

The Road to Recovery Based on the Beatitudes

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Step 1)

"Happy are those who know that they are spiritually poor."

Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2)

"Happy are those who mourn, for they shall be comforted."

Consciously choose to commit all my life and will to Christ's care and control. (Step 3)

"Happy are the meek."

Openly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 and 5)

"Happy are the pure in heart."

Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)

"Happy are those whose greatest desire is to do what God requires".

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others whenever possible, except when to do so would harm them or others. (Steps 8 and 9)

"Happy are the merciful."

"Happy are the peacemakers".

Reserve a time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will. (Steps 10 and 11)

Yield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)

"Happy are those who are persecuted because they do what God requires."

Twelve Steps and Their Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. Romans 7:18

2. We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose. Philippians 2:13

3. We made a decision to turn our lives and our wills over to the care of God.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Romans 12:1

4. We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16

6. We were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will lift you up. James 4:10

7. We humbly asked Him to remove all our shortcomings.

If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

8. We made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. Luke 6:31

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. Matthew 5:23-24

10. We continue to take personal inventory and when we were wrong, promptly admit it.

So, if you think you are standing firm, be careful that you don't fall! 1 Corinthians 10:12

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

Let the word of Christ dwell in you richly. Colossians 3:16

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. Galatians 6:1

Serenity Prayer

God, grant me the serenity
to accept the things
I cannot change, the courage
to change the things I can,
and the wisdom to know
the difference.
Living one day at a time,
enjoying one moment
at a time;
accepting hardship as
a pathway to peace;
taking, as Jesus did,
this sinful world as it is;
not as I would have it;
trusting that You will
make all things right
if I surrender to your will;
So that I may be reasonably
happy in this life and
supremely happy with
You forever in the next.

AMEN

Reinhold Niebuhr

CELEBRATE RECOVERY



CHRIST-CENTERED RECOVERY

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Purpose of Celebrate Recovery

The purpose of this ministry is to spend time together and celebrate *God's healing power* in our lives through the 8 Recovery Principles and Christ-centered 12 steps. This experience allows us to *be changed*.

We open the door to recovery by sharing our experiences, strengths and hopes with one another. In addition, we *become willing* to accept God's grace in solving our life's problems.

When we work the steps and the Christ-centered biblical principles, we will begin to grow spiritually. We can *become free* from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly a stronger personal relationship with God and others.

This ministry helps people of all ages resolve their pain in the context of the church as a whole, and it is for anyone who has a hurt, habit or hang-up.

When we progress through the principles and the steps we discover our personal loving and forgiving Higher Power – *Jesus Christ*.

***My grace is enough, it is all you need.
My strength comes into its own in your weakness." - 2 Corinthians 12: 9 & 10***

God's Vision for Celebrate Recovery

To partner with God in transforming people with hurts, habits and hangups from unbelievers to fully devoted disciples of Jesus, to the glory of God.

What is a hurt, habit or hang-up?

A hurt, habit or hang-up is something that hinders your walk with God

- The feeling of being *hurt* is an emotional reaction to another person's behavior or to a disturbing situation (abuse, abandonment, codependency, divorce or relationship issues).
- A *habit* is an addiction to someone (holding onto unhealthy relationships) or something (alcoholism, drugs, food, gambling, sex, shopping, smoking, etc).
- *Hang-ups* are negative mental attitudes that are used to cope with people or adversity (anger, depression, fear, or unforgiveness).

These life problems can be stumbling blocks or stepping stones. Healing is available through applying the principles of a Bible-based recovery process to your life.

Have You Had enough?

With what do you struggle?

- | | |
|-----------------------|-----------------|
| • Chemical addictions | • Divorce |
| • Co-dependency | • Overspending |
| • Sexual addiction | • Abuse |
| • Gambling | • Overeating |
| • Guilt | • Fear |
| • Perfectionism | • Anxiety |
| • Workaholism | • Loneliness |
| • Grief | • Unforgiveness |
| • Anger | • Depression |

Be Free - There is Help! The Road to Recovery

Celebrate Recovery utilizes the biblical truth that we need each other in order to grow spiritually and emotionally.

Small Group Guiding Principles

Small Groups Will

- Offer you a safe place to share your experiences, strengths and hopes with others who are going through the "Principles" in a Christ-Centered recovery program.
- Provide a leader who has gone through a similar hurt, habit, or hang-up who will facilitate the group each week.
- Keep Celebrate Recovery's Guidelines.
- Provide you with the opportunity to find an accountability partner or sponsor.
- Encourage you to attend other recovery meetings held throughout the week.

Small Groups Will Not

- Attempt to offer any professional clinical advice. Our leaders are not counselors. We will provide you with a list of approved counseling referrals.
- Allow its members to attempt to *fix* one another.

Small Groups Guidelines

- Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
- There will be no cross talk, please. Cross talk is when two individuals engage in a dialogue, excluding all others. Each person is free to express feelings without interruption.
- We are here to support one another. We will not attempt to *fix* one another.
- Anonymity and confidentiality are basic requirements. What is shared in the group, stays in the group.
- Offensive language has no place in a Christ-Centered recovery group.

We've Got A Place For You!

SonCoast Community Church Celebrate Recovery

We meet every Friday evening starting at:

- 6:00 pm for Dinner
- 7:00 pm for Large Group Worship
- 8:00 to 9:00 pm for Small Groups
- Child Care is Available (ages 5-11)

Solid Rock Café in the Fellowship Hall:

- 9:00 to 10:00 pm

Fresh Coffee

Great Munchies

Loving Fellowship

If you are a first time visitor:
Celebrate Recovery 101

- How do I get plugged in?
- What group is best for me?
- How do I get started?

**Please Join Us
Any Friday Evening
SonCoast Community Church**

One of our leaders will be happy to talk with you and guide you along the first steps on your road to recovery.