

Introducing Celebrate Recovery
– a pack for UK churches



Celebrate
Recovery
UK

PRESENTATION 1: 30-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.

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"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:

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

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

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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.

Do we believe there are people in our church family who are struggling? Some church leaders don't think there are and this adds to the struggle people face because they sense that it's not ok to not be ok.

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Here's Catherine. She struggled as a Christian in her church setting and she's going to tell us what it felt like.

»»» VIDEO 3: Catherine –when you struggle

There are many people in our churches, like Catherine, struggling to move forward from their hurts, hang-ups and habits. Running a Celebrate Recovery ministry gives people permission to admit they're struggling and seek help.

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Hebrews 12:1-2 says,

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Often people may indeed want to throw off the things that hinder them and the sin that so easily entangles them but they don't know *how* to be free of the hurts, hang-ups and habits that spoil their life and their relationship with Jesus Christ.

By running Celebrate Recovery, your church will provide a safe, confidential setting for people to untangle the problem they're in and find freedom. Celebrate Recovery is the 'how' to "throw off" those struggles that so many people are looking for.

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

»»» VIDEO 1: Whiteboard Introduction to Celebrate Recovery

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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

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Rick Warren says,

"What we need is a biblical and balanced programme to help people overcome their hurts, hang-ups and habits. Celebrate Recovery is that programme. Based on the actual words of Jesus rather than psychological theory, our recovery programme is unique, and more effective in helping people change than anything else I've seen or heard of. Over the years I've witnessed how the Holy Spirit has used this programme to transform literally thousands of lives at Saddleback Church and help people grow toward fully Christ-like maturity."

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 11

Principle 1 looks at the effect denial has had on our lives and helps us admit that we are powerless, in our own strength, to overcome our hurts, hang-ups and habits. This admission is vital for us to become ready to look for the power to help us in...

Principle 2 where we come to believe that our hope for change comes from God and the belief that through Jesus Christ, our One true Higher Power, we find the power to change.

>>> SLIDE 12

In **Principle 3** we choose to commit our lives to Jesus - choosing to follow His direction for living well instead of our old ways which didn't work.

The subsequent Principles help us to deal with our reality, our hurts, hang-ups and habits, in a biblical way.

Principle 4 gives us tools for facing up to (with support) all the significant events in our lives that have impacted us. We consider how we responded to these events and confess it all to God and to someone we trust.

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

In **Principle 6** we are led through a process of making amends and offering forgiveness. Having dealt with the clutter of the past in these first six principles, the final two principles are important for consolidating our new way of living and growing in it.

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Principle 7 encourages daily time with God to keep on top of our healthier responses to life and grow in our relationship with Jesus.

Principle 8 encourages service - giving back to God by serving the church.

The Celebrate Recovery curriculum is simple.

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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.

There are other resources available (see separate handout, "Further Help") but the Leader's Guide and the 4 Participant's Guides are all you need to get started.

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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.

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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.

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Support comes in many ways at Celebrate Recovery.

- › 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.

- > Participants find support from others who are also on the road to recovery:
 1. Their **Open Share Group Leaders** are weekly support figures
 2. Listening to **other participants** share in the group about their recovery choices is also supportive
 3. Each person is encouraged to find a **sponsor** before they embark on the fourth principle – that's someone who has already worked the programme who can be a point of contact in a crisis or potential relapse, and guide them through the principles.
 4. **Accountability partnerships** are formed amongst participants as they get to know each other and give people a team to reach out to for mutual support.

>>> SLIDE 19

The best way to understand how the Celebrate Recovery process works is to hear from the people who have benefitted. Here, 5 participants explain how the Celebrate Recovery Principles led them on a journey to recovery.

>>> VIDEO 4: Our Journey through Eight Biblical Principles

>>> SLIDE 20

That third question was...

WHAT DO WEEKLY MEETINGS LOOK LIKE?

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 21

Celebrate Recovery is invaluable for many individuals but the programme is also blessing whole church families. Mark Mumford shares why he wanted Celebrate Recovery at his church and how it has blessed his church family.

>>> VIDEO 5: Mark – a pastor's perspective

>>> SLIDE 22

WHAT NEXT?

Rick Warren says,

"The size of your church is no barrier to beginning a Celebrate Recovery ministry. You can start it with just a small group of people and watch it grow by word-of-mouth. You won't be able to keep it a secret for long! You are going to see lives changed in dramatic ways. You are going to see hopeless marriages restored and people set free from all kinds of sinful habits, hang-ups and hurts as they allow Jesus to be Lord in every area of their lives. To God be the glory!"

If you see the benefit of running Celebrate Recovery at your church, what's next? How do you set about getting it up and running at your church?

1. See the next presentation on "**Setting Up Celebrate Recovery at Your Church**"
2. Make contact with one of the Celebrate Recovery UK Regional Representatives. (You can find their contact details on the 'Meet the Celebrate Recovery Team' page of the website, celebraterecovery.co.uk.)
3. Keep connected with Celebrate Recovery in the UK
 - a) Sign up on our website to receive quarterly newsletters via email. There's no cost, and we won't pass on your email addresses to other organisations.
 - b) Attend conferences and networking events. (Information on the website)
 - c) Follow us on social media: [Facebook.com/CelebrateRecoveryUK](https://www.facebook.com/CelebrateRecoveryUK) and Instagram [@celebraterecoveryuk](https://www.instagram.com/celebraterecoveryuk)

All these links are included in the handout, "Further Help".

>>> SLIDE 23

If you have more than 30 minutes, you may like to show these short testimony videos:

>>> VIDEO 6: Jag's testimony

>>> VIDEO 7: Terry's testimony