

Eight Principles of Celebrate Recovery

- Based on the Beatitudes (by Pastor Rick Warren)

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. Happy are those who know they are spiritually poor.
2. **E**arnestly 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.
3. **C**onsciously choose to commit all my life and will to Christ's care and control. Happy are the meek.
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust. Happy are the pure in heart.
5. **V**oluntarily 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.
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. Happy are the merciful. Happy are the peacemakers.
7. **R**eserve 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. **Y**ield 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.

Open Share Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five 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 feeling 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.

Celebrate Recovery Is Celebrate Recovery for You?

Experience Freedom from your
Hurts, Hang-ups or Habits



www.celebraterecovery.ca



Do any of the following apply to you?

Check the appropriate boxes:

- | | |
|---|---|
| <input type="checkbox"/> Do too much | <input type="checkbox"/> Get frustrated too easily |
| <input type="checkbox"/> On your phone too much | <input type="checkbox"/> Drink too much |
| <input type="checkbox"/> Work too much | <input type="checkbox"/> Smoke too much |
| <input type="checkbox"/> Exercise too much | <input type="checkbox"/> Rush too much |
| <input type="checkbox"/> Spend too much | <input type="checkbox"/> Obsess too much |
| <input type="checkbox"/> Lust too much or too often | <input type="checkbox"/> Procrastinate too much |
| <input type="checkbox"/> Sleep too much | <input type="checkbox"/> Diet too much/often |
| <input type="checkbox"/> Gamble too much | <input type="checkbox"/> Seek excitement too often |
| <input type="checkbox"/> Use illicit drugs | <input type="checkbox"/> Yell or scream too often |
| <input type="checkbox"/> Feel used too often | <input type="checkbox"/> Get angry too often |
| <input type="checkbox"/> Act compulsively too often | <input type="checkbox"/> Act sexually inappropriately |
| <input type="checkbox"/> Become sad too often | <input type="checkbox"/> Feel overwhelmed |
| <input type="checkbox"/> Lose control too often | <input type="checkbox"/> Feel envious too often |
| <input type="checkbox"/> Become jealous too often | <input type="checkbox"/> Be anxious or afraid |
| <input type="checkbox"/> Feel guilty too often | <input type="checkbox"/> Be late too often |
| <input type="checkbox"/> Feel hopeless | <input type="checkbox"/> Feel resentful too often |
| <input type="checkbox"/> Feel trapped | <input type="checkbox"/> Feel lonely too often |
| <input type="checkbox"/> Feel unloved | <input type="checkbox"/> Feel unlovable |
| <input type="checkbox"/> Feel like a failure | <input type="checkbox"/> Feel worthless |
| <input type="checkbox"/> Eat too much | <input type="checkbox"/> Feel unattractive |
| <input type="checkbox"/> Worry too much | <input type="checkbox"/> Feel unforgivable |
| <input type="checkbox"/> Give to others too much | <input type="checkbox"/> Play video games too much |

Do you want to change?

Do you have a hurt, Hang-up, or habit?

Answer the following questions:

- 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?
- Is serenity only an ideal; seldom experienced?
- Does life feel overwhelming?
- Are your relationships clouded by conflict and confusion?
- 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 life in general?
- Have you tried to change your behaviours without success?
- Have you tried to change the behaviours of people around you?
- Do those you try to "help" not cooperate?
- Do you feel angry or hurt, asking, "Why do they resent me"?
- Do your prayers for God's help feel unanswered?
- Have you kept your secret pain secret?
- 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?

If you answered yes to any of these questions, explore how Celebrate Recovery may help you experience freedom.