

Introducing Celebrate Recovery
– a pack for UK churches



Celebrate
Recovery
UK

PRESENTATION 3: HANDOUT

WEEKLY GENERAL MEETING NIGHTS

THE DNA

1. Jesus Christ is the one and only Higher Power. The programme is a Christ-centred ministry.
2. The Bible and Celebrate Recovery curriculum are to be used exclusively. The Large Group lessons are taught from the Leader's Guide, keeping at least the acrostic and the Scriptures as the key points in the lessons. This is to keep consistency within groups, allowing teachers to be creative with the introduction and conclusion of each lesson.
3. The ministry is "group based." All groups are gender-specific and "The Five Small Group Guidelines" are implemented and followed every time.
4. Celebrate Recovery is designed to be done in face-to-face meetings. That is the most effective form for building healthy ongoing connections and long-term growth and recovery. As such, there will be no Celebrate Recovery programmes that are online only. Instead, online groups must be connected to a local in-person Celebrate Recovery.
5. We expect each group to be accountable to Christ, the local church, and the model of Celebrate Recovery established at Saddleback Church.
6. Celebrate Recovery is a ministry of the local church. Therefore, Celebrate Recovery will not attempt to dictate any doctrine or policy to a local church. A local Celebrate Recovery ministry should follow the policies of their local church and continue to be grateful for their continued support.

DNA taken from celebraterecovery.com July 2022

GENERAL MEETING NIGHTS

are in three parts:

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

1. LARGE GROUP TIME

Large Group meetings must contain all the key elements: opening in prayer, worship, reading Celebrate Recovery's 8 Principles or the 12 Steps with Biblical Comparisons, a Celebrate Recovery lesson or testimony, and closing with the Serenity Prayer.
Saddleback's Large Group elements:

Opening Worship Song

Welcome and Opening Prayer

Worship Songs

Reading of Celebrate Recovery's 8 Principles or the 12 Steps and their Biblical Comparisons (see pages 3 and 4 of handout)

Celebrate Recovery Announcements Special Music and Offering (optional)

Lesson or Testimony

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

*Living one day at a time, enjoying one moment at a time; accepting hardships as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next.
Amen.*

Closing Song and Dismissal to Small Groups

2. OPEN SHARE GROUPS

Celebrate Recovery sharing groups are always men-only or women-only groups. The Participant's Guides are NOT used in the Open Share Groups.

Welcome and Open In Prayer

Introductions

e.g. "I'm Bob and I'm a believer in Jesus Christ who struggles with anxiety and alcohol."

Read the "Five Small Group Guidelines"

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' 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-centred recovery group.

Leader's Focus

Focus Question and Open Sharing

Start with 'Focussed Sharing' and then transition to "Open Sharing". Ensure you leave plenty of time for everyone to share in "Open Sharing".

Wrap Up

Closing Prayer

Invitation to Fellowship Time

3. FELLOWSHIP TIME

Opportunity for participants to wind down after sharing and get to know others who could become part of their support team.

CELEBRATE RECOVERY'S EIGHT PRINCIPLES

- #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.
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.
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.
Happy are the meek. (Matthew 5:5)
- #4 **O**penly examine and confess my faults to God, to myself, and to someone I trust.
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.
*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.
*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.
- #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.
(Matthew 5:10)*

12 STEPS AND THEIR BIBLICAL COMPARISONS

1. We admitted we were powerless over our addictions and compulsive behaviours, 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*

2. We came to believe that a power greater than ourselves could restore us to sanity.

*For it is God who is at work in you to will and to act according to his good purpose.
Philippians 2:13*

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*

4. We made a searching and fearless moral inventory of ourselves.

*Let us examine our ways and test them, and let us return to the Lord.
Lamentations 3:40*

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*Therefore confess your sins to each other,
and pray for each other, so that you may be healed.
James 5:16*

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*

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*

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*

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 offering there in front of the altar. First go and be
reconciled to your brother; and then come and offer your gift.
Matthew 5:23-24*

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*

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 3:16*

12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others and practise these principles in all our affairs.

*Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch
yourself, or you also may be tempted.
Galatians 6:1*