

# CELEBRATE RECOVERY

*at Coquille Foursquare Church*





# **WELCOME TO CELEBRATE RECOVERY**

This booklet is used as a resource for those who'd like more information about how Celebrate Recovery works and how it can help. There's a lot of great information found in this resource, but we don't want you to feel overwhelmed or that you're required to read this entire book to participate. That's why the information has been broken down into four easy categories. Read only the sections you'll find helpful.

## **SECTION I: THE BASICS**

This section gives a basic understanding of the ministry, what kind of struggles it can help you with, and the structure of a Thursday night meeting. This is the starting point for anyone interested in Celebrate Recovery.

## **SECTION II: THE PATH WE TAKE**

This section includes the most important tools we use (in addition to the Bible itself) to ensure your healing is based on God's Word and that the meeting is a safe place to share. Here you'll find descriptions of the 12 Steps, the 8 Principles based on Jesus' Sermon on the Mount, and the Small Group Guidelines.

## **SECTION III: COMMUNITY AND GROWTH**

Once you're comfortable with the basics, this section helps you take your next steps in the healing and recovery process.

## **SECTION IV: GOING DEEPER**

This section includes a number of resources to help you gain a deeper understanding of where you are at in your journey of recovery and how to move forward.



# TABLE OF CONTENTS

A Welcome From our CR leaders	1
<b>SECTION 1: THE BASICS</b>	<b>3</b>
What is Celebrate Recovery?	5
What Struggles can CR Help Overcome?	8
Hurts, Habits, Hang-ups, and Sin	9
The Meeting Night & How it Works	10
<b>SECTION 2: THE PATH WE TAKE</b>	<b>13</b>
The Solution	15
The Road to Recovery: 8 Principles	16
The 12 Steps & Their Biblical Comparisons	18
The 12 Steps for Those Overcoming Abuse	20
Small Group Guidelines	23
The Serenity Prayer	24
<b>SECTION 3: COMMUNITY AND GROWTH</b>	<b>25</b>
Accountability Partners and Sponsors	27
Step Study Groups	27
Tips for Greater Success	28
Ways to Serve in CR	
<b>SECTION 4: GOING DEEPER</b>	<b>31</b>
Do I Have Addictive Behavior?	33
Do I have Co-Dependent Behavior?	34
Definitions of Sobriety and a Victory	35
Daily Action Plan for Serenity	38
Additional Tools	39
Notes	42

*Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.*

*Matthew 7:8*

# A WELCOME FROM OUR CR LEADERS



Hello, our names are William (Bill) Howell and Veronica (Roni) Delmoral-Howell. We want to welcome and thank you for celebrating your recovery with us. This ministry is a hospital for sinners and a place for changed lives. We have seen people come out of the dark hopelessness of addictions of all sorts.

We have lived in Coquille for over 15 years, coming from Alaska. We have 5 grown adult children and 6 granddaughters. Joining this ministry was a big step all around. We weren't sure what to expect. We were afraid to be put on the spot and of talking about issues that brought us here. We were afraid of saying the wrong message. We couldn't do anything about those fears, even if they were unfounded. Still, people walked into our lives and ours into theirs and ministered to each other.

Now our ministry and attitude are modeled to what Jesus did throughout his ministry. He said "Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve" Matthew 20:28 TLB. We strive to make this a safe place for believers and unbelievers alike. Bless you and Welcome!





# SECTION 1: THE BASICS





## **WHAT IS CELEBRATE RECOVERY?**

Celebrate Recovery is a ministry based on the words of Christ designed to help people overcome every kind of Hurt, Habit, Hang-up or sin issue in their life. From anger to food issues, chemical addiction to codependency, Celebrate Recovery is a safe place to heal and grow.

As we journey together in learning how to pursue a relationship with Jesus, God teaches us to view life's disappointments, stresses, and pain through the perspective of His victory over them. Celebrate Recovery is a process of discovering a personal and experiential relationship with God as we live in community with one another. This leads to discipleship, spiritual growth, and true healing in Christ.

The reason this ministry works is because it's based on the Bible and the words of Jesus. The goal of Celebrate Recovery is not to check off a list of steps, but to use those steps to discover the purpose God has for your life. No matter where you are in your spiritual walk, we believe God has a purpose and a plan for your life.

This ministry provides a method of discovering the victory and solutions God has for us as we spiritually grow in community. The 8 Principles and 12 Steps do not heal, but are a proven method of building a relationship with the One who does. The ministry offers participants a clear path of salvation and discipleship, bringing hope, freedom, sobriety, healing and the opportunity to give back.

### **WHO CAN THIS MINISTRY HELP?**

Celebrate Recovery is for anyone who has a Hurt, Habit or Hang-up in their life—which is everyone. You've probably heard the expression, "Time heals all wounds." Unfortunately, that isn't true. We have people come to Celebrate Recovery who are still carrying hurts from experiences that happened decades ago. The truth is, time often

makes things worse. Wounds that are left untended often fester and spread through your entire body like an emotional cancer. Time only extends the pain if the problem isn't addressed in a healthy, biblical way. Freedom is possible!

## **A BRIEF HISTORY OF CELEBRATE RECOVERY**

Saddleback Church launched the first Celebrate Recovery meeting with 43 people in 1991. It was designed by John Baker and Rick Warren as a program to help those struggling with Hurts, Habits and Hang-ups by showing them the loving power of Jesus Christ through a recovery process. Celebrate Recovery has helped more than 17,000 people at Saddleback Church alone. God is now using Celebrate Recovery to change millions of lives in over 29,000 churches, recovery houses and prisons worldwide!

*“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.”*  
*Jeremiah 29:11 (NLT)*

## **WHAT CR IS AND WHAT IT'S NOT**

Things we are:

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- A place where respect is given to each other
- A place where confidentiality is highly regarded
- A place to learn
- A place to grow and become strong again
- A place where you can take off your mask
- A place for healthy challenges and healthy risks
- A possible turning point in your life

Things we are not:

- A place for therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix

# WHAT STRUGGLES CAN CR HELP OVERCOME?

- ▶ Abandonment
- ▶ Abuse (Physical/sexual/emotional)
- ▶ Alcoholism
- ▶ Anger & Rage
- ▶ Anxiety & Depression
- ▶ Bullying (Physical, Emotional, Internet)
- ▶ Childhood Issues
- ▶ Codependency
- ▶ Control Issues
- ▶ Divorce & Separation
- ▶ Drug Abuse (Illegal & Prescription)
- ▶ Eating Disorders & Food Issues
- ▶ Fear
- ▶ Financial & Spending Issues
- ▶ Gambling
- ▶ Guilt
- ▶ Health Issues
- ▶ Loss & Grief
- ▶ Low Self-Esteem & Feelings of Inadequacy
- ▶ Obsessive Behaviors
- ▶ Peer Pressure
- ▶ Perfectionism
- ▶ Pornography/ Sexual Addictions
- ▶ Resentment & Forgiveness
- ▶ Self-Harm
- ▶ Sin Issues
- ▶ Tobacco
- ▶ Workaholic Tendencies
- ▶ ...or any hurt, hang-up, or habit

# HURTS, HABITS, HANG-UPS, AND SIN

You'll often hear people say Celebrate Recovery is for anyone with a Hurt, Habit or Hang-up. Many people also come to Celebrate Recovery to overcome sin issues in their life. As you start the process of healing, it can be helpful to identify what these terms mean:

**A HURT** is an emotional reaction to another person's behavior or to a situation such as abandonment, abuse, divorce, rejection, the unfaithfulness of a spouse, codependency or grief.

**A HABIT** is an addiction to someone or something that usually develops when those hurts are not healed. Several examples include: alcohol, drugs, food, pornography, cutting, stealing, gambling, shopping, workaholic tendencies and perfectionism.

**A HANG-UP** is a negative attitude used to cope with people or hardships. These might include anger, anxiety, depression, fear, shame, guilt, unforgiveness, feeling trapped or prejudices.

**A SIN** is any action or attitude that falls short of perfection. It's a word our culture tends to shy away from. We've come to believe the very use of the word evokes judgment from other people, but as we discover a more personal relationship with God, it's a word we want to address. The Bible tells us that "...everyone has sinned; we all fall short of God's glorious standard." (Romans 3:23, NLT) The Greek word (*hamartano*) that's translated as sin in this verse literally means "to miss the mark." An archer will never reach a level of skill where he can hit the exact center of a bullseye every time he shoots an arrow, but he continues to train so he can come as close to that standard as possible. That is how we should approach sin in our lives. We will never reach perfection, but we should desire steady progress in that direction. We do that by studying under (and surrendering to the mentorship of) the one archer that has reached perfection, Jesus the Messiah.

# THE MEETING NIGHT & HOW IT WORKS

Celebrate Recovery meets together every Thursday night in the Fellowship Hall, downstairs at Coquille Foursquare Church. Before the meeting begins, we meet at 6PM for fellowship. The official Celebrate Recovery meeting starts at 6:30PM and consists of two parts: Large Group and Open Share Groups.

## **LARGE GROUP:**

The first part of the night is the Large Group Meeting. This is where we all come together for a time of worship followed by a lesson or testimony. Our worship leader starts every meeting with worship because we celebrate a God who already has victory over our Hurts, Habits, and Hang-ups. After worship, we review the 12 Steps or 8 Principles (see Section 2). This is followed by the Large Group Lesson or a testimony.

## **OPEN SHARE GROUPS:**

After Large Group, we split up into smaller gender specific groups called Open Share Groups. This is your time to share your own experience based on the lesson or testimony shared in the Large Group meeting. Open Share Groups are where the healing really begins.



## **IMPORTANT ELEMENTS OF THE MEETING:**

### ***WORSHIP:***

We start every Celebrate Recovery meeting with worship because no matter where we are in the healing process, we serve a God who already has victory over our struggles. Many of us enter the meeting on Thursday night having had the wind knocked out of us by the world. Spending time in worship allows us to break away from the busyness of the day and prepare our hearts to hear from God. Singing corporately encourages others, reminds us of God's love for us, and praises Him for the work He is doing in our lives. We sing from a place of thankfulness.

### ***CELEBRATING VICTORIES:***

It's very intentional that the word Celebrate appears in the name of this ministry. Every week we take time to recognize the transformation God is bringing to people's lives. We do not celebrate perfection but progress, and we do that by handing out victory chips for different time-periods of success in your healing journey with Christ (30 days, 60 days, 1 year, etc.).

The most important chip is the blue chip because it signifies a desire to do things differently.

If you have an issue problem (e.g. drugs, alcohol, pornography, shopping, gambling) it might signify that you're ready to deal with the root of that behavior. If you're codependent it may mean you're ready to work on yourself, and stop letting your joy be determined by the behavior of others. If you struggle with self-esteem or peer pressure, it may mean you're ready to start seeing yourself through God's eyes instead of the world's. Accepting this first chip signifies your willingness to say, "I'm tired of trying to carry this burden on my own. I'm going to give it over to God and carry this reminder of His grace instead."



## **SECTION 2: THE PATH WE TAKE**





## THE SOLUTION

By working through the Eight Recovery Principles found in the Beatitudes with Jesus Christ as your Higher Power, you can and will change! You will begin to experience the true peace and serenity you have been seeking, and you will no longer have to rely on your dysfunctional, compulsive, and addictive behaviors as a temporary “fix” for your pain. By applying the biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another (which are found within the Eight Principles and the Christ-centered Twelve Steps), you will restore and develop stronger relationships with others and with God.

*I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.*

*So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.*

*Romans 7:15-25*

# THE ROAD TO RECOVERY: 8 PRINCIPLES

The 8 Principles are based on Jesus' blessings from the Sermon on the Mount (often called the Beatitudes) found in the book of Matthew. They are presented in the form of an acrostic with each principle represented by a letter in the word **RECOVERY**.

1. **R**ealize 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. Matthew 5:3*

2. **E**arnestly 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. Matthew 5:4*

3. **C**onsciously choose to commit all my life and will to Christ's care and control. (Step 3) *Happy are the meek. Matthew 5:5*

4. **O**penly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 and 5) *Happy are the pure in heart. Matthew 5:8*

5. **V**oluntarily 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. Matthew 5:6*

6. **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Steps 8 and 9) *Happy are the merciful. Happy are the peacemakers. Matthew 5:7, 9*

7. **R**eserve 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) *Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life. Psalm 139:23-24*

8. **Y**ield 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. Matthew 5:10*

*And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. Philippians 6:1 (NLT)*

# THE 12 STEPS & 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 in order to fulfill 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 a living sacrifice, holy and pleasing to God—this is your true and proper 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 just 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 or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:23-24*

**10. We continued to take personal inventory and when we were wrong, promptly admitted 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 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*

# THE 12 STEPS FOR OVERCOMING ABUSE & THEIR BIBLICAL COMPARISONS

The following steps are based on the same 12 Steps used by people overcoming all types of Hurts, Habits and Hang-ups in Celebrate Recovery, but have been tailored by national Celebrate Recovery leaders to meet the specific needs of those overcoming physical, emotional or sexual abuse.

**1. We admitted we were powerless over the past and as a result, our lives have 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 God could restore us to wholeness, and realized His power can always be trusted to bring healing and wholeness in our lives.**

*For it is God who works in you to will and to act in order to fulfill His good purpose. Philippians 2:13*

**3. We made a decision to turn our lives and our wills over to the care of God, realizing we have not always understood His unconditional love. We chose to believe He loves us, is worthy of trust, and will help us understand Him as we seek His truth.**

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Romans 12:1*

**4. We made a searching and fearless moral inventory of ourselves, realizing all wrongs can be forgiven, and renounced the lie that the abuse was our fault**

*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 the wrongs in our lives, including those acts perpetrated against us as well as those wrongs we committed against others.**

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

**6. By accepting God's cleansing we renounced our shame and were entirely ready to have God remove all these distortions and 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, including our guilt. We released our fear and submitted to Him.**

*If we confess our sins, He is faithful and just 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 seek God's help in forgiving our perpetrators, as well as forgiving ourselves. We realized we have also harmed others and became willing to make amends to them.**

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

**9. We extended forgiveness to ourselves and to those who have harmed us, realizing this is an attitude of the heart, not always confrontation. We made direct amends, asking forgiveness from those we have harmed, 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 or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then*

*come and offer your gift. Matthew 5:23-24*

**10. We continued to take personal inventory as new memories and issues surfaced. We continued to renounce our shame and guilt, but when we were wrong, we promptly admitted 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 and our understanding of His character, praying only for knowledge of His truth in our lives, 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 awakening as we accepted God's love and healing through these steps, we tried to carry this message of hope to others and to practice these principles in all our affairs, claiming God's promise of restoration and wholeness as new memories and issues are surfaced.**

*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*

## SMALL GROUP GUIDELINES

To create a safe environment, these guidelines and explanations are read and honored at every Celebrate Recovery Meeting.

1. Keep your sharing focused on your own thoughts and feelings, using “I” statements to talk about your own actions or thoughts. Limit your sharing to 3 to 5 minutes so everyone has a chance to contribute.

2. There is NO cross talk. Each person is free to express his or her feelings without interruption. Cross talk is anything that interrupts a person’s sharing such as conversation between others in the group, asking follow up questions, making comments or making “I can (or I can’t) relate to you” statements. Speak only in terms of your own recovery and experience.

3. We are here to support one another, not fix one another. Advice, book referrals, counselor referrals etc., should only be discussed outside of group time and if a person specifically asks.

4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. Violations may result in expulsion from CR. The only exception is when someone threatens to injure themselves or others or we are concerned for someone’s safety. Please remember this guideline when seeing other participants in public and in your social media posts.

5. Offensive language has no place in a Christ centered recovery program. This includes graphic language or descriptions as they can be painful triggers for others in your group.

## THE SERENITY PRAYER

If you have attended secular recovery programs, you have seen the first four lines of the “Prayer of Serenity.” The following is the complete prayer. We encourage you to pray it daily as you work through the principles!

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;  
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

# SECTION 3: COMMUNITY & GROWTH







## ACCOUNTABILITY PARTNERS & SPONSORS

Most of our hurts happened in relationships, and most of our healing will happen in relationships as well. Having a healthy team of people to support you is vital in overcoming any struggle. That's because God designed us to grow in community. That's why we recommend finding a sponsor and building a team of accountability partners as soon as possible. If you picture healing as a baseball game, accountability partners are your teammates while the sponsor is your coach.

**Accountability Partners** are people of the same gender going through the program with you. They are fellow travelers.

**A Sponsor** is someone to help guide you on your path. They need to be someone of the same gender who has already graduated a Step Study and has some experience in their own healing. While we do not assign sponsors or accountability partners, leaders are here to encourage and guide you through the process.

## STEP STUDY GROUPS

Real healing happens on Thursday nights, but for those who want to dig deeper into overcoming the struggles in their life, we strongly encourage you to join a Step Study. Step Studies are gender specific groups that meet on a day outside the regular Celebrate Recovery meeting. The same group of people meet weekly for 6–10 months and work through 4 participant guides that move you through the twelve steps of healing and recovery. These groups have a high level of accountability and transparency which leads to a life-changing experience. Those who graduate a step study are celebrated during a graduation ceremony at a regular Celebrate Recovery meeting.

## TIPS FOR GREATER SUCCESS

Showing up to Celebrate Recovery will have a positive impact on your life. Even if you simply sit and listen, God will speak to you through what others share. There are some people however, who want to dig in right from the beginning. Here are some suggestions to help get the most out of the meeting on Thursday nights.

### TIPS FOR GREATER SUCCESS IN LARGE GROUP:

Come early and come willing to worship. There are days we drag ourselves into CR having had the wind kicked out of us by the world. Be committed to come early and participate in worship. Being willing to connect to God (even when we don't feel like it) will prepare you for the change He wants to make in you that night.

During the lesson take notes. Use the back of your lesson insert to write down what moves you.

Even if you initially came to CR to support someone else, fight the temptation to think things like, "You know who needs this lesson?" Focus solely on how it speaks to your own spiritual walk.

Don't toss away the rote. Ask God to teach you something new through known material. We read the 8 Principles or 12 Steps every week, but don't become so accustomed to them that they lose their meaning. Our recovery and growth are progressive. When something like the Serenity Prayer starts feeling repetitive to you, say a short prayer before we begin like, "Lord, What do you want me to know or see here that I didn't before?"

Your growth doesn't happen on Thursday nights alone. Everything we do, every lesson we teach is supported by the Bible. Pick out a Scripture that comes up during the night, write it down in your notes,

and commit to reading that chapter of the Bible on your own. Feel free to read more if you'd like, but start spending time in the Word.

### **TIPS FOR GREATER SUCCESS IN OPEN SHARE GROUP:**

First and most importantly, go to the Open Share Group. Remember, there are two parts of the meeting and they're all designed to work together. If the Large Group is equivalent to a Sunday morning service, Open Share is like a Small Group. It's where you get personally engaged and your continued growth happens. Even if you're not ready to share yourself, that's okay. It's incredibly powerful to know you're not alone in your thinking or struggles as you hear others share.

Think through the questions at the bottom of your lesson insert before going into Open Share Group. How did the testimony or lesson affect you? How can you relate to it?

Be willing to be slightly more transparent than you want to be. This ministry is a safe place for healthy challenges and healthy risks. For some, just identifying why you're here might be a big step. For others it might be getting that secret off your chest for the first time. Either way, be willing to stretch yourself.

Finally, follow the guidelines. There are 5 guidelines read at the beginning of every Open Share Group. Some of them may seem uncomfortable or foreign if you're not used to them, but those guidelines are vital to keeping the group safe for everyone. It may be hard for newcomers who don't know all the guidelines or how they work, but don't worry about doing something wrong. We're here to walk you through the process with no judgment. That's why they're called guidelines and not rules.

# WAYS TO SERVE IN CR

In accordance with Recovery Principle 8 and Step 12, serving in Celebrate Recovery is a great way to yield yourself to God to be used to carry the Good News to others by your words and actions. We offer a variety of ways that you can serve our leaders and participants. If you are interested in any of the options below or would like to share your ideas, speak to one of our ministry leaders!

## **GREETING TABLE:**

As people arrive to CR, your job is to welcome them with a smile, provide them with the handout(s) for the night, and invite them to browse the table for resources that interest them.

## **COFFEE BAR:**

At CR, we like to have refreshments and snacks available. Your job is to start the coffee and set out the snacks. You will also be responsible for putting the snacks away, cleaning out the coffee pot, and wiping down the bar at the end of the night.

## **ENCOURAGER:**

At CR, we like to celebrate victories in each other's journeys. Your job is to maintain our calendar of important dates and celebrations and encourage our participants as they move forward through their journey by writing cards for sobriety anniversaries and victories.

## **WORSHIP:**

Worship is an important element in CR because we recognize Jesus Christ as our only higher power; only He can help us recover. Opportunities range from playing instruments, singing, or helping with worship slides.

## **MEETING OPENER:**

Our CR meetings are split into 2 parts: Large Group and Open Share Groups. Your job is to help lead some of the essential elements of the Large Group part of our meeting, including: reading the 8 Recovery Principles or the 12 Steps and Their Biblical Comparisons, handing out Recovery Chips, and praying the Serenity Prayer.

## **TESTIMONY SHARE:**

In the Large Group part of our meeting, we alternate between CR lessons and testimonies each week. While we have testimonies available to watch on DVD, we always welcome those who attend our meetings to write and share their testimonies as well. Testimony writing worksheets are available upon request.

## **OPEN SHARE GROUP LEADER:**

The Open Share Groups in our meetings are where deeper conversation happens. As a leader of one of these groups, your job is to open in prayer and to facilitate and participate in the conversation according to the Small Group Guidelines.

## **OPEN SHARE GROUP ASSISTANT:**

As an assistant to the Open Share Group leader, your job is to help maintain the Small Group Guidelines by doing tasks such as setting a timer for each person's share and helping to enforce the other Small Group Guidelines.



## SECTION 4: GOING DEEPER







## DO I HAVE ADDICTIVE BEHAVIOR?

If you relate to any of the below statements, you may be struggling with addiction or addictive behaviors:

*I've tried to stop drinking/using for a week or so but it only lasts for a couple of days.*

*I wish people would stop nagging me about my drinking/using and mind their own business!*

*I sometimes switch from one kind of drink/drug activity to another, hoping that it would keep me from losing control.*

*I find myself drinking/using to relax or relieve stress.*

*In the past year, I have encountered problems connected with my drinking, using, or acting out.*

*I often tell myself I can quit using, acting out, or drinking anytime I want, but find myself unable.*

*I have experienced "blackouts" after using or drinking.*

*I have missed work or school because of my drinking or using.*

*I have stolen or engaged in questionable behavior to enable me to continue using or drinking.*

*I often feel guilt after drinking, acting out, or using.*

*I often feel like my life would be better if I could stop acting out, using, or drinking.*

## DO I HAVE CO-DEPENDENT BEHAVIOR?

If you relate to any of the below statements, you may be struggling with co-dependency:

*My good feelings about myself stem from being loved and accepted by you.*

*My mental attention is focused on pleasing and/or protecting you.*

*My self-esteem is bolstered by solving and/or relieving your pain.*

*My interests and desires are put aside to share in yours.*

*I am not aware of how I feel. I am aware of how you feel.*

*My dreams for my future are linked to you and dependent on you.*

*My fear of rejection determines what I say and do.*

*I use giving as a way of feeling safe in my relationships.*

*I put my values and beliefs aside to connect with you.*

*I value your opinion more than I value my own.*

*The quality of my life is in direct relation to the quality of yours.*

# DEFINITIONS OF SOBRIETY AND VICTORY

Because Celebrate Recovery is based on the words of Christ and has a focus on building an experiential relationship with God, the Steps and Principles can be used to overcome any Hurt, Habit or Hang-up in your life. We use the Chip Ceremony to celebrate the victories of those growing in recovery. Sometimes, especially for those who are new, it can feel difficult to measure that success. To help you get started, we are providing some definitions for what sobriety or victory looks like in some of the most common areas of healing. These definitions are only a starting point and we encourage you to work with a sponsor or Celebrate Recovery leader to craft a definition that meets your individual needs (whether your struggle is listed here or is something else).

## **SOBRIETY FOR CODEPENDENCY**

The key to codependent sobriety is learning how to have healthy relationships and how to establish and enforce appropriate boundaries so we may accurately establish where we end and another person begins.

I can recognize codependent sobriety when I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.

While working toward codependent sobriety I'll make a faithful commitment to consistently work the program, which includes working or having worked through the CR Step Study Group, steady attendance at the Thursday night meetings, service and accountability to a sponsor and accountability partners. We advocate journaling, daily inventory, transparency and rigorous honesty.

## **SOBRIETY FOR SEXUAL ADDICTION**

For the unmarried Christian, sexual sobriety means having no form of sex with self or with anyone else.

For the married Christian, sexual sobriety means having no form of sex with self or with anyone other than his/her spouse. The married person may need to consider a season of abstinence from sex with his/her spouse, especially early in the recovery process.

And for everyone, sexual sobriety means seeking and achieving progressive inner sobriety.

## **SOBRIETY FOR CODEPENDENCY IN A RELATIONSHIP WITH A SEXUALLY ADDICTED PERSON**

- Maintaining a state of confidence resulting from a reliance and trust in God.
- Focusing on God and relying on Him to meet my needs.
- Letting go of control and trusting God for the outcome.
- Not taking responsibility for the addict's behavior or recovery.
- Allowing the sex addict to be responsible for his/her own actions and recovery — no rescuing.
- Being honest with myself about my need to be in recovery.
- Minding my own business—no checking up on or spying on the addict, trusting that God will reveal any necessary information.
- Committing to growth through prayer, educational reading, and accountability.

## **SOBRIETY FOR PHYSICAL/SEXUAL/EMOTIONAL ABUSE**

Our definition of sobriety is to discover our purpose, to build our self-esteem, and to repair any damage done. We will allow ourselves to feel our feelings, to accept them, and learn to express them appropriately.

We will not partake in any addictive or self-destructive behaviors.

We will not allow the pains of our past to keep us as victims, but grow from God's healing. In order to change, we as survivors of physical, sexual, and/or emotional abuse cannot use history as an excuse for continuing our destructive behaviors.

## **SOBRIETY FOR FOOD ISSUES**

Sobriety means I have not overeaten compulsively, binged/purged, starved myself, over-exercised, or engaged in any ritualistic eating pattern. Rather, I have released control of my food and way of eating to the control of God and sought to eat in a sane and healthy manner.

## **SOBRIETY FOR ANGER**

Sobriety means I have not lashed out at others or harbored ill will toward others, but have taken appropriate steps to forgive others and resolve conflicts. I have also not shut down emotionally, giving in to depression, which is anger turned inward.

Sobriety also means working or having worked through a CR Step Study Group, steady attendance at the Thursday night General Meetings, serving, and accountability to a sponsor and accountability partners.

## **SOBRIETY FOR CHEMICAL DEPENDENCY**

In order to attain sobriety from chemical addiction I need to abstain from alcohol and all drugs one day at a time and continue to apply the recovery steps and principles in my life.

## **SOBRIETY FOR FINANCIAL ISSUES**

Living by God's Financial Guidelines: Tithe 10% - Save 10% - Living on 80%

## **SOBRIETY FOR GAMBLING**

Sobriety for the compulsive gambler is defined as follows: Complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or skill.

## **DAILY ACTION PLAN FOR SERENITY**

1. Daily continue to take an inventory. When you are wrong, promptly admit it.
2. Daily study and pray, asking God to guide you and help you apply His teaching and will in your life.
3. Daily work and live the principles to the best of your ability, always looking for new opportunities to help and serve others, not just at your recovery meetings, but in all areas of your life.

## ADDITIONAL TOOLS

As we progress through Celebrate Recovery together, some of our lesson notes will guide us through exercises that align with the 8 principles and 12 steps. On occasion, extra worksheets will be provided in addition to the lesson notes. Extra copies of these exercises and worksheets can be provided upon request.

Here are the basic outlines of some of these exercises for you to use in your personal journaling time.

### **POWERLESS (Principle 1, Step 2):**

1. What are two things I will stop doing?
2. What are two things I will start admitting?

### **INVENTORY (Principle 4, Step 4):**

1. The Person: Who is the object of my resentment or fear?
2. The Cause: What specific action did that person take that hurt me?
3. The Effect: What effect did that action have on my life; both past and present?
4. The Damage: What damage did that action do to my basic social, security, and/or sexual instincts?
5. What part of the resentment am I responsible for?
6. Who are the people I have hurt? How have I hurt them?

### **AMMENDS LIST (Principle 6, Step 8):**

1. I owe amends to:
2. I need to forgive:

## **DAILY ACTION PLAN (Principle 7, Step 10):**

1. Continue to take a daily inventory in your journal.
2. Summarize the events of your day in your journal.
3. Read and memorize one of the Step 10 verses.
4. Work all the Steps and Principles to the best of your ability.

## **GRATITUDE LIST (Principle 7, Step 11):**

1. I'm thankful to God:
2. I'm thankful for God placing others in my life:
3. I'm thankful for my recovery program:
4. I'm thankful for my church:

*My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge. With the mighty deeds of the Lord God I will come; I will remind them of your righteousness, yours alone. O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come.*

*Psalms 71: 15-18*



## **HOW TO WRITE YOUR TESTIMONY WORKSHEET (Principle 8, Step 12):**

### 1. "The Old Me"

- "I'm a believer who's in recovery and struggles with \_\_\_\_\_."
- What was the insanity of my life before recovery?
- What are some of the circumstances that others can relate to?
- What was my relationship with God like?
- What was my attitude to others like?
- What was my lowest point?

### 2. My Experiences and Changes in Working Through Celebrate Recovery

- How I got into recovery:
- How has my growing relationship with Jesus Christ influenced my recovery?
- How did working the program help me?
- Did one particular Step touch my heart in a special way?

### 3. "The New Me"

- What changes has God made in my relationships with others?
- What are of my old life are gone and how have they changed?
- How has my walk with God changed?
- What are some of the great benefits that I have received from working the program?

### 4. Outreach

- What encouragement can I give a Newcomer?
- Am I sharing the Good News with the world? Where? With Whom?





# *COQUILLE FOURSQUARE CHURCH*

1546 N. HEMLOCK ST., COQUILLE, OR, 97423

541-396-5548 // PCFOURSQUARE.ORG



@COQUILLEFOURSQUARE

