLB*)
7. **Emptiness.** You know that empty feeling deep inside. The cold wind of hopelessness blows right through it. Jesus said, “My purpose is to give life in all its fullness” (*John 10:10, TLB*)
8. **Selfishness.** We often pray: “Our Father which art in heaven; give me, give me, give me.” “Whoever clings to his life shall lose it, and whoever loses his life shall save it.” (*Luke 17:33, TLB*)
9. **Separation.** Some people talk about finding God – as if He could ever get lost! *For I am convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels won’t, and all the powers of hell itself cannot keep God’s love away...Nothing will ever be able to separate us from the love God demonstrated by our Lord Jesus Christ when he died for us.* (*Romans 8:38 – 39, TLB*)

Congratulations! In your admission of your powerlessness you have begun the journey of recovery that will allow you to accept the true and only Higher Power’s – Jesus Christ’s – healing, love, and forgiveness.

At this stage in your recovery, you need to stop doing two things:

1. **Stop Denying the Pain.** You are ready to take your first step in recovery when your pain is greater than your fear. “Pity me, O Lord, for I am weak. Heal me, for my body is sick, and I am upset and disturbed. My mind

is filled with apprehension and with gloom.” (Psalm 6:2-3 TLB)

- 2. Stop Playing God.** You are unable to do for yourself what you need God to do for you. You are either going to serve God or yourself. You can't serve both. “No one can be a slave to two masters; he will hate one and love the other; he will be loyal to one and despise the other.” (Matthew 6:24 GNB)

In addition to stopping certain behaviors, you need to start doing two things:

- 1. Start admitting Your Powerlessness.** As you work the first principle, you will see that by yourself you do not have the power to change your hurts, hang-ups, and habits. “Jesus...said, ‘With man this is impossible, but with God all things are possible.’” (Matthew 19:26)

- 2. Start Admitting That Your Life Has Become Unmanageable.** As you work the first principle, you will see that by yourself you do not have the power to change your hurts, hang-ups, and habits. “Jesus...said, ‘With man this is impossible, but with God all things are possible.’” (Matthew 19:26)

CONCLUSION: *Do the following prayer: “Dear God, Your Word tells me that I can't heal my hurts, hang-ups, and habits by just saying that they are not there. Help me! Parts of my life, or all of my life, are out of control. I now know that I cannot “fix” myself. It seems the harder that I try to do the right thing the more I struggle. Lord, I want to step out of my denial into the truth. I pray for you to show me the way. In Your Son's name I pray, Amen”.*

SALVATION PRAYER: *Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so that you can be my Lord and my personal Savior, amen.*

INTERACTIVE QUESTIONS:

- What has happened in the past that caused the “what ifs”?
- In what way have you tried to escape the pain from the past? Be specific.
- How has it affected you continuing with anger and resentment?
- Do you think that loneliness is an option and why?
- How have you separated your denial from your relationships?
- In which areas of your life have you been selfish?
- The separation from God can be very real but is never permanent. What can you do to get closer to God?

APLICACIÓN PRÁCTICA:

- ▶ Make a list of the ways that your pride has stopped you from asking and obtaining the Help to overcome your wounds, insecurities and habits.
- ▶ Instead of worrying about things that you cannot control, focus on what God can do in your life. Write down what worries you and place it in God's hands.
- ▶ Describe and write the emptiness you feel and the ways you are finding to fill it.

Lesson 3

“HOPE”

“Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him.” (Hebrews 11:6)

INTRODUCTION: *In the first principle, we admitted we were powerless. Now in the second principle, we come to believe God exists, that we are important to Him, and that we are able to receive God's power to help us recover. It's in the second step we find **HOPE!** How do we find hope? Through faith in Jesus Christ.*

“Now faith is confidence in what we hope for and assurance about what we do not see.” (Hebrews 11:1 NIV)

1. Higher Power. Our Higher Power has a name: Jesus Christ! Jesus desires a hands-on, day-to-day, moment-to-moment relationship with us. He can do for us what we have never been able to do for ourselves. **(2 Cor. 12:9)**

2. Openness to Change.

- Throughout our lives, we will continue to encounter hurts and trials that we are powerless to change. With God's help, we need to be open to allow those trials to change us. To make us better, not bitter. **(Ephesians 4:23 TLB)**
- Hope is the opportunity to change. Sometimes we fear change, even though our past has been painful. We resist change because we fear the

unknown, or in our desperation we believe that we do not deserve better.

- Here is the Good news: Hope opens the doors that desperation closes! Hope shows us what to do instead of complaining of what we cannot do.

3. Power to Change.

- In the past, we have wanted to change and were unable to do so. We could not free ourselves from our hurt, hang-ups, or habits. But now, we come to understand that God's power can change us and our situation. **(Philippians 4:13 TLB)**
- The power to change comes from the grace of God. Hope obtains its power from a profound trust in God. **(Psalm 25:5 TLB)**
- The power of God can change our life and situation, and once we use that power, the correct actions, actions like Christ's will follow us naturally as a result of working the principles of the one and only Higher Power: Jesus Christ!

4. Expect to Change.

- Remember you are only at the second principle. Don't quit before the miracle happens! With God's help, the changes that you have longed for are just steps away. **(Phil. 1:6 TLB)**

- You cannot construct anything unless you start it! So how much faith do you need? (**Matthew 17:20**)
- It is comforting to know that you do not need giant quantities of faith to begin the process of recovery, you only need a small portion “as small as a mustard seed” to cause the change. To begin to move the mountains of wounds, insecurities and bad habits.

CONCLUSION: *The love of God is looking for you, no matter how lost you feel, the love of God can find you, no matter how many times you have fallen into sin. Gods merciful hands are extending to pick you up, love you and forgive you. It is in Jesus that you will find “Hope” and Salvation.*

SALVATION PRAYER: *Lord Jesus I recognize that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so that you can be my Lord and my personal Savior, amen.*

INTARACTIVE QUESTIONS:

- Where were you trying to find hope?
- What do you believe about God? What are some of His characteristics?
- What are your feelings towards your heavenly father and your biological father? How are they different?
- How can your relationship with Jesus Christ help you getting out of denial?
- In what area of your life are you ready to allow God to help you?

- What things are ready to change in your life? Where can you obtain the power to change?

PRACTICAL APPLICATION:

- ▶ Write down those dreams or goals you had forgotten and put them in the Lords hands.
- ▶ Begin to read the Word of God daily to substitute the thoughts of “I can’t” for “I can do all things in Christ who strengthens me”.
- ▶ Begin to speak different, speak with faith, speak the Word of God, speak His promises for your life.



There is a place for you