

An Introduction to Celebrate Recovery®: A Christ-Centered Pathway to Recovery



Celebrate Recovery is a Christ-centered recovery ministry that encourages fellowship and celebrates Christ's healing power in the lives of people as they work their way along the road to recovery. Lives are changed as experiences, strengths, and hopes are shared with one another. In addition, individuals become willing to accept God's grace and forgiveness in solving life's problems. Anonymity and confidentiality are essential components to this recovery program that emphasizes a community atmosphere while providing a safe, nonjudgmental, accepting, and supportive environment.

Many anonymous programs utilize a nondescript Higher Power to provide help for a single issue, such as alcoholism, drug addiction, gambling, overeating, etc. Celebrate Recovery focuses on Jesus Christ, as He is revealed in the Bible, as the sole Higher Power to deal with the whole person, and every kind of issue that keeps people from being who God created them to be. One may have an alcohol and drug addiction as well as struggle with behavioral addictions, difficulty in overcoming a history of physical or sexual abuse, or anger and co-dependency issues.

By working through the 12-Steps and their Biblical comparisons along with the 8 Principles based upon the Beatitudes from Matthew Chapter 5 (see reverse), participants grow spiritually, and are freed from their hurts, hang-ups, and addictive habits. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with others and the personal, loving and forgiving Higher Power, Jesus Christ.

Celebrate Recovery groups typically meet once per week. The group starts with a free community meal that lasts approximately 30 minutes. Next, a large group time of approximately one hour includes praise and worship music, teaching of a short lesson on one of the steps or a short testimony of recovery from one of the members. The group then splits into gender and issue specific small groups (i.e., men's addiction, women's addiction) to discuss the lesson/testimony, share experience, strength, and hope, while checking in on the state of their recovery. Groups typically finish the evening with a time of fellowship over dessert. Most groups offer childcare for ages 12 and below.

In short, Celebrate Recovery is a Christ-centered recovery program using a 12-Step approach where God heals people with hurts, hang-ups, and habits. Celebrate Recovery has grown to over 35,000 groups around the country. There are several Celebrate Recovery groups in central Alabama. You may contact John Pearse (303-243-4308, john@myjourneychurch.com), a central Alabama state representative, for any questions about Celebrate Recovery, or for help locating a group. He leads the River Region Celebrate Recovery in Prattville, AL. This group meets on Monday nights at 6:15pm at Journey Church, 435 Sheila Blvd in Prattville. Other metro Montgomery CR groups include Grace Point Church on Tuesday nights in Wetumpka, Santuck Baptist Church on Thursday nights in Wetumpka, Mulder Church on Friday nights in Wetumpka and Christ Church Anglican on Friday nights in Montgomery.

Another resource is the Celebrate Recovery homepage at <https://www.celebraterecovery.com/>. This website has additional information and a group locator function (scan QR code to the right).



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Celebrate Recovery 12 Steps and 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 NIV
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
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
4. We made a searching and fearless honest inventory of ourselves.
"Let us examine our ways and test them and let us return to the Lord." Lamentations 3:40 NIV
5. We admitted to God, to ourselves, and to another human being the exact nature of our hurts, hang-ups and habits.
"Therefore, confess your sins to each other and pray for each other so that you may be healed." James 5:16a NIV
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
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 NIV
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
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
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 NIV
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
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

The Road To Recovery: Celebrate Recovery Eight 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. (Step 1) "Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3 NIV
2. Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2) "Blessed are those who mourn, for they will be comforted." Matthew 5:4 NIV
3. Consciously choose to commit all my life and will to Christ's care and control. (Step 3) "Blessed are the meek, for they will inherit the earth." Matthew 5:5 NIV
4. Openly examine and confess my hurts, hang-ups and habits to myself, to God, and to someone I trust. (Steps 4 and 5) "Blessed are the pure in heart, for they will see God." Matthew 5:8 NIV
5. 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) "Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6 NIV
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) "Blessed are the merciful, for they will be shown mercy." Matthew 5:7 NIV
"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9 NIV
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. (Steps 10 and 11)
8. Yield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12) "Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven." Matthew 5:10 NIV