

# The Purpose

Some recovery programs only deal with alcohol or drugs, but Celebrate Recovery is a program under which a limitless number of issues can be dealt with. The program is based on God's Word, the Bible. When Jesus taught the Sermon on the Mount, he began by stating eight ways to be happy. Today we call them Beatitudes. You will come to realize that these eight principles are God's road to recovery, wholeness, growth, and spiritual maturity. Fellowship and accountability are also important components, as we need each other and won't get well by ourselves.

As we progress through the program we discover our personal, loving and forgiving Higher Power—Jesus Christ.

# The Road to Recovery

Recovery Principles, based on the Beatitudes, by Pastor Rick Warren

**R**ealize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. *"Happy are those who know they are spiritually poor."* Matthew 5:3

**E**arnestly believe that God exists, that I matter to Him, and that He is the power to help me recover. *"Happy are those who mourn, for they shall be comforted."* Matthew 5:4

**C**onsciously choose to commit all my life and will to Christ's care and control. *"Happy are the meek."* Matthew 5:5

**O**penly examine and confess my faults to myself, to God, and to someone I trust. *"Happy are the pure in heart."* Matthew 5:8

**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."* Matt. 5:6

**E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for 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

**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 gain the power to follow His will.

**Y**ield myself to God to be used to bring this God 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

**NO HURT IS BEYOND HEALING...**  
**NO HABIT IS BEYOND HELP...**  
**No Hang-up is Beyond Hope!**

**Join us Sundays at 5:00 at  
CORNERSTONE  
Church of Augusta  
1156 Tinkling Spring Road  
Staunton, VA 24401  
Www.cornerstoneaugusta.org  
540-324-0705**

# Celebrate Recovery

*"My grace is enough for you..."*

**-2 Corinthians 12:9-10**



**A Christ-Centered  
Recovery Program!**

## WHAT IS A HURT?

The feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation (abuse, abandonment, codependency, divorce, relationship issues, grief, distress, etc.).

## WHAT IS A HABIT?

A habit is an addiction to someone or something (alcohol, drugs, food, gambling, sex, shopping, etc.).

## WHAT IS A HANGUP?

Hang-ups are negative mental attitudes that are used to cope with people or an adversity (anger, depression, fear, or unforgiveness).

### *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  
hardship 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**

## WHAT IS CELEBRATE RECOVERY?

Across the years, a curriculum was developed to help participants work through the process of recovery and provide tools for guidance.

These resources are the

Celebrate Recovery Participants Guides 1-4

Celebrate Recovery Bible

Celebrate Recovery Journal

The First Step To Celebrate Recovery

Life's Healing Choices (along with the Study Guide and Journal).

Celebrate Recovery 365-day Devotional

There are three dimensions that are emphasized.

1. A Large group time- where men and women gather together for worship, and a teaching time of the 12 steps and eight principles broken up into 25 lessons and rotated with testimonies of people's stories of life change with Christ and the program.

2. Gender and issue specific open share groups using the Guidelines of Celebrate Recovery. This is where people start to get honest about their struggles which opens the door for healing. The guidelines are designed to keep Celebrate Recovery a safe place.

3. A step study-(which is like an intensive discipleship class) is held on a different day of the week where participants explore the four guides and work through the principles. This is a nine to 12-month commitment depending on group size, and is still gender specific, but can have mixed issues.

There is always time before and after which may involve a meal and/or coffee time, which gives the participants an opportunity to form healthy relationships and to build strong accountability teams/ partners/ sponsors, which is such a vital part of recovery. Emphasis is on community, and that recovery is not meant to be done alone!



# Celebrate Recovery

## THE TWELVE STEPS

1. We admit we were powerless over our addictions and compulsive behaviors, and that our lives had become unmanageable. *Romans 7:8*
2. We came to believe that a power greater than ourselves could restore us to sanity. *Philippians 2:13*
3. We made a decision to turn our wills and our lives over to the care of God. *Romans 12:1*
4. We made a searching and fearless moral inventory of ourselves. *Lamentations 3:40*
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *James 5:16*
6. We were entirely ready to have God remove all these defects of character. *James 4:10*
7. We humbly asked Him to remove all our shortcomings. *1 John 1:9*
8. We made a list of all persons we have harmed and became willing to make amends to the all. *Luke 6:31*
9. We made direct amends to such people whenever possible, except when doing so would hurt them or others. *Matthew 5:23-24*
10. We continued to take personal inventory and when we were wrong, promptly admitted it. *1 Cor. 10:12*
11. We sought through prayer and meditation to improve our conscious effort with God, praying only for knowledge of His will for us and power to carry it out. *Col. 3:16*
12. Having had a spiritual experience as the result of these steps we tried to carry this message to others and to practice these principles in all our affairs. *Galatians 6:1*