

Introducing Celebrate Recovery  
– a pack for UK churches



Celebrate  
Recovery  
UK

## PRESENTATION 1: HANDOUT

# INTRODUCING CELEBRATE RECOVERY

## WHAT IS CELEBRATE RECOVERY?

*“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.”*

Rick Warren  
Saddleback Church, California

We all face hurt, disappointment, loss, and failure at some point in our lives. Sometimes we choose to ‘cope’ in unhelpful, damaging ways and end up stuck in hurts, hang-ups and habits.

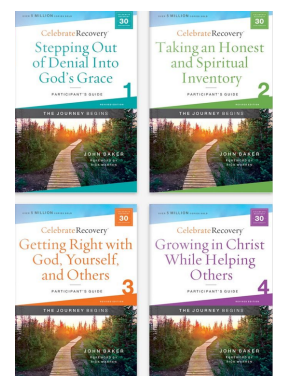
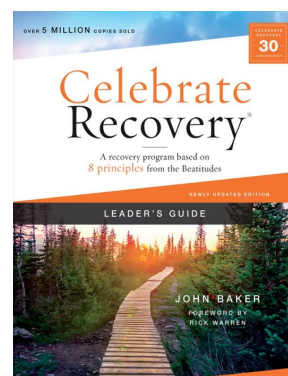
Celebrate Recovery is a Christ-centred, 12 step recovery programme for anyone struggling with hurt, pain or addiction of any kind, a safe place to find community and freedom from the issues that are controlling our lives.

## THE CURRICULUM

The Celebrate Recovery curriculum is built on eight biblical principles for recovery. The Principles are based on the Beatitudes from Jesus’ ‘Sermon on the Mount’ recorded in Matthew chapter 5.

The Celebrate Recovery curriculum is simple. It contains:

- 1 Leader’s Guide
- 4 Participant’s Guides



# CELEBRATE RECOVERY'S EIGHT PRINCIPLES

based on Matthew chapter 5:3-10

- #1 **R**ealise 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]  
*Happy are those who know they are spiritually poor. (Matthew 5:3)*
- #2 **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. [Step 2]  
*Happy are those who mourn, for they shall be comforted. (Matthew 5:4)*
- #3 **C**onsciously choose to commit all my life and will to Christ's care and control. [Step 3]  
*Happy are the meek. (Matthew 5:5)*
- #4 **O**penly examine and confess my faults to God, to myself, and to someone I trust. [Steps 4 & 5]  
*Happy are the pure in heart. (Matthew 5:8)*
- #5 **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. [Steps 6 & 7]  
*Happy are those whose greatest desire is to do what God requires. (Matthew 5:6)*
- #6 **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for the harm I've done to others except when to do so would harm them or others. [Steps 8 & 9]  
*Happy are the merciful. (Matthew 5:7)*  
*Happy are the peacemakers. (Matthew 5:9)*
- #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. [Steps 10 & 11]
- #8 **Y**ield myself to God to be used to bring this Good News to others both by my example and by my words. [Step 12]  
*Happy are those who are persecuted because they do what God requires. (Matthew 5:10)*

# HOW IS CELEBRATE RECOVERY HELPING?

People with any hurt, hang-up or habit can find support at Celebrate Recovery.

Celebrate Recovery helps people from within our own church families. As a 12 Step programme it also acts as a bridge into church for people in our communities to find care in their deepest needs.

People find support

- From God; the programme is Jesus-centred.
- By applying Celebrate Recovery's 8 Principles to their lives
- By attending the regular weekly meetings which keep them focused on God and recovery
- Because they feel less isolated as they meet others who admit to their own brokenness
- From others who are also on the road to recovery:
  - > Their Open Share Group Leaders
  - > Other participants who share about their recovery choices
  - > A sponsor – 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
  - > Accountability teams – people to reach out to for mutual support

## WEEKLY MEETINGS

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

**Large Group Time** which includes worship, the reading of Celebrate Recovery's 8 Principles or the 12 Steps with Bible verses, a Celebrate Recovery lesson or testimony, the Prayer for Serenity

**Open Share Groups** are always gender-specific. Five small group guidelines keep the sharing time safe.

**Fellowship Time**