

Introducing Celebrate Recovery
– a pack for UK churches



Celebrate
Recovery
UK

PRESENTATION 1: 15-MINUTE SCRIPT

INTRODUCING CELEBRATE RECOVERY

>>> POWERPOINT SLIDE 1

WHAT IS CELEBRATE RECOVERY?

Here's a comment from Rick Warren of Saddleback Church in California, where Celebrate Recovery originated.

>>> SLIDE 2

"The Bible clearly states "all have sinned." It is my nature to sin, and it is yours too. None of us is untainted. Because of sin, we've all hurt ourselves, we've all hurt other people, and others have hurt us. This means each of us need repentance and recovery in order to live our lives the way God intended."

Life is hard! We all face hurt, disappointment, loss, and failure at some point in our lives. Sometimes we choose to 'cope' with life's hurts and stress in unhelpful, damaging, ways:

>>> SLIDE 3

- We remain stuck in hurt, and become resentful or bitter.

>>> SLIDE 4

- We develop hang-ups such as anger or anxiety, regret, fear of rejection or feel constantly worthless.

>>> SLIDE 5

- Or we may escape pain and pressure through addictive habits of different kinds.

God doesn't want us to live with addiction, compulsive behaviour, or destructive, negative thinking. Yet many in our churches and communities are struggling with big issues. As churches, we can feel helpless in our efforts to offer comfort and support to hurting and broken people.

What churches need is a safe place for people to find love, care and support without condemnation; somewhere that gives clear biblical teaching to help people take steps out of their hurts, hang-ups and habits in their own time and at their own pace.

Celebrate Recovery is that safe place!

It's a Christ-centred, 12 step recovery programme for anyone struggling with hurt, pain or addiction of any kind, a safe place to find community and freedom from the issues that control our lives.

››› SLIDE 6

Let's find out a little more about the programme.

››› VIDEO 1: Whiteboard Introduction to Celebrate Recovery

››› SLIDE 7

Perhaps the questions asked most about Celebrate Recovery are:

1. What does Celebrate Recovery teach?
2. How does it help people?
3. What happens at meetings?

Let's take a look at what Celebrate Recovery teaches.

THE CURRICULUM

The Celebrate Recovery curriculum is built on eight biblical principles - running in parallel to the 12 Steps for recovery - which are in your handout and will appear on the PowerPoint. The Principles are based on the Beatitudes from Jesus' 'Sermon on the Mount' recorded in Matthew chapter 5.

››› SLIDE 8

Principles 1 to 3 help us face up to the fact that, in our own strength, we are unable to overcome our hurt, hang-up or habit and that we need another power to help us. That power is Jesus Christ. When we accept His love and power we become ready to commit all of our life and will into His care and control.

››› SLIDE 9

In Principle 4, with support, we examine all the significant events in our lives and consider how they affected us and confess this to God and to someone we trust.

››› SLIDE 10

Principle 5 helps us identify our character defects and weaknesses and we work with God to have our defects removed and wrong thinking and behaviour changed where necessary.

In Principle 6 we make amends and offer forgiveness.

Having dealt with the clutter of the past in these first six principles, the final two principles help us to consolidate our new way of living and grow in our relationship with Jesus.

››› SLIDE 11

Principle 7 encourages daily time with God and Principle 8 encourages service.

The Celebrate Recovery curriculum is simple.

››› SLIDE 12

It contains 1 Leader's Guide and 4 Participant's Guides. The Leader's Guide contains

- › The 25 recovery lessons which expand upon the Principles and are read at recovery meetings on alternate weeks throughout the year
- › Several written testimonies of people whose lives have changed through applying the principles
- › Other useful information for setting up the programme

The 4 Participant's Guides, (though not used in the main General Meeting Night - but rather in Step Study meetings at a different time in the week once a Celebrate Recovery group has become established -) give a brief summary of each lesson and provide questions for participants to answer. The Participant's Guides will also help your leaders work through the programme themselves to further their own recovery and to familiarise themselves with the Celebrate Recovery journey as you prepare to launch.

››› SLIDE 13

HOW IS CELEBRATE RECOVERY HELPING?

People with any hurt, hang-up or habit can find support at Celebrate Recovery. This programme isn't only for people with addictions or seemingly big problems. We all have times of hurt and stress and Celebrate Recovery is open to anyone who needs support at any time for as long as they want it.

››› SLIDE 14

On the PowerPoint you'll see some of the issues people seek to overcome at Celebrate Recovery. The list is not exhaustive but gives an idea of the breadth of issues this ministry addresses.

Celebrate Recovery helps people from within our own church families.

As a 12 Step programme, it acts as an outreach programme too, providing a bridge into church for people in our communities to find care in their deepest needs.

Support comes in many ways at Celebrate Recovery.

››› SLIDE 15

- › Primarily, it comes from God. The programme is Jesus-centred.
- › As people choose to apply the Principles to their lives they take steps out of their struggles.
- › The regular weekly meetings keep people focused on God and recovery through worship, lessons and testimonies.
- › Meeting with others who admit to their own brokenness helps people feel less isolated and hearing people further along the road to recovery gives hope and encouragement.
- › Participants find support from others who are also on the road to recovery and a key support figure is their Sponsor who guides them through the programme.

WHAT DOES A WEEKLY MEETING LOOK LIKE?

>>> SLIDE 16

There are three key parts to a Celebrate Recovery General Meeting Night:

1. Large Group Time
2. Open Share Groups
3. Fellowship Time

The format and structure of Celebrate Recovery are designed to create safety. If people don't feel safe, they won't return.

Some groups offer a meal before Celebrate Recovery starts but this is optional.

The **Large Group Time** includes

- > A time of worship
- > The reading of Celebrate Recovery's 8 Principles or the 12 Steps
- > Celebrate Recovery lessons on alternate weeks to testimonies
- > Closing with the Prayer for Serenity

The gender-specific **Open Share Groups** which follow the Large Group Meeting provide opportunity for people to reflect on their progress and on how they will apply the recovery principles to their own journey. Five small group guidelines keep the sharing time safe and easy to facilitate.

Fellowship Time enables people to relax and get to know others who may become part of their support team.

(See separate presentation for more information about "Weekly General Meeting Nights")

>>> SLIDE 17

And finally, here's a short video of several participants sharing how Celebrate Recovery has helped them to change.

>>> VIDEO 2: Celebrate Recovery Cardboard Testimonies

>>> SLIDE 18