

## WHAT IS CELEBRATE RECOVERY?

Celebrate Recovery is a ministry to hurting people. It is made up of regular people like you and me, who are on a journey toward wholeness; seeking recovery from and celebrating God's healing of life's hurts, habits and hang-ups. Trained leaders provide safe, confidential, Christ-centered groups where people can grow. They offer their stories as fellow travelers on the journey to healing.

At Celebrate Recovery we believe in the power of this Biblical program to change lives. We open doors to sharing our experience, strength and hope with one another. In addition, we become willing to accept God's grace in solving our hurts, habits and hang-ups. Jesus Christ is our higher power.

## FIRST TIME VISITOR?

Newcomers 101 meets every week during small group time. If you are new to Celebrate Recovery, have questions or just need to get connected, this is the group for you. We meet immediately following the large group time.

If you have immediate questions, look for a leader wearing a lanyard with name tag.

6:00 - Dinner & Fellowship  
6:45 - Worship  
7:45 - Share Groups  
8:30 - Dessert

Child care is available for ages birth through 5th grade. Please be sure to pick up your child by 9:00 pm.

## 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  
Reinhold Niebuhr



CELEBRATE  
RECOVERY

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# Celebrate Recovery



A Christ-Centered  
Recovery Program

Destin United Methodist Church  
& Life Center  
200 Beach Drive  
Destin, Florida

850-837-2021

## THE ROAD TO RECOVERY - THE 8 PRINCIPLES

**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.**

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

**2. 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." Mathew 5:4

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

"Happy are the meek." Matthew 5:5

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

"Happy are the pure in heart." Matthew 5:8

**5. 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

**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.**

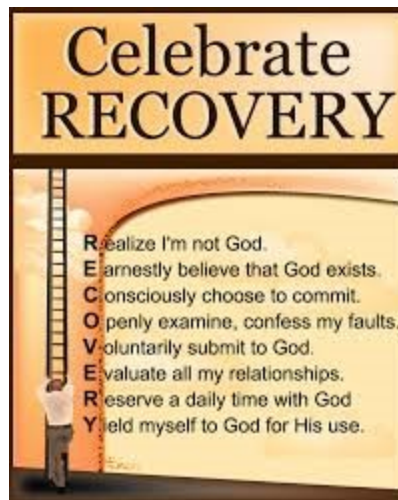
"Happy are the merciful." "Happy are the peacemakers." Matthew 5:7, 9

**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.**

**8. 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



## 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" on 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.