

CELEBRATE RECOVERY

An Introduction to
Brookwood Celebrate Recovery and The Landing



Getting the Most Out of this Booklet

This booklet is used as a resource during our weekly *Celebrate Recovery 101 for Newcomers* class and for those who'd like more information about how Celebrate Recovery (CR) and The Landing work and how they can help.

There's a lot of great information found in this resource, but we don't want you to feel overwhelmed or that you're required to read this entire book to participate. That's why the information has been broken down into four easy categories.

SECTION I: THE BASICS

This section gives a basic understanding of the ministry, what kind of struggles it can help you with, and the structure of a Thursday night meeting. This is the starting point for anyone interested in Celebrate Recovery.

SECTION II: THE PATH WE TAKE

This section includes the most important tools we use (in addition to the Bible itself) to ensure your healing is based on God's Word and that the meeting is a safe place to share. Here you'll find descriptions of the **8 Principles**, the **12 Steps** based on Jesus' Sermon on the Mount, and the Small Group Guidelines.

SECTION III: COMMUNITY AND GROWTH

Once you're comfortable with the basics, this section helps you take your next steps in the healing and recovery process. You'll also learn about the Brookwood Celebrate Recovery and The Landing initiatives that take place outside the Thursday night meeting.

SECTION IV: GOING DEEPER

This section shows additional ways Brookwood Church can support you as you grow in a relationship with Jesus. There's also a number of resources to help you gain a deeper understanding of how Celebrate Recovery works and its philosophy.

Finally, be sure to check out the mini-testimonies throughout this booklet. They all come from people who have been transformed by God through Brookwood Celebrate Recovery.

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Jody and Stacie Gibson

Meet Stacie

I started attending Celebrate Recovery immediately after leaving a drug rehabilitation program. Celebrate Recovery has been one of the most important parts of my recovery, I found healing and the love of Jesus through the step studies that I have been through. Celebrate Recovery has taught me how to live my life on God's terms and not mine, and that means that I know God's character. He is faithful, and I can trust Him with my life and my recovery. My marriage and family have seen miraculous things here at CR and have been able to be a part of that as well. Celebrate Recovery is my forever family and I am so grateful that I have found my place here with others who have come along side me and that we don't have to do it alone! I am always excited to see the miracles in other's lives and can't wait to see what God's going to do in the future.

A Welcome From Our Celebrate Recovery Ministry Leader

I'm blessed to serve as the Ministry Leader for Celebrate Recovery for adults and The Landing for students in grades 6-12 at Brookwood Church. I get to truly live out loving God and loving people. I've been part of Celebrate Recovery (CR) and The Landing since 2013 and have seen the power of God change so many lives over the years. God has changed me by showing me how to view others through His grace and mercy, not my clouded vision of control. I am a believer and follower of Jesus who has struggled with co-dependency. I tried to control others and play God in their lives and my own. Over the years, God has renewed my mind, and I know my identity is in Jesus, not my mistakes.

There is a huge misconception that CR is only for those seeking healing from drug and alcohol addiction. Celebrate Recovery and The Landing are for all of life's struggles. It's like the alphabet—if it falls in between the letters A to Z, Celebrate Recovery and The Landing is the place for you. Each ministry is based on the words of Jesus, and our goal is to continue to pursue an individual relationship with Jesus and others collectively through community and fellowship.

CR and The Landing are two of the Brookwood Care Ministries many programs. These are places where God can take our brokenness and turn it into His message.

Whether it's Celebrate Recovery or The Landing, we're on a journey together for true family healing. We don't walk alone. We're part of a forever family that's with us as we navigate past Hurts, Habits and Hang-Ups pursuing true freedom in Jesus. We thank you for choosing to begin your journey with us.

We welcome you and know you are never alone!

Loving like Jesus,

A handwritten signature in black ink that reads "Jody Gibson". The signature is written in a cursive, flowing style.

Jody Gibson • Celebrate Recovery Ministry Leader

CELEBRATE RECOVERY TERMS

Every group has a tendency to develop their own language with specific expressions and terms. CR is no exception, but we never want someone to feel like they've been excluded simply because they're not familiar with the phrases we commonly use. Below is a list of terms we found confusing as we started Celebrate Recovery, and we hope you'll find it helpful as you start your journey with us.

Celebrate Recovery: Celebrate Recovery is a Bible-based ministry helping people find freedom from any Hurt, Habit and Hang-Up. This program uses the encouragement of the Bible to apply God's grace and strength to the **8 Principles** and **12 Steps** of recovery. (See What is Celebrate Recovery in Section I.)

CR 101 for Newcomers: A Small Group designed with the Newcomer in mind. This group is offered on the General Meeting Night during the Open Share groups. Celebrate Recovery 101 for Newcomers is a one-time only informational meeting to introduce Newcomers to the ministry and to answer any questions they may have. (See How the Meeting Works in Section I.)

Crosstalk Café: This occurs each Thursday night after the Large Group Meeting and Open Share Groups. It's a great time to grow relationships of integrity while identifying accountability partners and sponsors. (See How the Meeting Works in Section I.)

DNA: This is a term used to describe the required elements of a Celebrate Recovery Ministry. While certain aspects of the ministry are considered *best practice*, DNA elements must be maintained if a ministry is going to use the Celebrate Recovery name.

General Meeting Night: General Meeting Night is on Thursdays at Brookwood Church. This night includes an optional dinner, Large Group Meeting, Open Share Groups and Crosstalk Café. (See How the Meeting Works in Section I.)

Information and Welcome Table: Both are set up on the General Meeting Night next to the Chapel entrance (where our meetings are held). They provide a place for Newcomers to find answers to questions, and get updated materials for the night. The Life Recovery and Celebrate Recovery Bibles are also available for purchase at the Welcome Desk.

The Landing: The Landing is the official Celebrate Recovery program for

Teens. (See Healing the Entire Family in Section I.)

Large Group Meeting: A component of the General Meeting Night. This is a time when the entire Celebrate Recovery group gets together for a time of worship, lessons or testimonies. (See How the Meeting Works in Section I.)

Leader: A participant of Celebrate Recovery who has completed the requirements of leadership. This includes T.E.A.M. members, Small Group and Step Study leaders, Trainers and other key volunteers.

Open Share Group: These Small Groups immediately follow the Large Group Meeting on General Meeting Night. The Open Share Groups are intended to provide a safe place for sharing, and do not use the Celebrate Recovery Participant Guides. The groups are gender specific and when possible, issue specific. (See How the Meeting Works in Section I.)

Participant Guides: The Participant Guides are two sets of four books (*The Journey Begins* and *The Journey Continues*) which guide a participant through the **12 Steps** of recovery. While they follow the themes of the weekly Large Group lessons, they are only required for individuals participating in a Step Study. The set is available for purchase in The Bookstore at Brookwood. (See Section III for more details.)

Road to Recovery: This is the term used to describe the **8 Principles** of Recovery by Rick Warren taken from the Sermon on the Mount taught by Jesus in Matthew Chapter 5. They also correspond with the **12 Steps** of Recovery. (A list of the **8 Principles** and **12 Steps** is available in Section II of this booklet.)

Small Group Guidelines: There are five Small Group Guidelines we use to keep every Open Share and Step Study Group safe. The Guidelines are reviewed at the beginning of every group and can be reviewed in Section II of this booklet. (See Small Group Guidelines in Section II.)

Sponsors and Accountability Partners: While CR leadership does not assign or facilitate people finding accountability partners or sponsors, we encourage every participant to build a support team for themselves. Sponsors act as a mentor, guiding you to the next step of recovery and spiritual growth. Accountability Partners journey with you as you hold each other accountable and grow together. You and your accountability partners and sponsors must be the same gender. (See Section III for more details.)

Step Study: The Step Study Group usually begins in January, and is a 2-hour meeting designed to help you work through the **8 Principles** and **12 Steps**, using the Celebrate Recovery Participant Guides. These groups meet on a different night than the General Meeting Night, and usually lasts for 6-10 months. While the groups may have mixed issues, they're always gender specific. (See Step Study Groups in Section III.)

T.E.A.M.: A group of key Leaders/Coaches who work with the Celebrate Recovery Ministry Leader. Like many things in Celebrate Recovery, T.E.A.M. is an acronym that stands for:

- T = Training Coach(es)
- E = Encourager Coach(es)
- A = Assimilation Coach(es)
- M = Ministry Leader(s)

12 Steps of Recovery: The **12 Steps** of Recovery have long been used to help people overcome their addictions. By applying these steps with the biblical passages on which the principles were based, they can be used to find freedom from any Hurt, Habit or Hang-Up. (A list of the **8 Principles** and **12 Steps** is available in Section II of this booklet.)



The Gibson and Hrabe family



Lisa Harrison

Meet Lisa

Before I started attending Celebrate Recovery years ago, I was emotionally and spiritually exhausted from trying to control everything in my life and the lives of those around me...in other words, I was co-dependent. Initially, I came to Celebrate Recovery to support my husband, not realizing that I needed God to work on ME. God is faithful, and He does not leave us where we are if we're willing to let Him work in our lives. With Celebrate Recovery, I have found my forever family-people I can be real with and take off my mask. I'm free to share my struggles and my praises. They're there to encourage and support me as our Lord Jesus Christ heals. I will be forever grateful to Brookwood and my Celebrate Recovery family.

Section I: The Basics

WHAT IS CELEBRATE RECOVERY?

Celebrate Recovery is a ministry based on the words of Christ designed to help people overcome every kind of Hurt, Habit and Hang-Up in their lives. From anger to food issues, chemical addiction to codependency, Celebrate Recovery is a safe place to heal and grow.

As we journey together in learning how to pursue a relationship with Jesus, God teaches us to view life's disappointments, stresses, and pain through the perspective of His victory over them. Celebrate Recovery is a process of discovering a personal and experiential relationship with God as we live in community with one another. This leads to discipleship, spiritual growth, and true healing in Christ.

WHAT IS THE LANDING?

The Landing is a portion of the Celebrate Recovery meeting specifically designed for students in grades 6-12 to find freedom, healing and wholeness as they journey alongside other students to pursue a relationship with God.

The Landing creates an environment where students can learn to make wise choices and develop healthy patterns for living. It's a safe haven to help overcome the struggles of being a teenager by providing insight on God's path for their lives.

The ministry uses interactive and age appropriate versions of the Celebrate Recovery lessons each week. This allows families to learn the same principles of healing together as they grow in their faith and strengthening their family.

***IMPORTANT NOTE:** Many sections of this booklet use the term Celebrate Recovery. This is often used as a general term for the overall ministry. This is meant to reference both Celebrate Recovery and The Landing as a unified ministry.

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope."

Jeremiah 29:11 (NLT)

WHO CAN THIS MINISTRY HELP?

Celebrate Recovery is for anyone who has a Hurt, Habit or Hang-Up in their life—which is everyone. You've probably heard the expression, *Time heals all wounds*. Unfortunately, that isn't true. We have people come to Celebrate Recovery who are still carrying hurts from experiences that happened decades ago. The truth is, time often makes things worse. Wounds that are left untended often fester and spread through the entire body like an emotional cancer. Time only extends the pain if the problem isn't addressed in a healthy, biblical way. Freedom is possible!

WHAT STRUGGLES CAN CR HELP OVERCOME?

Did you know that two-thirds of the people who attend Celebrate Recovery are there for issues other than chemical addiction? Here are just a few of the struggles Celebrate Recovery and The Landing can help you overcome:

- Abandonment
- Abuse (physical/sexual/emotional)
- Alcoholism
- Anger and Rage
- Anxiety & Depression
- Bullying (Physical, Emotional, Internet)
- Childhood Issues
- Codependency
- Control Issues
- Divorce & Separation
- Drug Abuse (illegal & prescription)
- Eating Disorders & Food Issues
- Fear
- Financial and Spending Issues
- Gambling
- Guilt
- Health Issues
- Loss and Grief
- Low Self-Esteem and Feelings of Inadequacy
- Obsessive Behaviors
- Peer Pressure
- Perfectionism
- Pornography / Sexual Addictions
- Resentment and Forgiveness
- Self-Harm
- Sin Issues
- Tobacco
- Workaholic Tendencies
- ...or any Hurt, Habit or Hang-Up.

HURTS, HABITS AND HANG-UPS

You'll often hear people say Celebrate Recovery and The Landing is for anyone with a Hurt, Habit or Hang-Up. Many people also come to Celebrate Recovery to overcome sin issues in their life. As you start the process of healing, it can be helpful to identify what these terms mean.

A HURT is an emotional reaction to another person's behavior or to a situation such as abandonment, abuse, divorce, rejection, the unfaithfulness of a spouse, codependency or grief.

A HABIT is an addiction to someone or something that usually develops when those hurts are not healed. Several examples include: alcohol, drugs, food, pornography, cutting, stealing, gambling, shopping, workaholic tendencies and perfectionism.

A HANG-UP is a negative attitude used to cope with people or hardships. These might include anger, anxiety, depression, fear, shame, guilt, unforgiveness, feeling trapped or prejudices.

A SIN is a Hurt, Habit, or Hang-Up. If left unattended, can lead us away from God and into sin. Sin is any action or attitude that falls short of God's standard. As we develop a personal relationship with God, we need to address sin in our lives. The Bible tells us that *...everyone has sinned; we all fall short of God's glorious standard. Romans 3:23 (NLT).*

The Greek word, hamartano, that's translated as sin in this verse means to *miss the mark*. An archer will never reach a level of skill where he can hit the center of bullseye every time he shoots an arrow, but he continues to train so he can come as close to that standard as possible. This is how we need to approach sin in our lives. We do this by studying under and surrendering to the mentorship of the one Archer who has reached perfection: Jesus.

THE MEETING NIGHT

Celebrate Recovery (adults) and The Landing (grades 6-12) meet together every Thursday night in the Brookwood Church main building.

For those not old enough to attend The Landing, childcare is available for children ages 12 months (and walking) through grade 5. The cost is \$12 for one child, \$18 for two, or \$20 for three or more children. Please register your child by noon on Tuesday to ensure there is adequate staff on Thursday night. Visit brookwoodchurch.org/childcare to register. If you need assistance call 864.688.8240.

HOW THE MEETING WORKS

Before the meeting begins, we have a optional family-friendly Celebrate Recovery dinner from 5:30–6:15 pm in the upstairs café for only \$3 per adult. The Landing students eat free with their check-in badge.

The official Celebrate Recovery and The Landing meeting starts at 6:30 pm in the Chapel with Family Worship (grades 6-adult). Younger children must be checked into childcare prior to the start of the meeting.

The meeting is made up of three separate components that work together to promote healing: Large Group, Open Share Groups and Crosstalk Café.

LARGE GROUP

The first part of the night is the Large Group Meeting. This is where we all come together for a time of family worship followed by a lesson or testimony. We begin every meeting with a live band leading us in worship because we celebrate a God who already has victory over our Hurts, Habits and Hang-Ups. The Landing students have their own section for VIP seating during worship. After worship, we review the **8 Principles** or **12 Steps** (see Section II) and announce upcoming fellowship and training events. This is followed by the Large Group Lesson or a testimony.

Adults remain in the Chapel for their lesson and the students are dismissed to The Landing area downstairs where they have an age-appropriate version of the same lesson followed by their Open Share Groups. For confidentiality and safety, the students do not return to the adult area for the remainder of the evening.

OPEN SHARE GROUPS

After Large Group, adults split up into smaller gender and issue specific groups called Open Share Groups. People attend Celebrate Recovery for many different reasons, so we have different groups. This is your time to share your own experience based on the lesson or testimony shared in the Large Group meeting.

Celebrate Recovery 101 for Newcomers is a special Open Share Group for adults attending Celebrate Recovery for the first time. Leaders will share a little about their own story, walk you through the program, and help you determine which Open Share Group to attend the following week.

Students in The Landing enter similar groups after their lesson that are separated by age and gender rather than specific issues.

Open Share Groups are where the healing really begins.

CROSSTALK CAFÉ

After Open Share, we all come back together for a time of fellowship at Crosstalk Café where snacks and beverages are provided.

The adult café is upstairs and a dedicated Crosstalk Café for The Landing is located downstairs. **Please note: Adults are not allowed at the teen café and teens are not allowed at the adult café.**

Crosstalk Café is a great time for fellowship, and a vital time to cultivate healthy relationships, and build your accountability team. While we don't assign sponsors or accountability partners, leaders are available to encourage and guide you through the process. You can find more information in Section III.

IMPORTANT ELEMENTS OF THE MEETING

WORSHIP

We start every Celebrate Recovery meeting with worship because no matter where we are in the healing process, we serve a God who already has victory over our struggles. Many of us enter the meeting on Thursday night having had the wind knocked out of us by the world. Spending time in worship allows us to break away from the busyness of the day and prepare our hearts to hear from God. Singing corporately encourages others, reminds us of God's love for us, and praises Him for the work He is doing in our lives. We sing from a place of thankfulness.

CELEBRATING VICTORIES

It's very intentional that the word Celebrate appears in the name of this ministry. Every week we take time after the Large Group lesson (both adults and students) to recognize the transformation God is bringing to people's lives. We don't celebrate perfection but progress. We do that by handing out victory chips, coins and tags for different time-periods of success in each person's healing journey with Christ (30 days, 60 days, 1 year, etc.).

The most important chip is the blue chip (adults) and the one-day tag (students), because it signifies a desire to do things differently.

If you have an issue (e.g. drugs, alcohol, pornography, shopping, gambling) it might signify that you're ready to deal with the root of that behavior. If you're codependent, it may mean you're ready to work on yourself, and stop letting your joy be determined by the behavior of others. If you struggle with self-esteem or peer pressure, it may mean you're ready to start seeing yourself through God's eyes instead of the world's. Accepting this first chip or tag signifies your willingness to say, *I'm tired of trying to carry this burden on my own. I'm going to give it over to God and carry this reminder of His grace instead.*

PRAYER

Brookwood Church believes in the power of prayer. The book of James reminds us, *Confess [our] sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.* **James 5:16, (NLT)** In addition to the corporate prayers within the Large Group and Open Share Groups every Thursday, we intentionally encourage our participants and leaders to pray for the ministry and one another.

PRAYER CARDS

During each Open Share Group, everyone is given the opportunity to complete a Prayer Card. Participation is optional, and if you choose to provide your personal information, a Celebrate Recovery leader will contact you. Please commit to praying for the people in your Open Share Group throughout the week.

THURSDAY PRAYER CIRCLE

We'd like to invite you to participate in our pre-meeting prayer circle Thursdays at 6:20 pm in the Chapel. A Celebrate Recovery leader will lead us in a prayer asking God to bless our speaker for the evening, commit the meeting to His will over our own, and prepare our hearts for what He wants to communicate to us.



Sue and Roy Erickson

Meet Sue and Roy

We dated for 3 years and will soon celebrate 38 years of marriage. We've been intentionally focusing on Christ as the center of our life together. Even though we built our marriage on a firm foundation, we both brought our own dysfunction into the relationship. Sue struggled with codependency and used eating disorder behaviors as an attempt to manage when things became difficult. Roy brought his codependency and baggage from narcissistic family relationships. Life was difficult home schooling three children while Roy's job required travelling for months at a time. Celebrate Recovery was a safe place as God began revealing the wounds He wanted to heal. It's here that we found true peace and freedom. and we humbly serve Celebrate Recovery as TEAM leaders.



Karen Sweet

Meet Karen

I'm a grateful believer in Jesus Christ. I struggle with codependency, people-pleasing, and control. I started coming to Celebrate Recovery two years ago during a time when my life had become unmanageable. Through the Step Study class and through working on the **8 Principles** and **12 Steps**, I've found my identity in Christ, not in my struggles. I daily release my desire to control and know peace comes from God. I believe that God doesn't waste a hurt, and there is healing in sharing how God has transformed the struggles we each go through. I serve in a leadership role at Celebrate Recovery because I want to honor God by sharing what He has done for me while walking alongside other women who find their healing and hope in Jesus.

Section II: The Path We Take

This section of the booklet outlines the **8 Principles, 12 Steps** and 5 Group Guidelines we use in our healing process. The reason this ministry works is because it's based on the Bible and the words of Jesus. The goal of Celebrate Recovery and The Landing isn't to check off a list of steps, but to use those steps to discover the purpose God has for your life. No matter where you are in your spiritual walk, we believe God has a purpose and a plan for your life.

This ministry provides a method of discovering the victory and solutions God has for us as we spiritually grow in community. The **8 Principles** and **12 Steps** do not heal, but are a proven method of building a relationship with the One who does.

The ministry offers participants a clear path of salvation and discipleship, bringing hope, freedom, sobriety, healing and the opportunity to give back.

THE ROAD TO RECOVERY (8 Principles)

The **8 Principles** are based on Jesus' blessings from the Sermon on the Mount (often called the Beatitudes) found in the book of Matthew. They're presented in the form of an acrostic with each principle represented by a letter in the word RECOVERY.

1. **R**ealize 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. (Step 1)
Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Matthew 5:3 (NIV)
2. **E**arnestly believe that God exists, that I matter to Him and that He has the power to help me recover. (Step 2)
Blessed are those who mourn, for they will be comforted.
Matthew 5:4 (NIV)
3. **C**onsciously choose to commit all my life and will to Christ's care and control. (Step 3)
Blessed are the meek, for they will inherit the earth. **Matthew 5:5 (NIV)**
4. **O**penly examine and confess my faults to myself, to God and to someone I trust. (Steps 4 and 5)
Blessed are the pure in heart, for they will see God. **Matthew 5:8 (NIV)**

5. **V**oluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)
*Blessed are those who hunger and thirst for righteousness, for they will be filled. **Matthew 5:6 (NIV)***
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. (Steps 8 and 9)
*Blessed are the merciful, for they will be shown mercy. **Matthew 5:7 (NIV)***
*Blessed are the peacemakers, for they will be called children of God. **Matthew 5:9 (NIV)***
7. **R**eserve a 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. (Steps 10 and 11)
*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. **Psalms 139:23-24 (NIV)***
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)
*Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. **Matthew 5:10 (NIV)***

THE TWELVE STEPS

(and their Biblical Comparisons)

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 (NIV)***

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

*For it is God who works in you to will and to act in order to fulfill His good purpose. **Philippians 2:13 (NIV)***

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 a living sacrifice, holy and pleasing to God—this is your true and proper worship. **Romans 12:1 (NIV)***

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

Let us examine our ways and test them, and let us return to the Lord.

Lamentations 3:40 (NIV)

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

Therefore confess your sins to each other and pray for each other so that you may be healed. **James 5:16 (NIV)**

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 (NIV)**

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 (NIV)**

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 (NIV)**

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 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 (NIV)**

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 (NIV)

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.

Let the word of Christ dwell in you richly. **Colossians 3:16 (NIV)**

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.

Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. **Galatians 6:1 (NIV)**

THE TWELVE STEPS FOR OVERCOMING ABUSE

(and their Biblical Comparisons)

The following steps are based on the same **12 Steps** used by people overcoming all types of Hurts, Habits and Hang-Ups in Celebrate Recovery, but have been tailored by national Celebrate Recovery leaders to meet the specific needs of those overcoming physical, emotional or sexual abuse.

- 1. We admitted we were 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 (NIV)

- 2. We came to believe that God could restore us to wholeness, and realized His 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 (NIV)

- 3. We made a decision to turn our lives and wills over to the care of God, realizing we have not always understood His unconditional love. We chose to believe He loves us, is worthy of trust, and will help us 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 (NIV)

- 4. We made a searching and fearless moral inventory of ourselves, realizing all wrongs can be forgiven and renounced 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 (NIV)

- 5. We admitted to God, to ourselves, and to another human being the exact nature of the wrongs in our lives, including those acts perpetrated against us as well as those wrongs we committed against others.**

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

- 6. By accepting God's cleansing, we renounced our shame and were entirely ready to have God remove all these distortions and defects of character.**

Humble yourselves before the Lord, and he will lift you up. James 4:10 (NIV)

- 7. We humbly asked Him to remove all our shortcomings, including our guilt. We released our fear and submitted 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 (NIV)

- 8. We made a list of all persons who had harmed us and became willing to seek God's help in forgiving our perpetrators, as well as forgiving ourselves. We realized we have also harmed others and became willing to make amends to them.**

Do to others as you would have them do to you. Luke 6:31 (NIV)

- 9. We extended forgiveness to ourselves and to those who have harmed us, realizing this is an attitude of the heart, not always confrontation. We made direct amends, asking forgiveness from those 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 (NIV)

- 10. We continued to take personal inventory as new memories and issues surfaced. We continued to renounce our shame and guilt, but when we were wrong, we promptly admitted it.**

So, if you think you are standing firm, be careful that you don't fall! 1 Corinthians 10:12 (NIV)

- 11. We sought through prayer and meditation to improve our conscious contact with God and our understanding of His character, praying only for knowledge of His truth in our lives, His will for us and the power to carry that out.**

Let the word of Christ dwell in you richly. Colossians 3:16 (NIV)

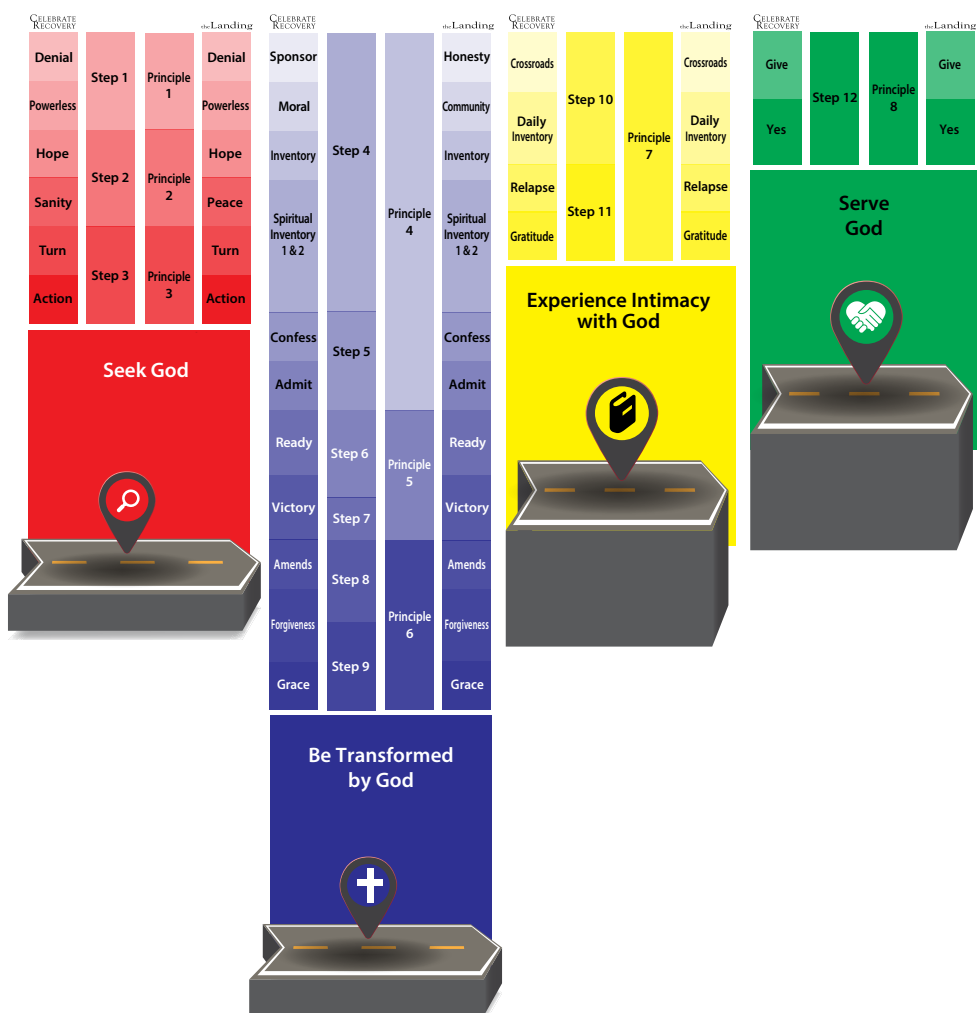
- 12. Having had a spiritual awakening as we accepted God's love and healing through these steps, we tried to carry this message of hope to others and to practice these principles in all our affairs, claiming God's promise of restoration and wholeness as new memories and issues surfaced.**

Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. Galatians 6:1 (NIV)

PURSuing CHRIST IN THE JOURNEY

Both the **8 Principles** and **12 Steps** are a roadmap to healing and spiritual growth. The chart below is unique to Brookwood Church and was designed to illustrate how the principles and steps work together as we pursue a relationship with Christ through community and discipleship.

Using the 12 Steps for Spiritual Growth and Discipleship





Marlon Hunt

Meet Marlon

I am thankful and grateful for this journey of recovery that the Lord has taken me through. Before I entered the doors of Celebrate Recovery, I can truly say that my life was far from the life that Jesus intended for me. Celebrate Recovery has been a place where I have found the freedom to share with others my pain and stresses, and also my victories in my personal recovery. God never intended us to be alone in this thing called life, and Celebrate Recovery constantly reminds me about the importance of living in community with others. Not only has God given me the opportunity to be a participant in Celebrate Recovery, He gives me the privilege of serving as a Small Group Leader and sponsor, where I'm able to give back and help others who are facing many of the lifestyle challenges I did.

SMALL GROUP GUIDELINES

To create a safe environment, these guidelines and explanations are read and honored at every Brookwood Celebrate Recovery and The Landing Open Share or CR Step Study Group.

- 1. Keep your sharing focused on your own thoughts and feelings, using “I” statements to talk about your own actions or thoughts.** Limit your sharing to 3 to 5 minutes so everyone has a chance to contribute.
- 2. There is NO cross talk. Each person is free to express his or her feelings without interruption.** Cross talk is anything that interrupts a person’s sharing such as conversation between others in the group, asking follow up questions, making comments or making *I can (or I can’t) relate to you* statements. Speak only in terms of your own recovery and experience.
- 3. We are here to support one another, not fix one another.** Advice, book referrals, counselor referrals etc., should only be discussed outside of group time and only if a person specifically asks.
- 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 or we are concerned for someone’s safety.** Please remember this guideline during interactions at Crosstalk Café, when seeing other participants in public and in your social media posts.
- 5. Offensive language has no place in a Christ centered recovery program.** This includes graphic language or descriptions as they can be painful triggers for others in your group.

Section III: Community & Growth

ACCOUNTABILITY PARTNERS & SPONSORS

Most of our hurts happened in relationships and most of our healing will happen in relationships as well. Having a healthy team of people to support you is vital in overcoming any struggle. That's because God designed us to grow in community. That's why we recommend finding a sponsor and building a team of accountability partners as soon as possible. If you picture healing as a baseball game, accountability partners are your teammates while the sponsor is your coach. Accountability partners are people of the same gender going through the program with you. They're fellow travelers. A sponsor is someone to help guide you on your path. They need to be someone of the same gender who has already graduated a Step Study and has some experience in their own healing. While we do not assign sponsors or accountability partners, leaders are here to encourage and guide you through the process. Though The Landing does not use sponsors, we do encourage students to build healthy relationships of accountability with one another.

STEP STUDY GROUPS

Real healing happens on Thursday nights, but for those who want to dig deeper into overcoming the struggles in their lives, we strongly encourage you to join a Step Study. Step Studies are gender specific groups that meet on a day outside the regular Celebrate Recovery meeting. The same group of people meet weekly for 6-10 months and work through 4 participant guides that move you through the twelve steps of healing and recovery. These groups have a high level of accountability and transparency which leads to a life-changing experience. Those who graduate a step study are celebrated during a graduation ceremony at a regular Celebrate Recovery meeting.

FELLOWSHIP AND HOLIDAY EVENTS

A vital part of overcoming our Hurts, Habits and Hang-Ups is building healthy relationships and community. That's why Celebrate Recovery offers fellowship opportunities on a regular basis. Fellowship events are announced on Thursday nights, and are featured in the bulletin each week or on the Celebrate Recovery Facebook page. Whether it's flag football, a cookout, crafting or a family game night, these events are a great way to experience community in a new and healthy way. Some fellowship events are for adult participants only, but others throughout the year are family-friendly.

In addition to our regular fellowship events, we also have a number of special events throughout the year. We know the holidays can be difficult for some people. That's why Celebrate Recovery and The Landing offer special meetings or events on holidays such as Thanksgiving night.

WORKSHOPS AND TRAININGS

Education and personal growth are just as important to our healing as fellowship and community. That's why Celebrate Recovery and Care Ministries offer regular opportunities for workshops and trainings. Some monthly trainings are specific to the Celebrate Recovery journey like Sponsorship Training, Suicide Awareness, How to Write Your Testimony and many more. Check the CR/Landing bulletin and our Facebook page for upcoming classes.

CELEBRATE RECOVERY RESOURCES

You'll never have to buy anything to participate in the Thursday night Celebrate Recovery meeting. There are, however, some additional resources we want to share with you:

BIBLES

Everything we do in Celebrate Recovery is based on the Scripture. We encourage people to explore, read and study God's Word as they heal. We specifically recommend the two Bibles listed below.

- *The Celebrate Recovery Study Bible (NIV)*
This Bible is great for reading the Bible along with the Celebrate Recovery Lessons.
- *The Life Recovery Bible (NLT)*
This Bible contains articles on addiction recovery, and is essential to anyone who is in a recovery group such as Celebrate Recovery.

Both Bibles are sold each Thursday night at the Celebrate Recovery Welcome Desk for a discounted price.

THE LANDING JOURNAL

The Landing Journal gives teenagers a place to express their thoughts and feelings and review their progress on the journey toward freedom. Each chapter recaps the key truths and Scriptures from the lesson, presents a devotional linked to that week's theme and features questions that help teenagers dig deep and apply what they've discussed. This resource is provided free to each student.

CELEBRATE RECOVERY PARTICIPANT GUIDES

The *Participant Guides* are available in The Bookstore at Brookwood and include two sets of four booklets. *The Journey Begins* (books 1–4) are used during a participant's first step study. *The Journey Continues* (books 5–8) are used for those who have graduated *The Journey Begins* study and wish to do additional step studies.

COMPANION BOOKS

Celebrate Recovery exclusively uses the Celebrate Recovery curriculum and Scripture during meetings. The following are approved books for Celebrate Recovery use:

- *The Celebrate Recovery Daily Devotional* by John Baker, Johnny Baker and Mac Owen
- *Life's Healing Choices* by John Baker
- *The Purpose Driven Life* by Rick Warren

TIPS FOR GREATER SUCCESS

Showing up to Celebrate Recovery or The Landing will have a positive impact on your life. Even if you simply sit and listen, God can speak to you through what others share. There are some people however, who want to dig in right from the beginning. Here are some suggestions to help get the most out of the meeting on Thursday nights.

TIPS FOR GREATER SUCCESS IN LARGE GROUP

- Come early and willing to worship. There are days we drag ourselves into CR having had the wind kicked out of us by the world. Be committed to come early and participate in worship. Being willing to connect to God (even when you don't feel like it) will prepare you for the change He wants to make in you that night.

- During the lesson take notes. Use the back of your lesson insert to write down what moves you. Students should also make note of how the video illustrations speak to them.
- Even if you initially came to CR to support someone else, fight the temptation to think things like, *You know who needs this lesson?* Focus solely on how it speaks to **your** spiritual walk.
- Ask God to teach you something new through known material. We read the **8 Principles** or **12 Steps** every week, but don't become so accustomed to them that they lose their meaning. Our recovery and growth are progressive. When something like the Serenity Prayer starts feeling repetitive to you, say a short prayer before we begin like, *Lord, what do you want me to know or see here that I didn't before?*
- Your growth doesn't happen on Thursday nights alone. Everything we do and every lesson we teach is supported by the Bible. Pick out a Scripture that comes up during the night, write it down in your notes, and commit to reading that chapter of the Bible on your own. Feel free to read more if you'd like, but start spending time in the Word.

TIPS FOR GREATER SUCCESS IN OPEN SHARE GROUP

- First and most importantly, go to the Open Share Group. Remember, there are three parts of the meeting and they're all designed to work together. If the Large Group is equivalent to a Sunday morning service, Open Share is like a Small Group. It's where you get personally engaged and your continued growth happens. Even if you're not ready to share yourself, that's okay. It's incredibly powerful to know you're not alone in your thinking or struggles as you hear others share.
- Think through the questions at the bottom of your lesson insert before going into Open Share Group. How did the testimony or lesson affect you? How can you relate to it?
- Be willing to be more transparent. This ministry is a safe place for healthy challenges and healthy risks. For some, just identifying why you're here might be a big step. For others it might be getting that secret off your chest for the first time. Either way, be willing to stretch yourself.
- Finally, follow the guidelines. There are 5 guidelines read at the beginning of every Open Share Group (see page 19). Some of them may seem uncomfortable or foreign if you're not used to them, but those guidelines are vital to keeping the group safe for everyone. It may be hard for newcomers who don't know all the guidelines or how they work, but don't worry about doing something wrong. We're here to walk you through the process with no judgment. That's why they're called guidelines and not rules.

TIPS FOR GREATER SUCCESS AT CROSTALK CAFÉ

- Remember that Crosstalk Café is part of the meeting, so be intentional about building an accountability team. (There's more information about this topic in the Sponsors and Accountability Partners section at the beginning of Section III.)
- Use the time to connect with your sponsor or find a sponsor if you don't have one yet. The Landing students can also connect with their group leaders for additional encouragement.
- When having discussions at Crosstalk Café, remember that we're here to support one another, not to fix one another.
- Finally, remember that the confidentiality from your Open Share Group extends into Crosstalk Café. What's said in your group stays in the group unless someone is in danger.



Crosstalk Café



Susan Dejanovic

Meet Sue

When I began attending Celebrate Recovery I wasn't sure what was wrong with my life. I just knew things weren't right and something was missing. As hard as I tried things my way, it kept getting worse. It took me a while to figure it out, and I struggled with fear, anxiety and codependency. During my time with Celebrate Recovery, my heart opened, and I have hope that God has me as I lean into Him. Here I am a few years later, and I'm so grateful I made the decision to attend Celebrate Recovery. I still have my moments, but now have the tools to better deal with each day. I reflect on my time volunteering as a leader in The Landing, and the topic was emotional baggage, what we hang onto, and how this can affect our lives. I now know that Celebrate Recovery/The Landing can bring hope and restoration for the whole family spiritually and introspectively.

IMPORTANT INFORMATION FOR LANDING PARENTS

The Landing creates an environment where students can learn to make wise choices and develop healthy patterns for living. It's a safe haven to help overcome life-controlling Hurts, Habits and Hang-Ups by providing insights on following God's path to greater freedom in life.

The ministry uses interactive and age appropriate versions of the Celebrate Recovery lessons being explored in the corresponding adult meeting on Thursday nights, giving families the opportunity to discuss what they're learning as they grow closer to God together.

We encourage parents who have children in The Landing to attend the adult Celebrate Recovery meeting to promote overall healing and growth for the family.

A schedule for the meeting night is found in Section I. Beyond the information below, please review the rest of this booklet to learn how Celebrate Recovery and The Landing function together.

GENERAL POLICIES AND HELPFUL INFORMATION

Privacy: What's shared in the group stays in the group. Parents will not be notified of what a student shares unless a student reports he or she has been or will be harmed.

Leaders: All leaders have background checks and are interviewed and receive training prior to being allowed to work in The Landing. Students will have a leader of the same gender. Please feel free to contact Brookwood Care Ministries at 864.688.8355 should your teenager need additional support outside of The Landing's normal meeting times.

Adult Visitors: Because we place a high value on the safety of students, adults who are not part of The Landing leadership team are not allowed into The Landing. To keep this a safe place for students to share, this policy includes parents who are not approved volunteers.

Attendance: While we encourage students to attend each week, we realize students may have other events that require them to miss from time to time. Every week a student doesn't attend, he or she will miss out on an important element of dealing with life's Hurts, Habits and Hang-Ups. Please encourage your son or daughter to be as consistent as possible in attending The Landing. *Please encourage your child to bring The Landing Journal every week.*

Students who are on the Brookwood campus for the purpose of attending The Landing are expected to abide by the guidelines established within Celebrate Recovery. If students leave The Landing area, staff and volunteers will escort students back to their designated area as well as contact parents or guardians to discuss this behavior and any interventions that may be needed moving forward. Your attending the family worship time and remaining for Celebrate Recovery will help your student to stay engaged in The Landing.

As a parent, if you question your student's likelihood to attend, we encourage you to attend the family worship time and remain for Celebrate Recovery.

FREQUENTLY ASKED QUESTIONS

Is there a fee for students to attend The Landing?

No. There is no charge to attend The Landing. The Landing Journal is provided at no cost to record thoughts throughout the lessons. Students should use their journals during the week and bring them each Thursday night.

Will there be special events for students to attend outside The Landing?

See Fellowship and Holiday Events in Section III for information on The Landing-specific events. The Landing is also part of the larger Brookwood family. We encourage students participating in The Landing to also get involved with our Middle School and High School Ministries by attending those Sunday services and their special events.

Does The Landing offer counseling?

The Landing is not a counseling program. It's a teen support and discipleship group. We do realize, however, that students and families may need additional support outside The Landing, and we encourage you to contact Care Ministries at 864.688.8355 so we can help you make a plan that's right for your family.

Meet Jim

Since the day I was born, it's been all about me. I was addicted to myself, and I carried that through life. Eventually, all of this took its toll on me, my relationship with friends, family, children and most of all, my wife. My wife and I struggled for years and almost missed the best years of our lives. Through God's direction and the guidance of Celebrate Recovery, sponsors and accountability partners, I can now see there is life after drugs, alcohol and pornography. God loves everyone. He can and will transform lives according to HIS will. I didn't give up, I looked up!



Jim Fowler

Section IV: Going Deeper

ADDITIONAL SUPPORT FROM BROOKWOOD

Celebrate Recovery is part of the much larger Brookwood Church family. If you feel you could benefit from additional support as you heal, we'd be honored to take those steps with you. We're here to encourage and support you as you grow. Here are just a few of the support paths we have available:

FINANCIAL CARE

Through church and community resources, Brookwood Financial Care assists families who are facing difficult financial situations.

LAY COUNSELING

The Lay Counseling Ministry provides Christ-based counseling to individuals and married couples who are in need of help. Counselors have completed a training course that equips them to serve God in this ministry.

PRAYER MINISTRY

The Brookwood Prayer Ministry has dozens of people willing to pray for you and your prayer requests daily for 30 days. Visit **brookwoodchurch.org/prayer** to tell us how we can pray for you.

SUPPORT GROUPS

Celebrate Recovery can address the ongoing struggles in your life year round. We also encourage you to consider a short-term Support Group at Brookwood. We seasonally offer support groups such as GriefShare, DivorceCare, Life's Healing Choices and more.

TRANSFORMATION PRAYER MINISTRY (TPM)

Hearing the voice of God in a personal way can be a life changing experience, especially when He addresses specific wounds or issues. TPM provides opportunities to experience God in ways that result in lasting change. For more information please call the bEncouraged House at 864.963.1521.

To learn more about any of these ministries, visit **brookwoodchurch.org/help**, email us at **careministries@brookwoodchurch.org** or call 864.688.8355.

We also want to encourage you to get involved with other aspects of the Brookwood Church family. If you don't have a church home, join us on Sunday mornings at 9 or 11 am. You may also want to consider joining a Brookwood Community Group or getting involved in our growth classes. You can learn more about everything Brookwood has to offer by visiting brookwoodchurch.org

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.

Hebrews 10:24-25 (NLT)

A BRIEF HISTORY OF CELEBRATE RECOVERY

Saddleback Church launched the first Celebrate Recovery meeting with 43 people in 1991. It was designed by John Baker and Rick Warren as a program to help those struggling with Hurts, Habits and Hang-Ups by showing them the loving power of Jesus Christ through a recovery process. Celebrate Recovery has helped thousands of people at Saddleback Church alone. God is now using Celebrate Recovery to change millions of lives in churches, recovery houses and prisons worldwide!

Celebrate Recovery was launched at Brookwood Church in August 2003. Since that time, the ministry has expanded to include The Landing (the official Celebrate Recovery program for teens), fellowship events, holiday meetings and a strong community.

And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns.

Philippians 1:6 (NLT)

WHAT CR IS AND WHAT IT'S NOT

Things We Are:

- A safe place to share.
- A refuge.
- A place of belonging.
- A place to care for others and be cared for.
- A place where respect is given to each other.
- A place where confidentiality is highly regarded.
- A place to learn.
- A place to grow and become strong again.

- A place where you can take off your mask.
- A place for healthy challenges and healthy risks.
- A possible turning point in your life.

Things We Are Not:

- A place for therapy.
- A place for secrets.
- A place to look for dating relationships.
- A place to rescue or be rescued by others.
- A place for perfection.
- A place to judge others.
- A quick fix.

DEFINITIONS OF SOBRIETY AND VICTORY

Because Celebrate Recovery is based on the words of Christ and has a focus on building an experiential relationship with God, the **8 Principles** and **12 Steps** can be used to overcome any Hurt, Habit or Hang-Up in your life. We use the Chip Ceremony to celebrate the victories of those growing in recovery. Sometimes, especially for those who are new, it can feel difficult to measure that success. To help you get started, we are providing some definitions for what sobriety or victory looks like in some of the most common areas of healing. These definitions are only a starting point and we encourage you to work with a sponsor or Celebrate Recovery leader to craft a definition that meets your individual needs (whether your struggle is listed here or is something else).

Sobriety for Codependency

The key to codependent sobriety is learning how to have healthy relationships and how to establish and enforce appropriate boundaries so we may accurately establish where we end and another person begins.

I can recognize codependent sobriety when I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.

While working toward codependent sobriety I'll make a faithful commitment to consistently work the program, which includes working or having worked through the CR Step Study, steady attendance at the Thursday night meetings, service and accountability to a sponsor and accountability partners. We advocate journaling, daily inventory, transparency and rigorous honesty.

Sobriety for Sexual Addiction

For the unmarried Christian, sexual sobriety means having no form of sex with self or with anyone else.

For the married Christian, sexual sobriety means having no form of sex with self or anyone other than his/her spouse. Sometimes the sexual addiction requires professional help for the couple and Brookwood has several counselors in the community that can be a resource for couples needing assistance. Talk with a Celebrate Recovery leader for help getting connected to a resource if needed.

And for everyone, sexual sobriety means seeking and achieving progressive inner sobriety.

Sobriety for Codependency in a Relationship with a Sexually Addicted Person

- Maintaining a state of confidence resulting from a reliance and trust in God.
- Focusing on God and relying on Him to meet my needs.
- Letting go of control and trusting God for the outcome.
- Not taking responsibility for the addict's behavior or recovery.
- Allowing the sex addict to be responsible for his/her own actions and recovery – no rescuing.
- Being honest with myself about my need to be in recovery.
- Minding my own business—no checking up on or spying on the addict, trusting that God will reveal any necessary information.
- Committing to growth through prayer, educational reading, and accountability.

Sobriety for Physical/Sexual/Emotional Abuse

Our definition of sobriety is to discover our purpose, to build our self-esteem, and to repair any damage done. We will allow ourselves to feel our feelings, to accept them, and learn to express them appropriately.

We will not partake in any addictive or self-destructive behaviors. We will not allow the pains of our past to keep us as victims, but grow from God's healing. In order to change, we as survivors of physical, sexual, and/or emotional abuse cannot use history as an excuse for continuing our destructive behaviors.

Sobriety for Food Issues

Sobriety means I have not overeaten compulsively, binged/purged, starved myself, over-exercised, or engaged in any ritualistic eating pattern. Rather, I have released control of my food and way of eating to the control of God and sought to eat in a sane and healthy manner.

Sobriety for Anger

Sobriety means I have not lashed out at others or harbored ill will toward others, but have taken appropriate steps to forgive others and resolve conflicts. I have also not shut down emotionally, giving in to depression, which is anger turned inward.

Sobriety also means working or having worked through a CR Step Study as well as steady attendance each Thursday night. Additionally, serving and accountability to a sponsor or a accountability partner is important.

Sobriety for Chemical Dependency

In order to attain sobriety from chemical addiction I need to abstain from alcohol and all drugs one day at a time and continue to apply the recovery steps and principles in my life.

Sobriety for Financial Issues

Living by God's Financial Guidelines: Giving 10% - and being responsible and generous with the remaining 90%.

Sobriety for Gambling

Sobriety for the compulsive gambler is defined as follows: Complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or skill.

Meet Hannah

I originally came to Celebrate Recovery because The Landing was in need of volunteers. I didn't know anything about the group. When I started coming, I found an incredible environment of men and women who connected with me and made it a safe place to go while dealing with all the stresses in my life. Everyone at Celebrate Recovery is genuinely empathetic and kind. The group has a mutual understanding that all people have struggles and shortcomings and that we need a Savior. When we can be honest and vulnerable about that, we can heal. Since I started serving as a leader in The Landing, I've had the privilege to provide that same experience for the students. This is a safe place to speak about their experiences and I'm able to share with them biblical principles that can carry them through their lives. I am so thankful for CR and The Landing.



Hannah Dendy

Meet Rick and Kristin

We came to Celebrate Recovery looking for help in our dysfunctional marriage. Rick wanted help to overcome addictions and Kristin was looking for someone to *fix* Rick. We were welcomed with open arms and did not experience the judgment we feared. Instead, we found a group of people who were transparent in their own struggles, and we realized we were not alone. Kristin soon realized that she had her own hurts, bad habits and hang-ups that she needed to work on and that she needed to stop playing God in her marriage and her life. Rick found men he could be honest with who had overcome similar struggles and we both found new, healthy friendships in our CR family. Throughout our dysfunctional years, the hurt we experienced was passed along to our children. Hurt people do hurt other people. Our daughter came to CR and our son attended The Landing so they could work on their own hurts, habits and hang-ups. We all found the love of Jesus and He has restored our family. By working on ourselves individually, we were able to heal the family wounds and are now all closer than we have ever been. We continue to serve in CR because life still throws us new challenges and we need a place to share our struggles and victories. Healing is a lifelong process, and we are blessed to have a community of fellow believers to journey alongside us.



CR Leaders regularly come together for training and to encourage one another in discipleship.

Stay Connected

864.688.8355 • careministries@brookwoodchurch.org
brookwoodchurch.org/celebraterecovery
facebook.com/CRatBrookwoodChurch

Be sure to complete a Celebrate Recovery Connection Card to receive email updates and encouragement. Cards are available weekly at CR 101 for Newcomers during Crosstalk Café.



BROOKWOODchurch
LOVE GOD • LOVE PEOPLE

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