

Celebrate Recovery

CAN:

- Provide you a safe place to share your experiences, strengths, and hopes with others that are also going through a Christ-centered recovery.
- Provide you with a leader who has gone through a similar hurt, hang-up or habit and who will facilitate the group as it focuses on a particular Step each week. The leader will also follow Celebrate Recovery's "Small Group Guidelines," listed below.
- Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- Encourage you to attend other recovery meetings held throughout the week.

Will NOT:

- Attempt to offer any professional advice. Our leaders are not counselors. At your request, we can provide you with a list of approved counseling referrals.
- Allow its members to attempt to "fix" one another.

WHO is Celebrate Recovery For?

EVERYONE who struggles with Life's Hurts, Habits, or Hang Ups. SOME of these might include (but are not limited to): Anger, Financial Recovery, Gambling, Eating Disorders, Codependency, Emotional/Sexual Abuse, Sexual Addictions, Dysfunctional Families, Depression/Anxiety, Food Addiction, Love and Relationship Addiction, Chemical Dependency, etc.

Open Share Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3–5 minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

REMEMBER

Remember, Who you see here,
What you hear here, When you
leave here....let it stay here!!

Celebrate Recovery Wednesdays @ 7 pm Church of the Good Shepherd

1500 Quentin Road, Lebanon, PA 17042
Office: (717) 272-7741

Doors open at 6:30

**7pm Gathering/General Meeting
Held in the Sanctuary**

Includes Praise and Worship, Teaching/Testimony

8pm Open Share Groups

Gender and Need Specific

Men's Chemical Addictions

Men's Codependency/Mixed Issues

Men's "Welcome Home" Veterans Group

Women's Chemical Addictions

Women's Codependency/Mixed Issues

9pm Fellowship/Connecting

* Childcare available – Nursery Rm 202

* Offering is for childcare and refreshments

For more information:

Email: celebraterecovery@umcogs.org

Web: <http://www.umcogs.org>

Facebook:

Celebrate Recovery at Church of the Good Shepherd Lebanon, PA

**Welcome to an amazing
spiritual adventure!**

MY Team Phone Numbers

We encourage you to connect!

Sponsor:

Accountability Partners:

CELEBRATE RECOVERY!

A Christ Centered
Recovery Program

At Church of the Good Shepherd!

Every Wednesday
7 PM TO 9 PM

Come as you are!



What is Celebrate Recovery?

A Christ-Centered Program that gives people the resources and relationships to help recover from life's hurts, habits, and hang-ups. Gaining power in our lives through the Eight Recovery Principles found in the Beatitudes and Christ-Centered Twelve Steps. This experience allows us to "be changed". We open the door by sharing our experiences, victories and hopes with one another as well as learning to accept God's grace in our lives. By working the Christ-Centered steps and applying their Biblical principles, we begin to grow spiritually. We 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. As we progress through the program we discover our personal, loving and forgiving Higher Power Jesus Christ, the one and only true Higher Power.

8 Principles

Based on the Beatitudes
By Pastor Rick Warren

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 myself, to God, 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. Happy are the peacemakers. Matthew 5:7 & 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 by my words.
Happy are those who are persecuted because they do what God requires! Matthew 5:10

The 12 Steps & Their Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behavior. That our lives had become unmanageable.
I know 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 life and our will 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. Humbly ask 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 is 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 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 the 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