



Celebrate  
Recovery



**WELCOME**  
**NEWCOMERS**  
CR Information

## CELEBRATE RECOVERY SMALL GROUPS CAN:

- 🔗 Provide you a safe place to share your experiences, strengths, and hopes with others that are also going through a Christ-centered recovery.
- 🔗 Provide you with a leader who has gone through a similar hurt, hang-up, or habit and who will facilitate the group as it focuses on a particular Step each week.
- 🔗 The leader will also follow Celebrate Recovery's "Small Group Guidelines," listed below.
- 🔗 Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- 🔗 Encourage you to attend other recovery meetings held throughout the week.

## CELEBRATE RECOVERY SMALL GROUPS WILL NOT:

- 🔗 Attempt to offer any professional advice. Our leaders are not counselors. At your request, we can provide you with a list of approved counseling referrals.
- 🔗 Allow its members to attempt to "fix" one another.

## SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3-5 minutes.
2. There will be 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" one 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-centered recovery group.

# 12 STEPS TO RECOVERY

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## AND THEIR BIBLICAL COMPARISONS

**STEP ONE** We admit we are powerless over the past, and as a result, our lives have 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 TWO** Believe God can restore us to wholeness, and realize this power can always be trusted to bring healing and wholeness in our lives.

“For it is God who works in you to will and to act in order to fulfill his good purpose.” Philippians 2:13

**STEP THREE** Make a decision to turn our lives and our wills to the care of God, realizing we have not always understood His unconditional love. Choose to believe He does love us, is worthy of trust, and will help us to understand Him as we seek His truth.

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship.” Romans 12:1

**STEP FOUR** Make a searching and fearless moral inventory of ourselves, realizing all wrongs can be forgiven. Renounce the lie that the abuse was our fault.

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

**STEP FIVE** Admit to God, to ourselves, and to another human being, the exact nature of the wrongs in our lives. This will include those acts perpetrated against us, as well as those wrongs we perpetrated against others.

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

**STEP SIX** By accepting God's cleansing, we can renounce our shame. Now we are ready to have God remove all these character distortions and defects.

“Humble yourselves before the Lord, and he will lift you up.” James 4:10

**STEP SEVEN** Humbly ask Him to remove our shortcomings, including our guilt. We release our fear and submit to Him.

“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 EIGHT** Make a list of all persons who have harmed us and become willing to seek God's help in forgiving our perpetrators, as well as forgiving ourselves. Realize we've also harmed others and become willing to make amends to them.

“Do to others as you would have them do to you.” Luke 6:31

**STEP NINE** Extend forgiveness to ourselves and to others who have perpetrated against us, realizing this is an attitude of the heart, not always confrontation. Make direct amends, asking forgiveness from those people we have harmed, 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 or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.” Matthew 5:23-24

**STEP TEN** Continue to take personal inventory as new memories and issues surface. We continue to renounce our shame and guilt, but when we are wrong, promptly admit it.

“So, if you think you are standing firm, be careful that you don’t fall!”  
I Corinthians 10:12

**STEP ELEVEN** Continue to seek God through prayer and meditation to improve our understanding of His character. Praying for knowledge of His truth in our lives, His will for us, and for the power to carry that out.

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

**STEP TWELVE** Having a spiritual awakening as we accept God's love and healing through these steps, we try to carry His message of hope to others. Practice these principles as new memories and issues surface, claiming God's promise of restoration and wholeness.

“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

# 8 PRINCIPALS

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THE ROAD TO **RECOVERY** BASED ON THE BEATITUDES

**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.

“Happy are those who know they are spiritually poor.” Matthew 5:3

**EARNESTLY** 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

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

“Happy are the meek.” Matthew 5:5

**OPENLY** examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.” Matthew 5:8

**VOLUNTARILY** 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

**EVALUATE** 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

**RESERVE** 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.

**YIELD** 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



## SERENITY PRAYER

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"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"

# Celebrate Recovery @ **CALVARY**

## EVERY FRIDAY

SCHEDULE

432 N Linwood Rd • Galesburg, IL



- 6:00pm Doors Open
- 6:30pm Large Group Meeting Begins
- 8:30pm Open Share Groups End/  
Cafe Reopens

**CHILD CARE  
AVAILABLE**  
FOR AGES 0-12



[www.CalvaryGalesburg.com/CR](http://www.CalvaryGalesburg.com/CR)



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