



Edward Church

September 21, 2025

Recovery 12 Steps to Find Peace

Psalm 139:14 –pt3

The Beauty Beneath the Brokenness

Recovery is not just about Healing What's Broken...

...it's About Rediscovering What Was Never Lost:

...your God-Given Worth

Brokenness



The Beauty Beneath the Brokenness

- Psalm 139:14 reminds us that we are *wonderfully complex, marvelously made, and deeply known* by God.

- Even When We Feel Shattered...

- ...God Sees the Masterpiece Beneath the Mess.

- This is the Heart of Recovery

- Embracing God's Design for Us Can Lead to...

- Restoration, Renewal, and Hope.

Point 1: You Are Not a Mistake — You Are Marvelous

The psalmist doesn't say,
"I used to be marvelous."

- He says, ***"Your workmanship is marvelous...
...how well I know it."***
- Recovery begins when we stop believing the lie
that Our Pain Defines Us.
 - Addiction, Trauma, Depression
 - these are Chapters in Your Story, Not Your Identity.

FOR YOU CREATED
MY INMOST BEING
YOU KNIT ME

Point 1: You Are Not a Mistake — You Are Marvelous

- God's craftsmanship didn't disappear when you fell.
 - It's still there, waiting to be reclaimed.

Declaration:

“I am not my past. I am God’s workmanship.”

MADE
PSALM 139:13-14

THANK YOU FOR

Point 2: Complexity Is Not a Curse — It's a *Calling*
“Wonderfully Complex”

You are Layered, Intricate / Unique.

- Recovery Often Feels Messy
- Because Healing Isn't Linear
- But Complexity is Part of the Beauty

Point 2: Complexity Is Not a Curse — It's a Calling

- God Doesn't Shy Away From Your...
...Tangled Emotions, Questions, Setbacks.
- He Designed You With Depth
- And He's Not Intimidated By It.

Application:
Don't Rush Your Healing.
Embrace the Process.
God Is Working In Every Layer

The enemy likes
TO TELL YOU
WHO YOU AREN'T,
AND ALWAYS IN
THE NEGATIVE.
GOD DELIGHTS IN
telling you
WHO YOU ARE,
AND ALWAYS IN
the positive.



Point 3: Recovery Is Remembering Who You Are

- The Psalmist says, “How well I know it.”
 - How Many Have Forgotten.
- Recovery is Not Just Physical or Emotional - It's Spiritual.
 - Remembering You are Loved, Chosen, and Seen.
 - When Shame Whispers, “*You're too far gone,*”
 - Psalm 139 shouts, “You are marvelous!”

Encouragement:

- Let God Remind You Of Your Worth Daily.
 - Speak Life Over Yourself.

Point 3:
Recovery Is
Remembering Who You Are

- Recovery Is Rediscovering Your Identity In God

- Recovery Principle

- God doesn't just Forgive —

- He Restores and Reaffirms Your Calling

- Peter's Restoration (John 21)

- After Denying Jesus Three Times, Peter is Lovingly Restored by Christ and Commissioned to “feed my sheep.”

- Message:

- Failure Doesn't Define You

- Jesus Restores and Reaffirms Your Identity and Purpose.

- Recovery is Not Just Healing —

- it's being Re-Commissioned.



**Jesus leaving the 99 for
the 1 seems pretty crazy.
Until you are that one.**

Hagar (Genesis 16 & 21)

- A Servant Cast Out and Abandoned...

...God finds her in the Wilderness and Calls Her By Name

Message:

- Even when you Feel Invisible, God Sees You
- Recovery Begins when you Realize you are Known and Loved

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• The Lost Sheep (Luke 15:1–7)

- Shepherd who leaves 99 sheep to find the one that's lost

Message:

- You are Worth Pursuing
- Recovery is not about earning love — it's about receiving it

“What truth about yourself do you need to reclaim today?”



The Elephant
and the Rope

Point 3: Recovery Is Remembering Who You Are

The Elephant and the Rope

- A young elephant is tied with a rope it cannot break. As it grows, it still believes it's trapped, even though it could easily escape.
 - **Application:**
- Recovery is breaking free from lies we've believed for too long. You are stronger than you think.

Point 3: Recovery Is Remembering Who You Are

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- **Application:**

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- **Biblical Story: Gideon (Judges 6)**

- Gideon saw himself as weak
 - but God called him a “mighty warrior.”

- **Tie-in:** Recovery is reclaiming your true identity — not what the world or your past says, but what God says.

Neuroscience & Recovery

- Studies Show that the Brain Can Rewire Itself —**
 - A Process Called Neuroplasticity.**



The Leper



Neuroscience & Recovery

- **Studies Show that the Brain Can Rewire Itself —**
 - **A Process Called Neuroplasticity.**
- **Even After Trauma Or Addiction, Healing Is Possible.**
 - **You are Wonderfully Complex**
 - **God Designed Your Mind with the Ability to...**
Recover and Renew.

Isaiah 60:1 NLT

**“Arise, Jerusalem! Let your light shine for all to see.
For the glory of the LORD rises to shine on you.**