



# CELEBRATE RECOVERY

FREEDOM FROM LIFE'S HURTS, HABITS, AND HANG-UPS

# Agenda

What is Celebrate Recovery

Christ Centered 12 step program

History

3 Parts

Large Group

Open Share Groups

Step Study


12 Steps

Why CR?

Serenity Prayer



Celebrate Recovery®



Celebrate Recovery is a place where we can find freedom from the hurts, habits, and hang-ups controlling our lives through the power and grace of Jesus Christ.



# Celebrate Recovery

## Find Freedom - Find Community



# History of CR



Pastors John Baker and Rick Warren of Saddleback Church



# 3 “Doors” to CR

Large Group

Worship

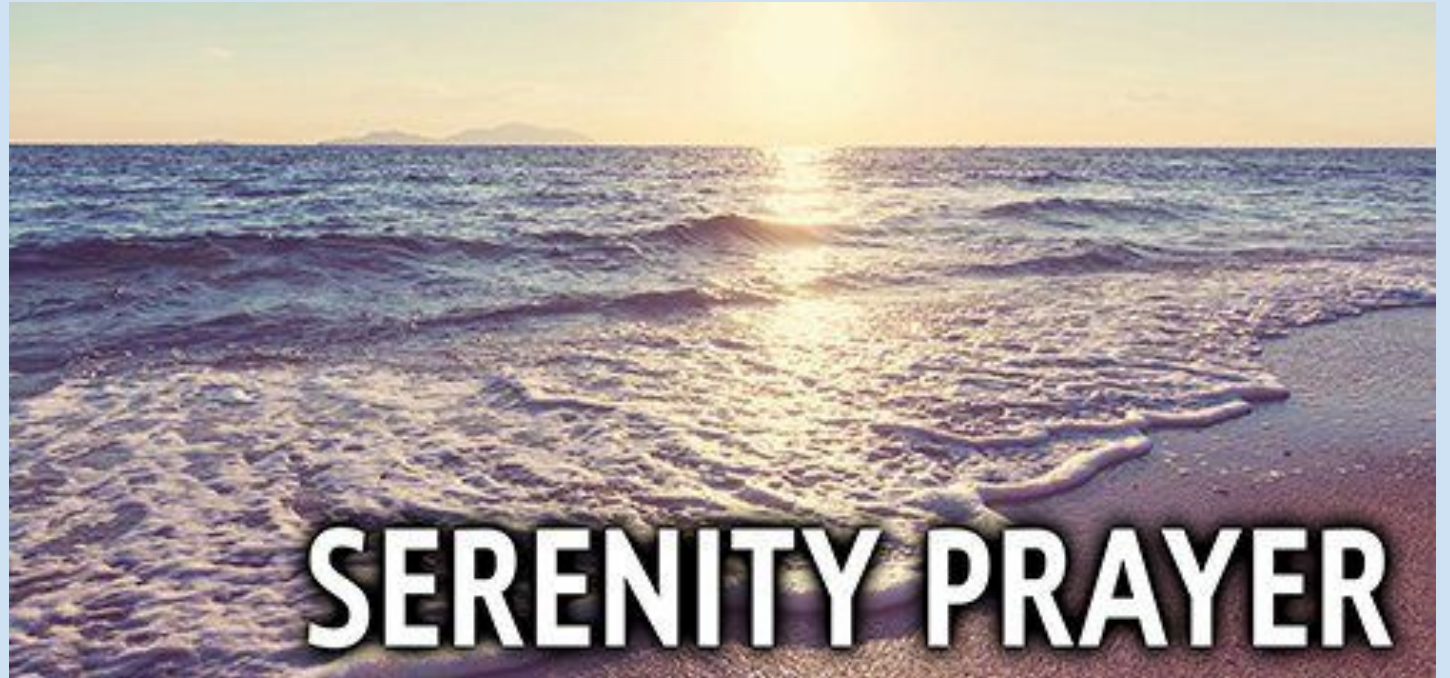
Chips

12 Steps and 8 Principles

Lesson or Testimony

Serenity Prayer

Dinner

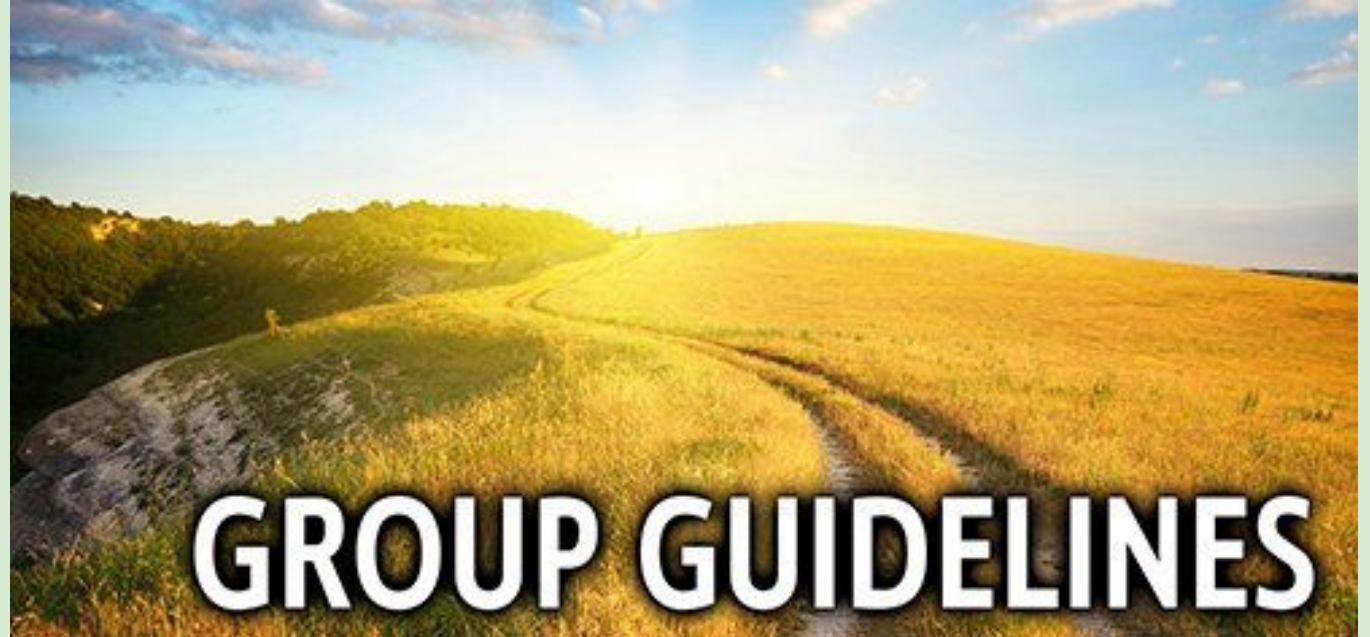


# 3 “Doors” to CR

## Open Share Groups

After Large Group  
“small group”  
Guidelines:

1. Limit Sharing and focus on your own recovery
2. Avoid cross-talk
3. Support each other and avoid “fixing” each other
4. Honor anonymity and confidentiality
5. Avoid offensive language





# 3 “Doors” to CR

## Step Study

Dig deeper into  
the 12 steps

Ongoing small group for 9-12 months





The Road to Recovery  
**8 Principles**  
Based on the Beatitudes

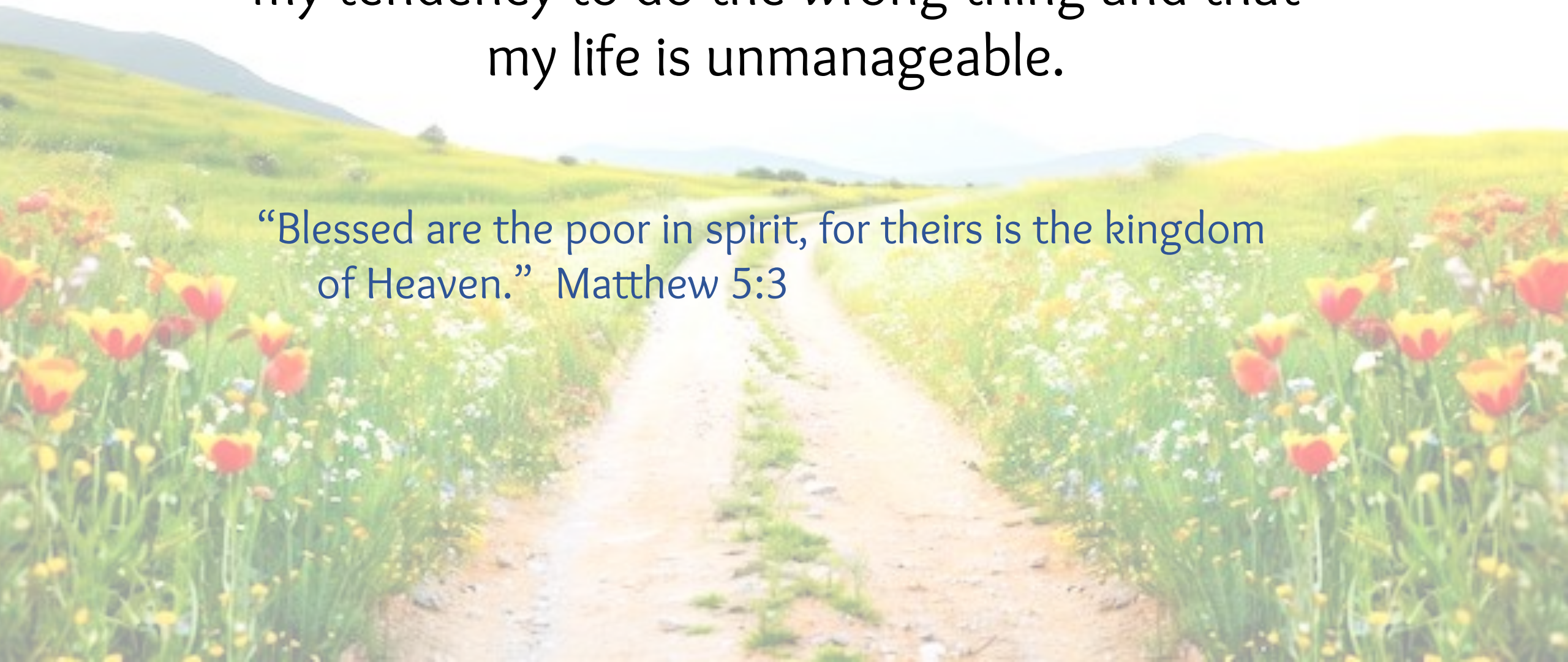




## Principle 1

Realize 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.

“Blessed are the poor in spirit, for theirs is the kingdom of Heaven.” Matthew 5:3

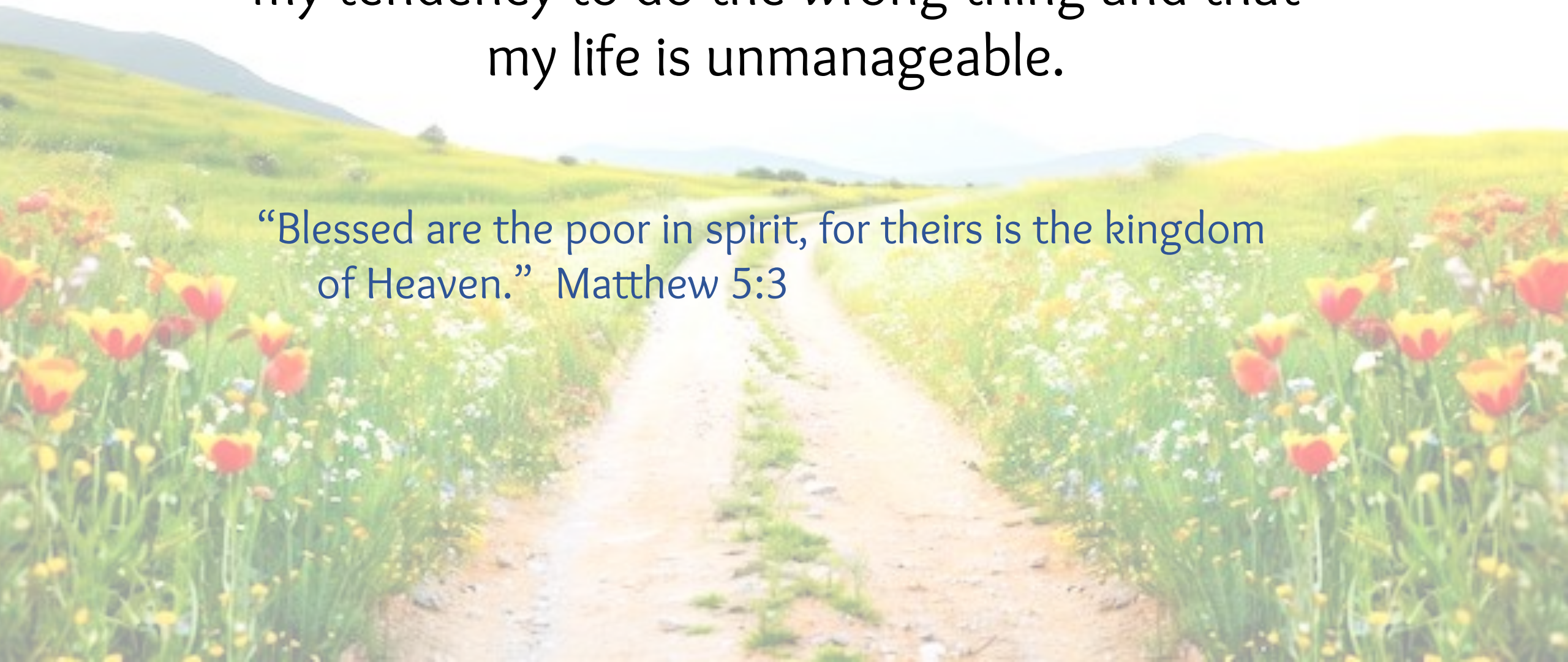




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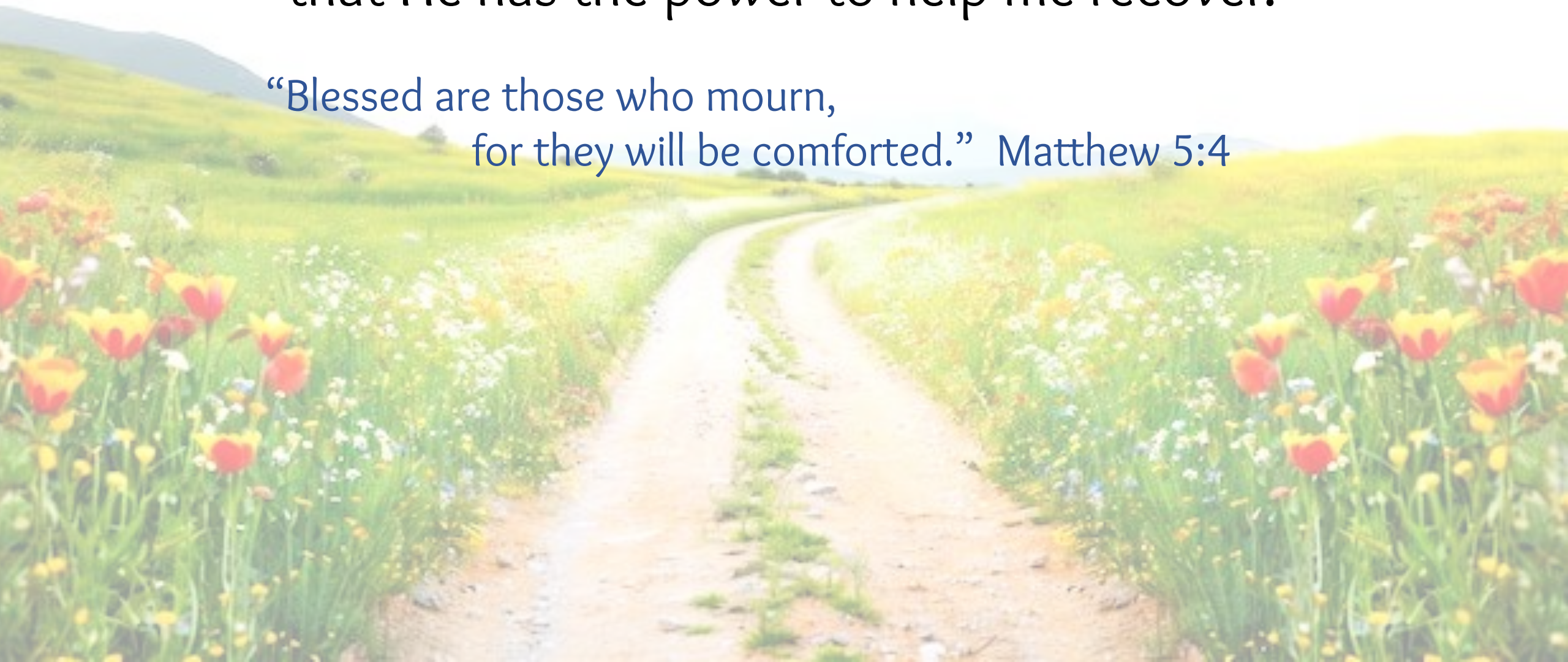




## Principle 2

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

“Blessed are those who mourn,  
for they will be comforted.” Matthew 5:4





## Principle 3

Consciously choose to commit all my life and will to  
Christ's care and control.

“Blessed are the meek, for they will inherit the earth.”  
Matthew 5:5



## Principle 4

Openly examine and confess my hurts, hangups, and habits to myself, to God, and to someone I trust.

“Blessed are the pure in heart, for they will see God.”  
Matthew 5:8





## Principle 5

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” Matthew 5:6





## Principle 6

Evaluate all my relationships.

Offer forgiveness to those who have hurt me  
and make amends for harms I've done to others when  
possible, except when to do so would harm them or others.

“Blessed are the merciful, for they will  
be shown mercy.

Blessed are the peacemakers for they  
will be called children of God.”

Matthew 5: 7 and 9



## Principle 7

Reserve a daily time with God for self-examination, Bible reading, and prayer to know God and His will for my life, and to gain the power to follow His Will.

## Principle 8

Yield myself to God to be used to bring this Good News to others, both by my example and my words.

“Blessed are those  
who are persecuted because of  
righteousness, for theirs is the kingdom  
of Heaven.” Matthew 5:10

# The Twelve Steps

## Of Celebrate Recovery



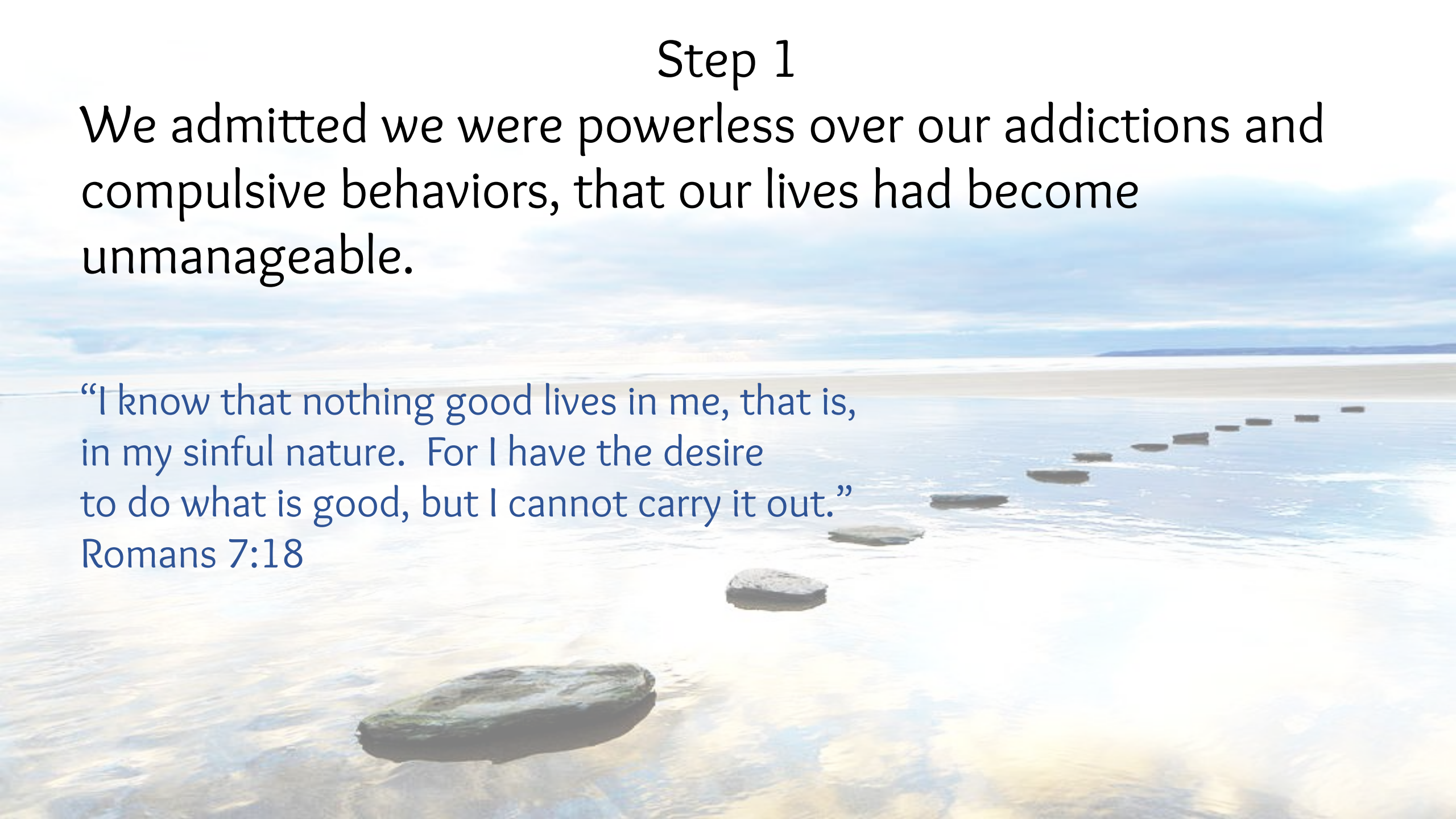


## Step 1

We admitted we were powerless over our addictions and compulsive behaviors, 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.”

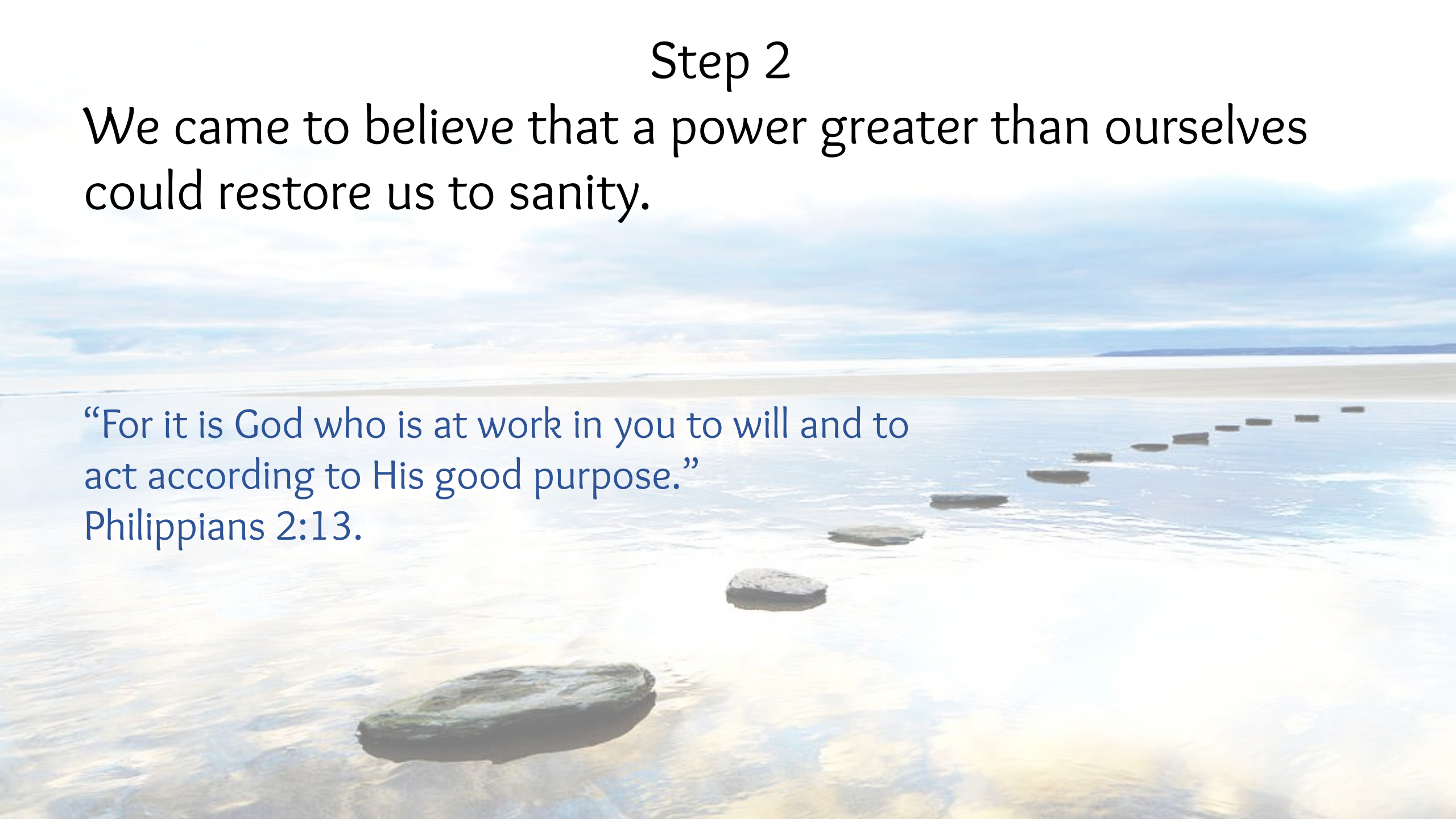
Romans 7:18



## Step 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.



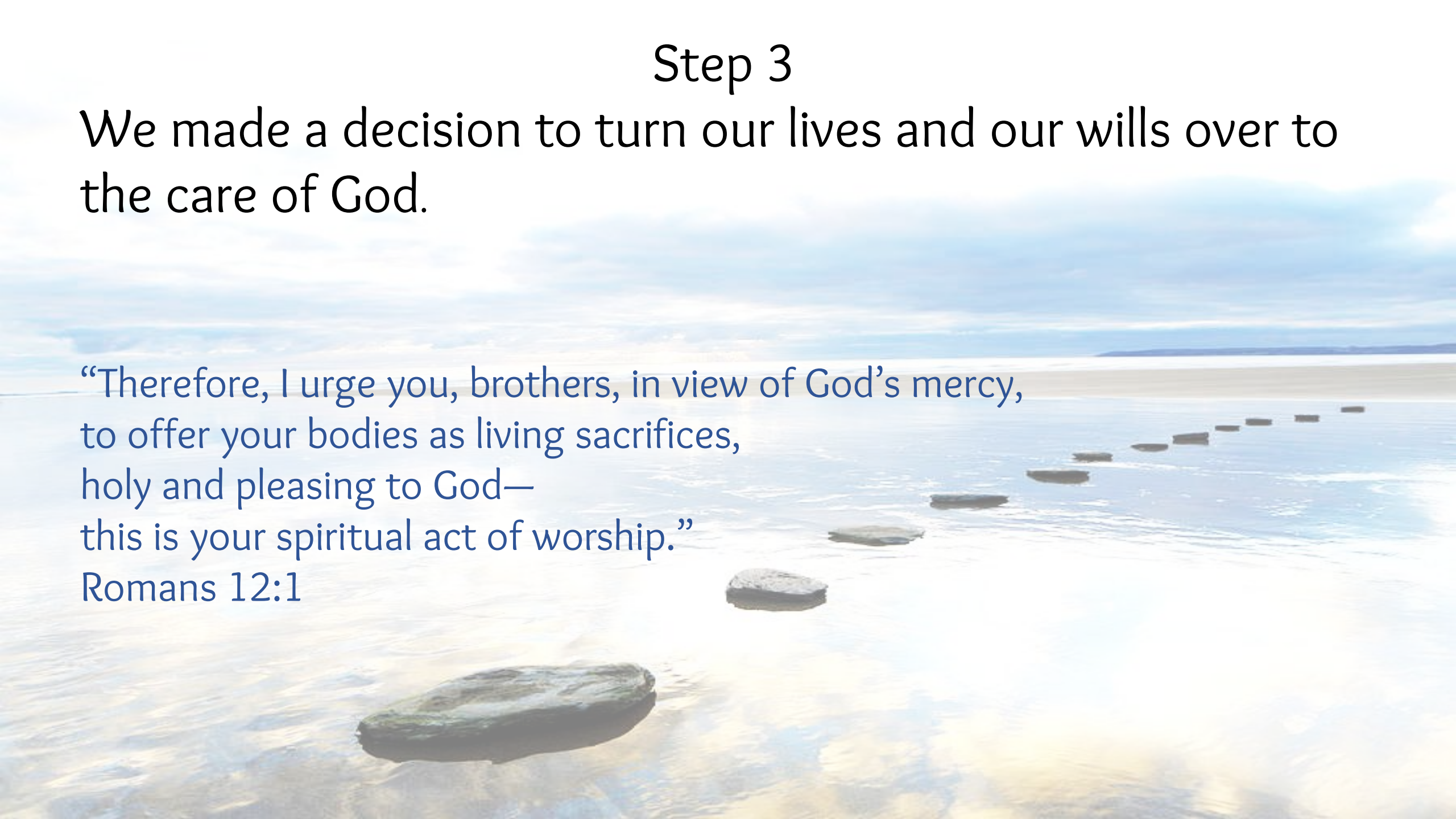


## Step 3

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.”

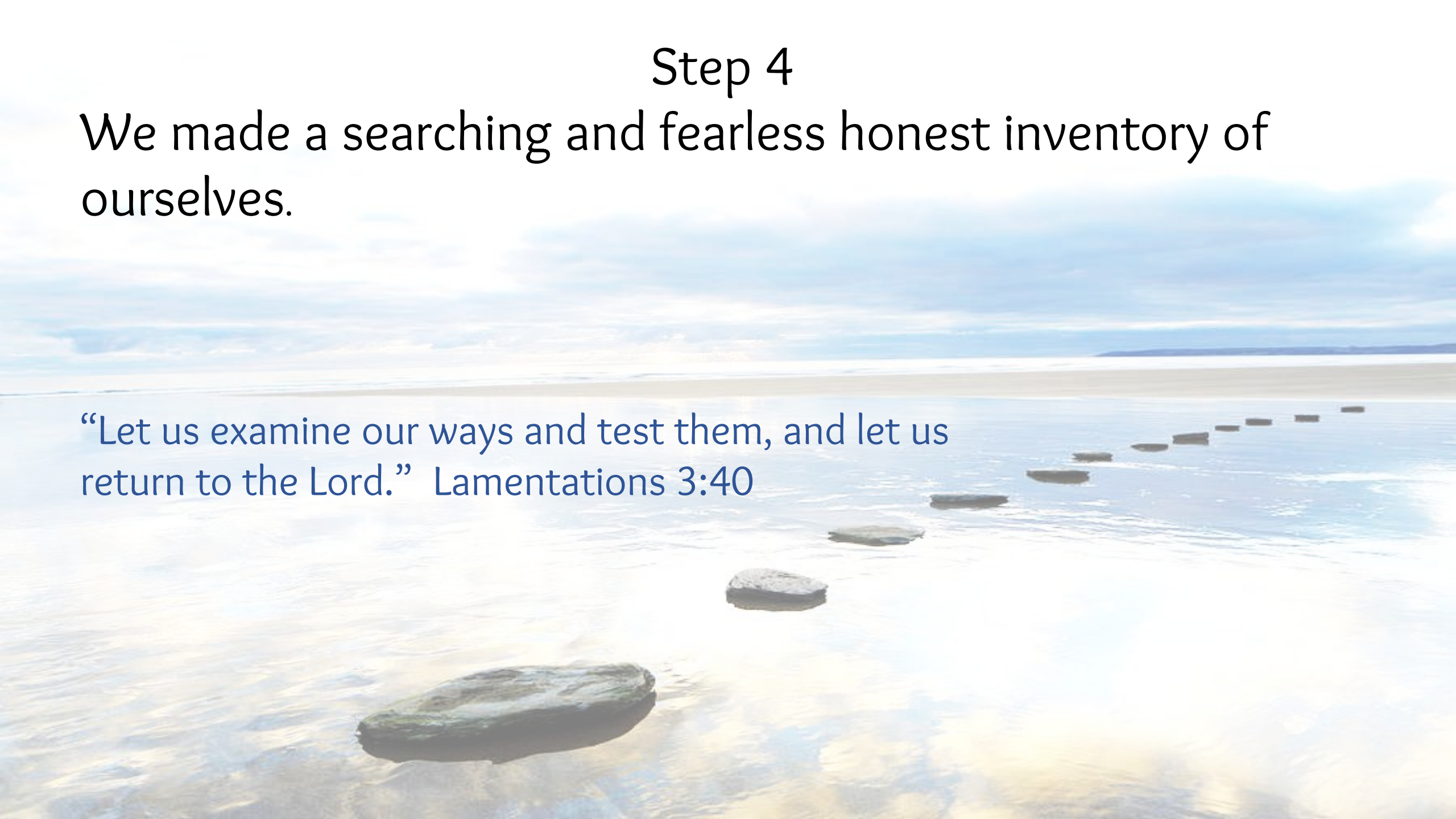
Romans 12:1



## Step 4

We made a searching and fearless honest inventory of ourselves.

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



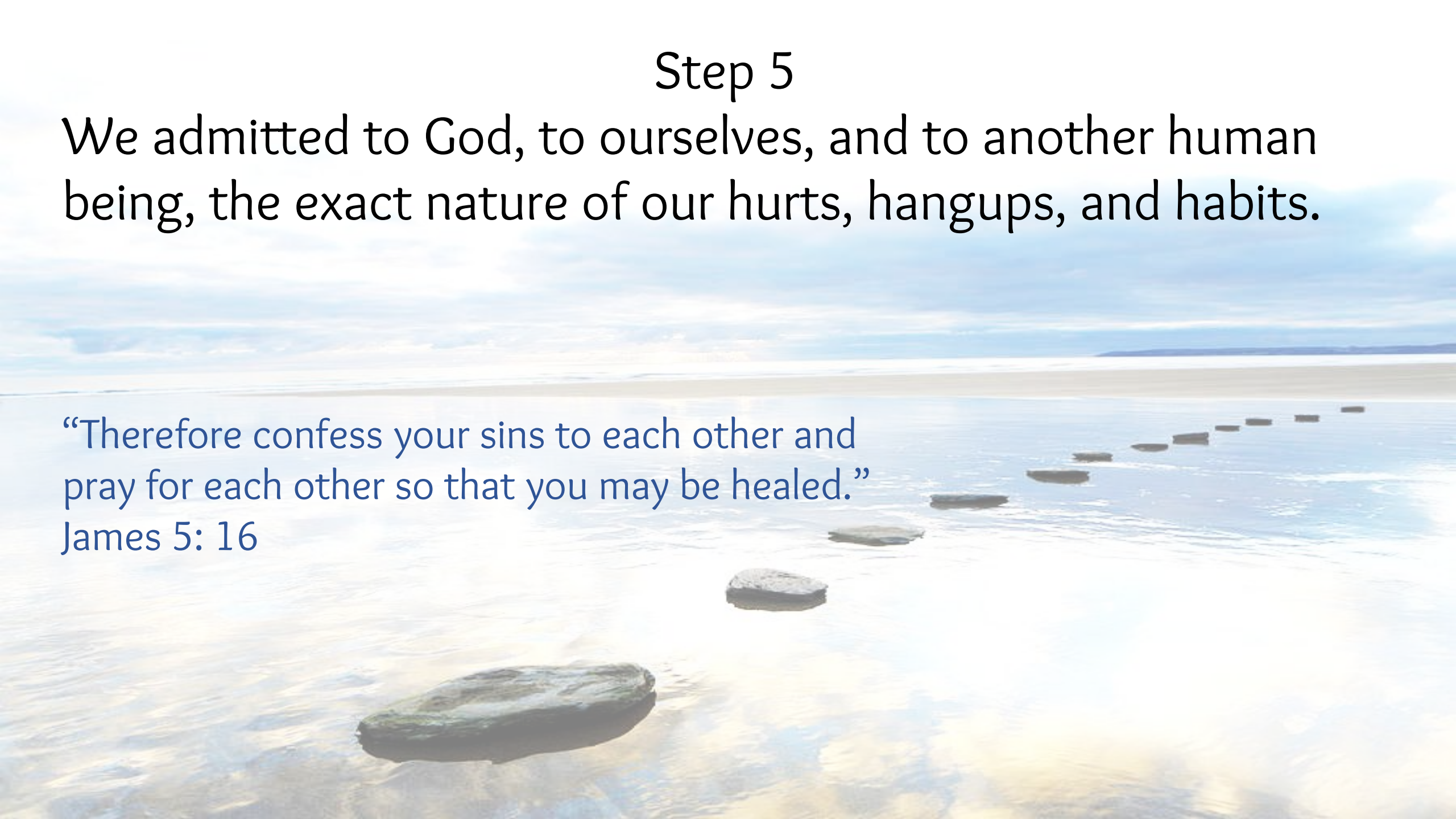


## Step 5

We admitted to God, to ourselves, and to another human being, the exact nature of our hurts, hangups, and habits.

“Therefore confess your sins to each other and pray for each other so that you may be healed.”

James 5: 16



## Step 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





## Step 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

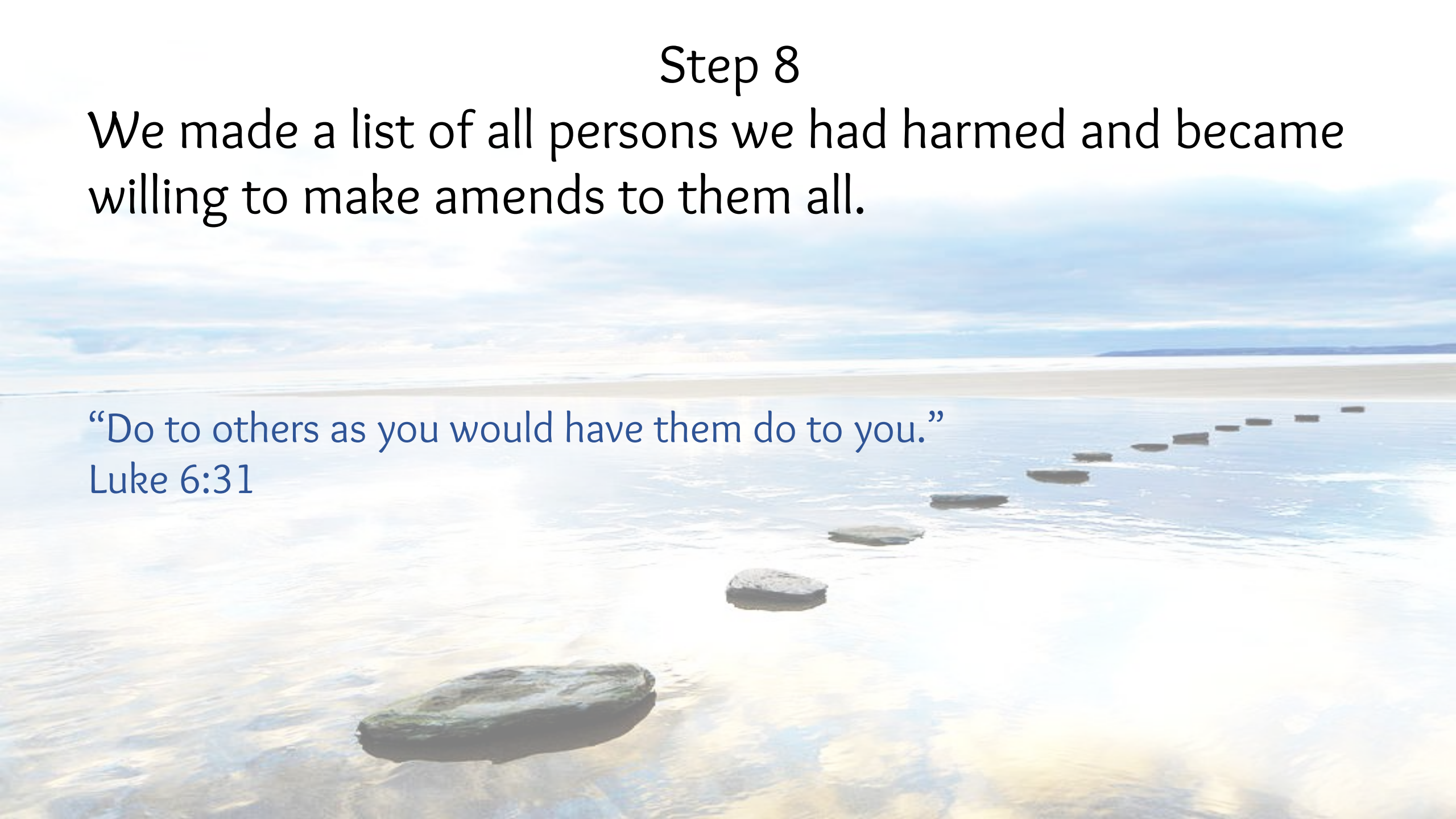


## Step 8

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





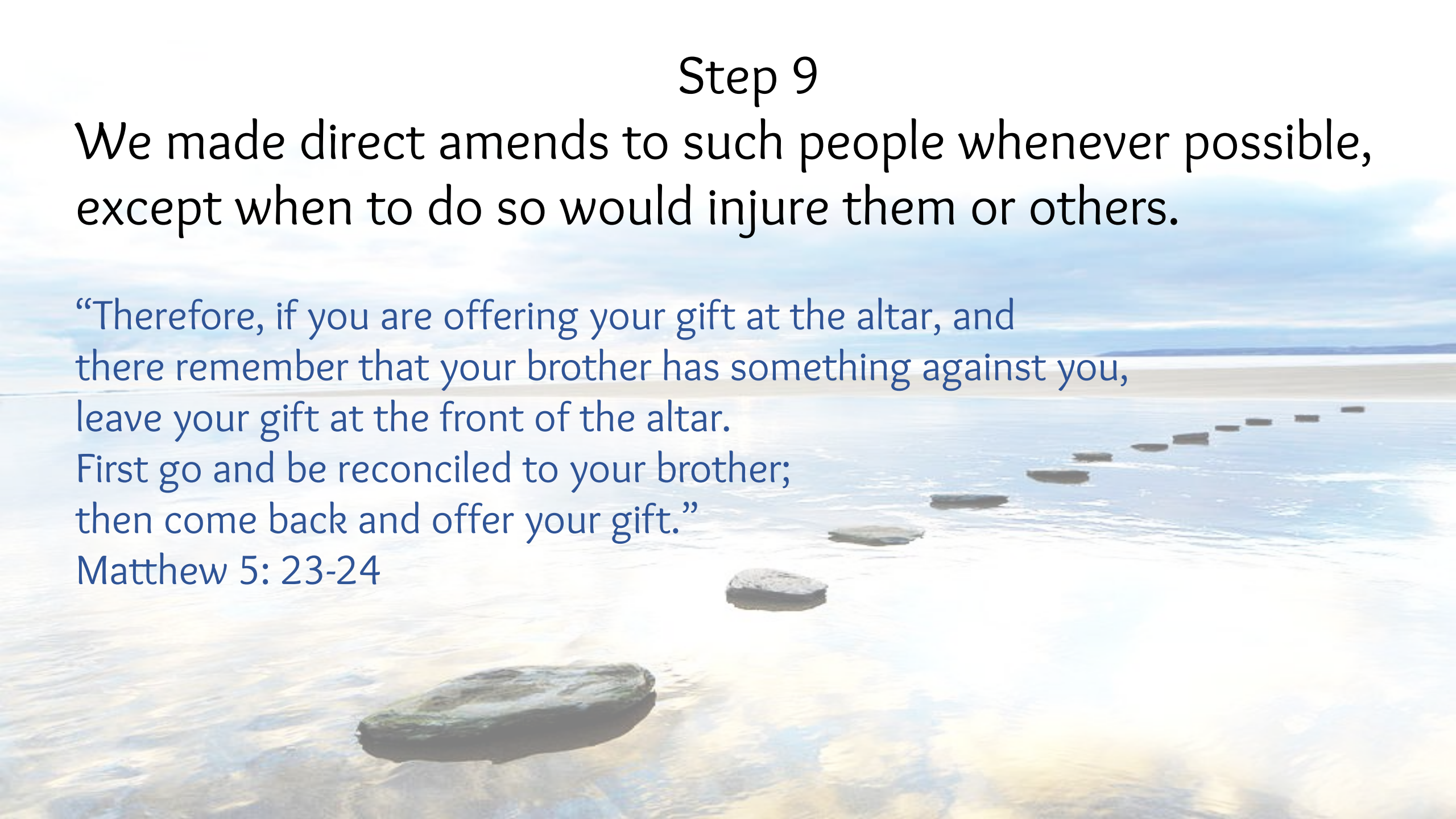
## Step 9

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 gift at the front of the altar.

First go and be reconciled to your brother; then come back and offer your gift.”

Matthew 5: 23-24



## Step 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.

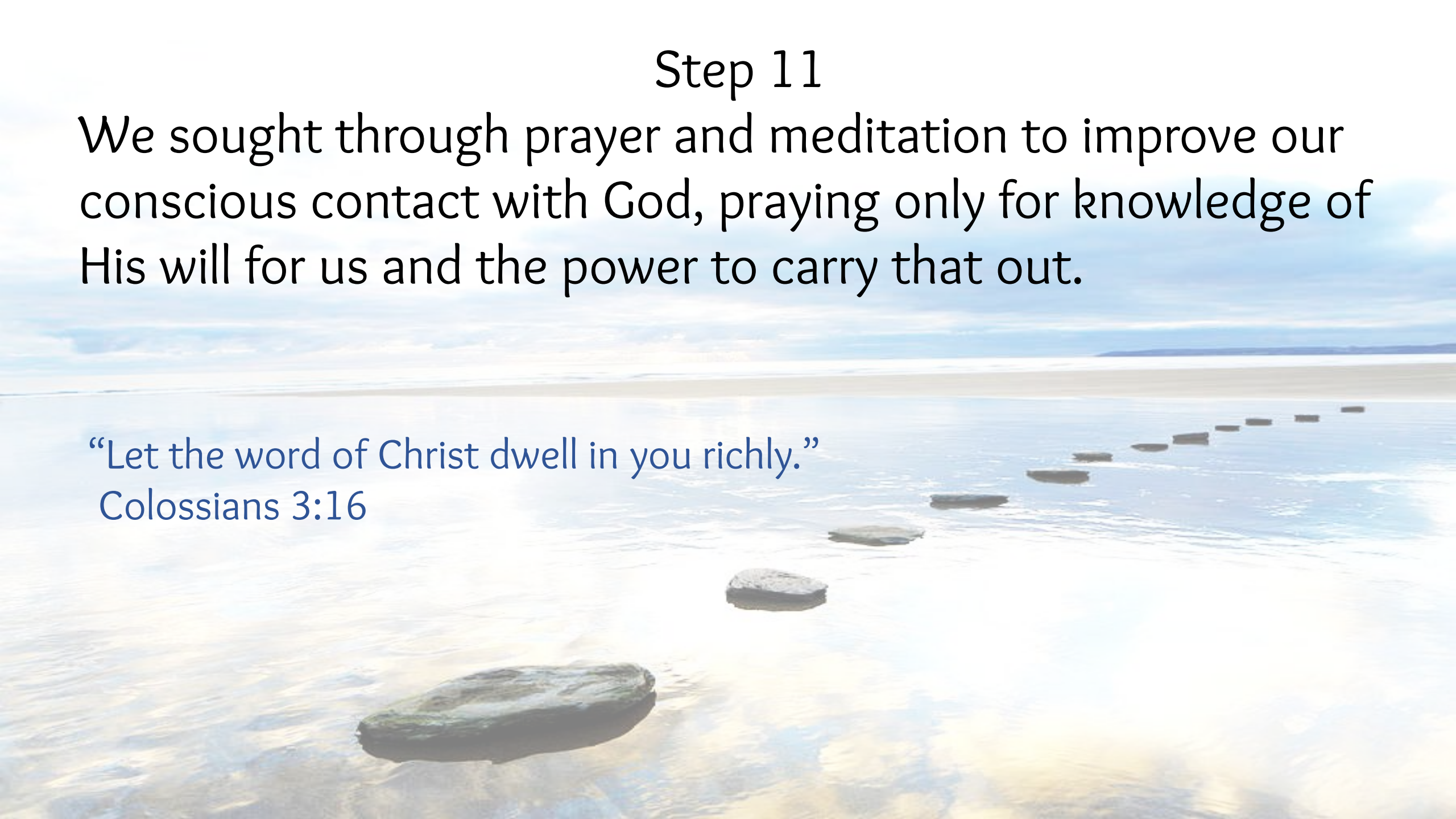




## Step 11

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

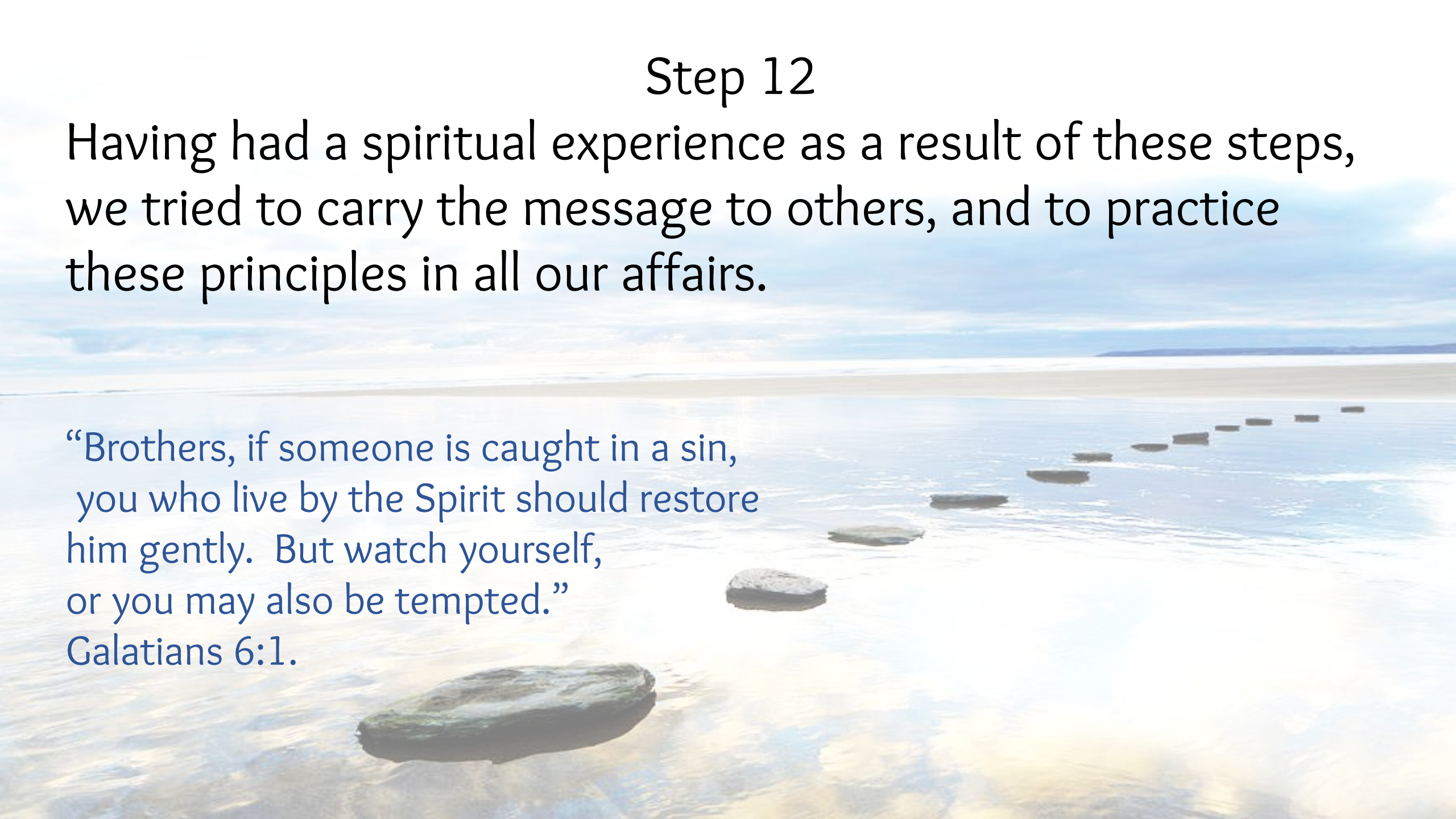
“Let the word of Christ dwell in you richly.”  
Colossians 3:16



## Step 12

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

“Brothers, if someone is caught in a sin,  
you who live by the Spirit should restore  
him gently. But watch yourself,  
or you may also be tempted.”  
Galatians 6:1.





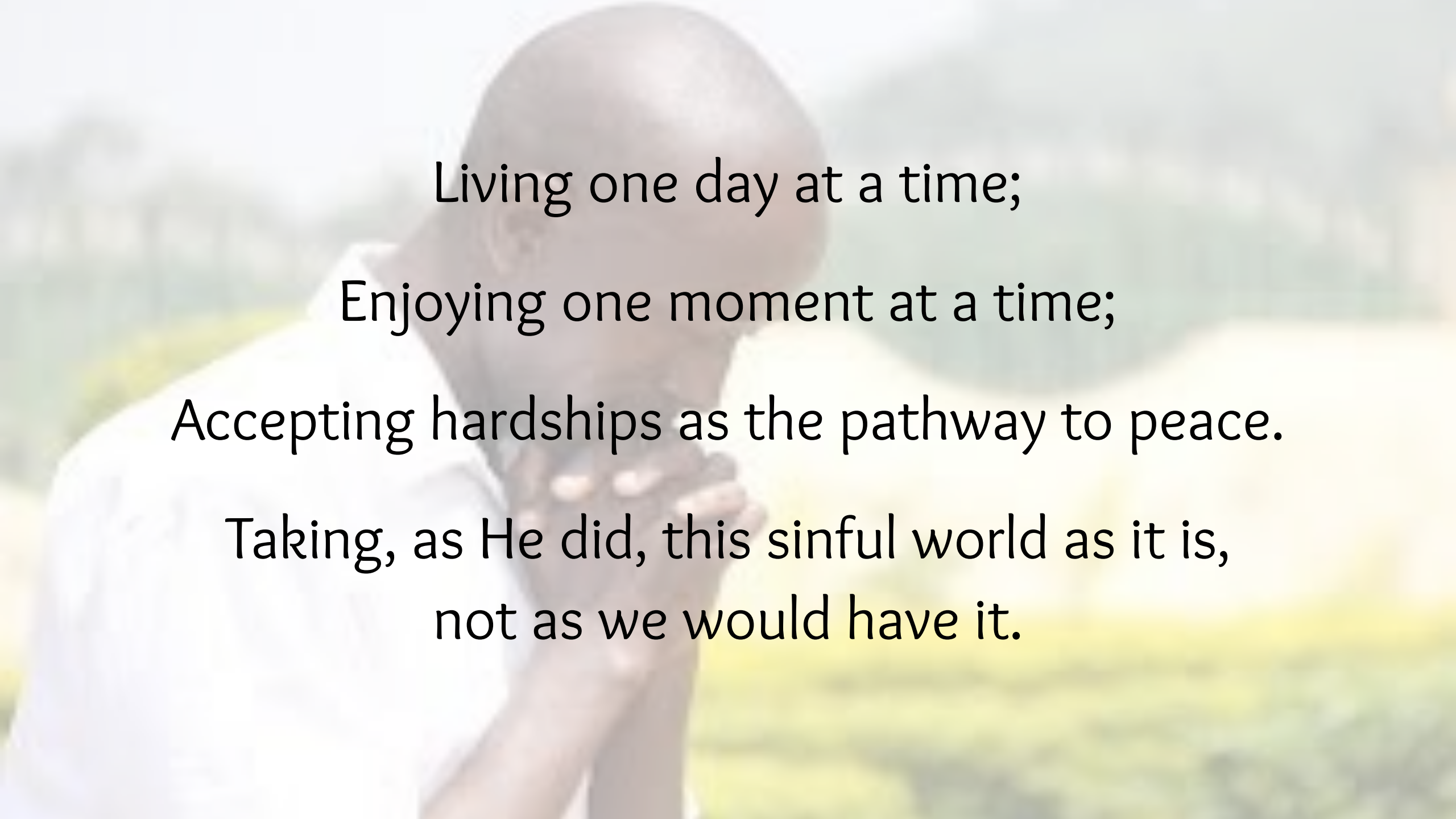
A person stands with their back to the camera, arms outstretched horizontally, facing a bright sunset. The sun is directly behind the person's head, creating a strong silhouette and a warm, golden glow across the entire scene. The person is wearing a light-colored, short-sleeved shirt. In the foreground, there are green bushes with small white flowers. The background shows a hazy landscape with rolling hills or mountains under a clear sky.

CHANGED LIVES

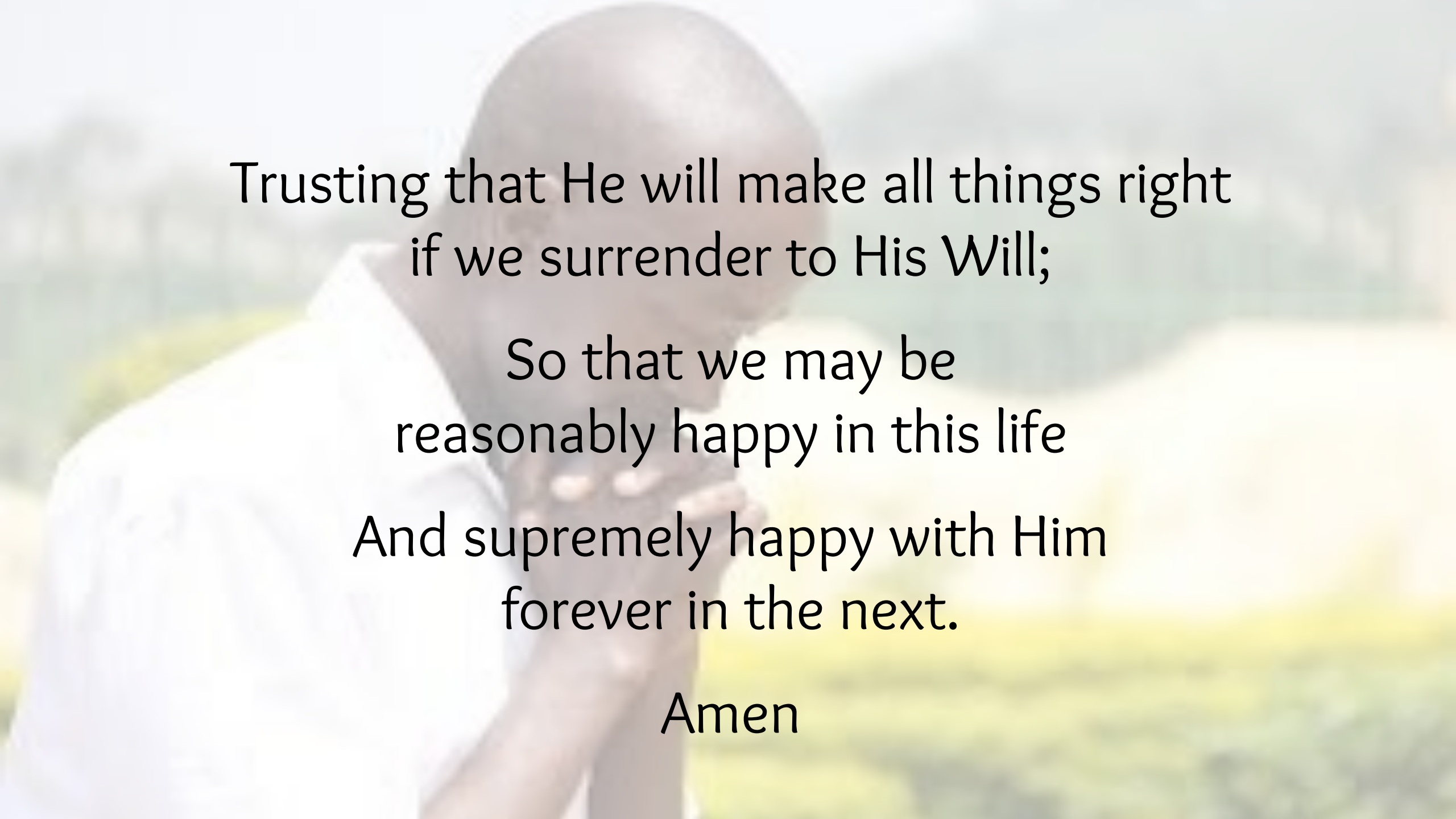
# The Serenity Prayer

God, grant the us the serenity  
to accept the things we cannot change;  
The courage to change the things we can;  
And the wisdom to know the difference.





Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace.  
Taking, as He did, this sinful world as it is,  
not as we would have it.

A person with dark skin, wearing a white shirt, is shown from the chest up, facing slightly to the right. Their hands are clasped together in a prayer position, held near their face. The background is a soft-focus outdoor scene with green foliage and a bright, hazy sky. The text is overlaid on the right side of the image.

Trusting that He will make all things right  
if we surrender to His Will;

So that we may be  
reasonably happy in this life

And supremely happy with Him  
forever in the next.

Amen