

COME AS YOU ARE

Drew Chukitis - Celebrate Recovery Pastor

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28 (NIV)

"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 11:28-29 (Message Paraphrase)

3 Distortions In Our Thinking That Lead to Unhealthy Behavior:

- 1) We try to get other people to love us who don't know how to love.
- 2) I'm alone and my success is up to me.
- 3) Relying on overcoming our struggles by willpower.

R.E.S.T.

R - We can be _____ with ourselves,
God and others about our struggles and
brokenness

You can't heal a wound by saying it's not there! Jeremiah 6:14a (TLB)

E - _____ with others in their journey

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3-4 (NIV)

S - It's _____ for people to be messy

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7 (NLT)

T - _____ are bearing witness of God's presence and power

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:1-2 (NASB)