

To explore whether or not Celebrate Recovery may hold some advantage for your life simply ask yourself whether you or someone you are in a close relationship with may:

- Do too much
- Owe too much
- Work too much
- Exercise too much
- Spend too much
- Lust too much or too often
- Sleep too much
- Fantasize too much/often
- Grieve too long
- Gamble too much
- Use illicit drugs too often
- Feel used too often
- Act compulsively too often
- Become sad too often
- Lose control too often
- Become jealous too often
- Get manipulated too often
- Be too early too often
- Feel guilty too often
- Feel hopeless
- Feel trapped too often
- Feel unloved too often
- Feel like a failure too often

- Eat too much Worry too much
- Give to others too much
- Drink too much
- Care too much
- Smoke too much
- Rush too much
- Obsess too much
- Diet too much/often
- Seek excitement too often
- Yell or scream too often
- Get angry too often
- Act sexually inappropriately
- Be greedy too often
- Feel overwhelmed
- Feel envious too often

**Celebrate Recovery is a Christ centered 12 step program
for those who are ready to embark on a journey
of real and lasting change**

Do you have a Hurt, Hang-up or Habit?

- Do you believe, or want to believe in God, yet can't seem to?
- Do you want to trust God with your whole life, yet live in fear?
- If you are honest, do you know you are not happy?
- Is serenity only an ideal; seldom experienced?
- Do you find your personal life is troubled?
- Are your relationships clouded by conflict and confusion?
- Do you find people in your life can't understand you?
- Do others not love you as you feel you should be loved?
- Do you have resentments, anger, fear or loneliness?
- Do you have persistent feelings of low self worth, shame, guilt?
- Do you have recurring pain about relationships and living in general?
- Have you tried to change your behaviours without success?
- Have you tried to change the behaviours of people around you?
- Have you even called God in on the struggle to change those close to you or yourself without apparent result?
- Do those whom you try to "help" not cooperate?
- Do you feel angry or hurt, asking, "Why do they resent me"?
- Do you think, "They should just do what I say"?
- Do you tell others, "I am only trying to help them"?
- Have you realized that you can't even fix your own pain?
- Do your prayers for God's help not relieve the pain?
- Have you not told anyone of your secret pain?
- Does life not respond to your manipulations?

- Are you realizing you don't have the needed power?
- Are you lacking spiritual resources to overcome the pain?
- Do you have a difficulty and want to change?

THE DNA OF AN AUTHENTIC CELEBRATE RECOVERY MINISTRY

1. Jesus Christ is the one and only Higher Power. The program is a Christ-centered ministry.

2. The Bible* and Celebrate Recovery curriculum consisting of the Leader's Guide, four Participant's Guides, and the Celebrate Recovery Journal are to be used exclusively. The Large Group lessons are taught from the Leader's Guide, keeping at least the acrostic and the Scriptures as the key points in the lessons. This is to keep consistency within groups, allowing teachers to be creative with the introduction and conclusion of each lesson.

Life's Healing Choices is part of the approved curriculum. You will find this book may be used in many creative ways in your Large Group, Newcomers group, and Step Study groups. To find the 5 ways you can use Life's Healing Choices in your Celebrate Recovery ministry locate the reference at www.celebraterecovery.com

Celebration Place & The Landing are the approved Celebrate Recovery curriculum for kids and youth. They are the only Children's and Youth curriculum that ties directly with the Celebrate Recovery curriculum for adults.

* Use of the Celebrate Recovery Bible is strongly encouraged due to the fact that it is the only Bible that directly corresponds to the Celebrate Recovery curriculum. The Celebrate Recovery Bible has been designed to work with the resources developed and tested in the national and international ministry of Celebrate Recovery. The Celebrate Recovery Bible on Kindle, iBooks and Nook are also approved curriculum.

3. The ministry is "group based." All groups are gender specific and use the Small Group Guidelines and format.

4. There are NO online Celebrate Recovery groups – face-to-face group meetings ONLY.

5. The Celebrate Recovery "Five Small Group Guidelines" are implemented and followed every time.

6. We expect each group to be accountable to Christ, the local church, and the model of Celebrate Recovery established at Saddleback Church.

A church or organization may decide to use the Celebrate Recovery® curriculum and mix it with other materials, or other programs, which is certainly up to their discretion. HOWEVER, they are prohibited from using the Celebrate Recovery® name.

Items produced for commercial sale using the Celebrate Recovery® name are strictly prohibited.

Eight Recovery Principles based on the Beatitudes

1. 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.

“Happy are those who know they are spiritually poor.” Matthew 5:3

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

“Happy are those who mourn, for they shall be comforted.” Matthew 5:4

3. Consciously choose to commit all my life and will to Christ’s care and control.

“Happy are the meek.” Matthew 5:5

4. Openly examine and confess my faults to God, to myself and to someone I trust.

“Happy are the pure in heart.” Matthew 5:8

5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

“Happy are those whose greatest desire is to do what God requires.” Matthew 5:6

6. Evaluate 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.

“Happy are the merciful” Matthew 5:7 “Happy are the peacemakers” Matthew 5:9

7. 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.

8. Yield myself to God to be used to bring this good news to others, both by my example and my words.

“Happy are those who are persecuted because they do what God requires.” Matthew 5:10

The Twelve Steps And Their Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behaviours. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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. 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 tried 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 him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)*

– All scripture quoted from the New International Version.

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