

WELCOME TO

CELEBRATE RECOVERY

OVERCOMING LIFE'S HURTS, HABITS, & HANG-UPS



WEDNESDAYS 6:30-8PM
PENINSULA GRACE CHURCH
ROOM 8, WORSHIP CENTER (UPSTAIRS)

WHAT IS CELEBRATE RECOVERY?

Celebrate Recovery is a ministry designed to help hurting people. It is made up of regular folks like you and me, who are on a journey toward wholeness; seeking recovery from and celebrating God's healing of life's hurts, habits and hang-ups. Trained leaders provide safe, confidential, Christ-centered groups where people can grow. They offer their stories as fellow travelers on the journey to healing.

At Celebrate Recovery we believe that change is possible by the power of Jesus through this Biblical program.

IS CELEBRATE RECOVERY FOR YOU?

Celebrate Recovery is for anyone with the courage to be honest about life's hurts, habits and hang-ups and is willing to open their life to healing and change.

We believe in walking through the pain of this life together as we follow Christ, not telling people how or where they should walk. We are all still recovering from hurt and pain, our current or past addictions are no longer hidden but are now front and center, and you will probably easily identify the hang-ups in each of us. However, you will also identify the most authentic, transparent, genuine, and compassionate people anywhere. Thankfully, our identity is not found in our weaknesses or struggles, but is found in our Lord and Savior Jesus Christ.

Celebrate Recovery is a recovery ministry based on biblical principles with a goal to let God work through us in providing His healing power. This allows people to be "changed" spiritually by working through sound biblical principles. Participants open the door by sharing their experiences, strengths, and hopes with one another. In addition, they become willing to accept God's grace and forgiveness in solving life's problems. Celebrate Recovery provides a safe place for individuals to begin their journey of breaking out of bondage and into God's grace by helping them to start dealing with their life's hurts, hang-ups, and habits.

WHAT IS A HURT, HABIT OR HANG-UP?

A hurt, habit or hang-up is something in you or your life that hinders your walk with God and others.

The feeling of being **HURT** is an emotional reaction to another person's behavior or to a disturbing situation.

(Abuse, abandonment, codependency, divorce, relationship issues, etc.)

A **HABIT** is an addiction to someone 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, unforgiveness, etc.)

THESE LIFE PROBLEMS
CAN BE
STUMBLING BLOCKS
OR
STEPPING STONES.

**HEALING IS POSSIBLE BY APPLYING THE PRINCIPLES OF
CELEBRATE RECOVERY TO YOUR LIFE.**

WHAT A TYPICAL MEETING LOOKS LIKE AT PENINSULA GRACE

Change is hard, and sometimes the hardest part is taking the first step. Congratulations on your first step toward recovery! Just by reading this booklet, you have taken a step towards positive change in your life.

No one is perfect, and that includes everyone in attendance at Celebrate Recovery— leaders, speakers, musicians, and attendees. We all have things we need to work on and obtain freedom from. No one will try to fix you or tell you how you should be living your life. We will accept you as you are and encourage you as you travel the road to recovery on your own terms.

6:30-7:15 PM

We begin our meetings as one large group with worship and reading of the 12 steps and 8 principles. Then, we will either listen to a personal testimony or a lesson about one of the 12 steps. Don't worry if the step we are learning about isn't the one you are on— you will get there eventually. We are all at different points in our recovery. Typically, our large-group lessons progress through the 12 steps, then start over at step one.

7:15-8:00 PM

After our large-group time, we will split into smaller groups. For now, we have a men's group and a women's group. As our attendance grows, we may split these groups into smaller ones so that everyone gets a chance to share what is on their hearts.

During this time, we will recognize anyone who has received a new chip for recovery. You may choose to receive a chip and not share with the group, but we strongly suggest you share your commitment and success with the group. Not only is it freeing to share your journey, but it encourages others.

Sharing topics in the small groups tend to focus on the current lesson we are on in our large-group teaching time. If you aren't on that particular step, don't stress about it! You will still be able to answer the questions and participate in discussion.

Sometimes the small group leaders will guide the group in an open-share, which simply means that attendees have a chance to share whatever is on their hearts. Rest assured that whatever you share will stay within the group. We are here to encourage, not judge or condemn.

CHIPS

The Bible patriarchs created small markers from stone to serve as reminders of God’s intervention in their lives. In recovery we use chips to commemorate milestones as well. Each chip marks a set of time and progress in the program. They are something tangible that can be a source of encouragement and/or motivation. This chip dialog reminds us we are not just “doing time” in recovery, but we are making progress in the journey!



The first chip is the most important. It is Blue. The blue color signifies that the ‘sky’s the limit’ for all who wish to join us. There are four ways a person can receive a blue chip. (1) If you’ve identified a new area in your life, a character defect, that you would like to surrender to Christ. (2) If you have relapsed and are now getting back on the path to Celebrate Recovery. (3) If you have 29 days or less of clean time good time and or (4) If your are at Celebrate Recovery for the very first time.

For each month after receiving your blue chip, there is an additional chip you may receive. Keep them close to your heart as a reminder of the progress that you have made.

PARTICIPANT GUIDES

As you commit to Celebrate Recovery and begin to work the 12 steps, you will likely want a participant guide. These participant guides contain questions and information that will help you down your road to recovery. (They are also where many of the small group discussion questions are found) There are 4 participant guides, which contain 3 steps each.

At Peninsula Grace, we have made these available for anyone who would like one. Although we do not charge money for them, donations to help cover their cost are greatly appreciated.

If you are new to Celebrate Recovery and not sure if you are ready to commit to the program, we have photocopies available for your use.

MAKING CONNECTIONS

As you attend Celebrate Recovery, we hope you will make connections with others. As you work through the first couple of steps, you may want to begin thinking about who you could ask to be your Sponsor or Accountability Partner. This process is explained in your participant guide in detail.

In addition, some attendees form step-study groups that meet outside of regular Celebrate Recovery meetings. A step-study group is typically 3-4 individuals who are working on the same steps and want to share their journey in a more intimate setting.

EIGHT PRINCIPLES // THE ROAD TO RECOVERY

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." **Matthew 5:3**

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." **Matthew 5:4**

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

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." **Matthew 5:8**

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" **Matthew 5:6**

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, 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**

Reserve a daily 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." **Matthew 5:10**

THE TWELVE STEPS OF RECOVERY

STEP 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 NIV

STEP 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 NIV

STEP 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 NIV

STEP 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 NIV

STEP 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 5:16a NIV

STEP 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 NIV

STEP 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 NIV

STEP 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 NIV

STEP 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 NIV

STEP 10

We continue 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

STEP 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 3:16a NIV

STEP 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 NIV

CELEBRATE RECOVERY AT PENINSULA GRACE:

⇒ Summer months

Join us for coffee and cookies at 6:15pm

Childcare available

⇒ From Sept. 6th through April

Join us for a free meal at 5:45pm. (Donations welcome)

Children's programs available for all ages



PENINSULA GRACE CHURCH

44175 Kalifornsky Beach Road

Soldotna, AK 99669

907.262.6442

www.peninsulagrace.org

To find out more about Celebrate Recovery, check out their website at www.celebraterecovery.com