

Celebrate Recovery[®]

See the You Tube Video: HOW/WHY CR WORKS

A Christ-Centered Recovery Program

A Christ-centered recovery program is about recovering a relationship with God. Everything else is secondary... meaning it comes as a benefit of that relationship.



Psalms 51:10

Create in me a clean heart, O God; and renew a right spirit within me.

GIVING BACK, SERVING

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

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.

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

8. We made a list of all persons we had harmed and became willing to make amends to them all.

7. We humbly asked Him to remove all our shortcomings.

6. We were entirely ready to have God remove all these defects of character.

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

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

3. We made a decision to turn our lives and our wills over to the care of God.

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

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

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

7. 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.

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

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

4. Examine & confess my faults to myself, God, and someone I trust.

3. Choose to commit my life and will to Christ's care and control.

2. Believe God exists, that I matter to Him, & He has the power to help me recover.

1. Realize I'm not God. Admit I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

GRATITUDE

HONESTY

VULNERABILITY

HUMILITY

RECONCILIATION WITH OTHERS

RECONCILIATION WITH SELF

RECONCILIATION WITH GOD

How It Works
Do the Actions To Achieve the Goals

Start Here
Isa 55:6 Seek the Lord while he may be found

Why It Works
Learn the Principles To Develop the Attitudes

Celebrate Recovery

See the You Tube video: [How/Why CR Works](#)

How & Why It Works

It is okay to be skeptical! How can sitting around talking about my problems with other people help with my recovery? Shouldn't there be a trained counselor making suggestions or giving advice?

If a person needs professional assistance, they should get that help; but Celebrate Recovery is different.

- Celebrate Recovery guides us along a path of 12 action steps that help us change our lifestyle. That is **how** CR works.
- At the same time we are learning 8 principles that help us improve the way we think. That is **why** CR works.

The chart illustrates the process. CR combines the 12 action steps with the 8 principles to lead a person through what is essentially 4 stages of recovery, both in the things you **do** ...and...in the things you **think**.

The first 3 steps address reality by admitting that we really do have thoughts and actions that need to change. At this point we also begin to realize we are powerless to make those changes ourselves. After all, if we could change ourselves we would have done it a long time ago. Right? So we look for help elsewhere...in a Higher Power...that would be Jesus Christ as He is revealed in the Bible. Along with these first 3 steps, we also learn 2 principles that teach us humility. Humility means we begin to see ourselves as we truly are. With humility comes reconciliation, **the opportunity to get right with God.**

In the second stage of our recovery, steps 4, 5 and 6, we identify both the good and the bad attitudes and behaviors in our lives and determine where we would like to see some changes. This is where the real work begins. At the same time, principles 3 and 4 teach us to be **vulnerable**, you know...human! Vulnerability helps us to **reconcile with ourselves** ...we stop fighting with ourselves (like the apostle Paul described in Romans 7 where he just couldn't seem to get his personal life in sync with his spiritual life) and forgive ourselves, so we can leave old habits and attitudes behind and move on to a better lifestyle.

In the third stage we recognize that recovery is not just about "me." Here we face the reality that, because we are flawed, we have hurt people around us. We will always be flawed, but that doesn't mean we have to act on those flaws. So now we work on living a better life so we will be more lovable to the people around us; and we try to restore relationships we have damaged or broken over the years.

Learning **honesty** is the key. If we're still living the same old life-style, any attempt to apologize, or rectify a wrong, will be meaningless – but if people can see our honest efforts to change, they will be much more willing to let us restore those broken relationships.

In the fourth stage the next 3 steps describe the rest of our lives. Our bad habits aren't like diseases we can cure and forget. They're more like a bad knee or a weak heart. They're part of our lives, both socially and spiritually. That's why we will always have to work at our recovery. In the final analysis, Celebrate Recovery is about learning self-control and living well. In these steps we **celebrate** our recovery by expressing our **gratitude** to God. We continue to watch our lives carefully, making additional refinements as God reveals our more subtle flaws that perhaps we were not even aware of when we started this journey. We also establish and maintain appropriate worship activities such as prayer, Bible study, and church attendance. Finally, because of our gratitude, we jump at opportunities to serve others. **It's time to give back.**

| 12 Action Steps | 8 Principles | 4 Key Attitudes | 4 Life Goals |
|-----------------|--------------|-----------------|----------------------------|
| 1, 2, 3 | 1,2 | Humility | Reconciliation with God |
| 4, 5, 6 | 3,4 | Vulnerability | Reconciliation with self |
| 7, 8, 9 | 5,6 | Honesty | Reconciliation with others |
| 10, 11, 12 | 7,8 | Gratitude | Giving back |

Celebrate Recovery does not make you a good person; it gives you an opportunity to become a good person.