

Celebrate Recovery®

Step Study Meeting Format and Reminders

To create a consistent and safe experience, all Step Studies at Brookwood Church should honor the format below.

Please start all meetings on time and remember that no outside material may be used for teaching or devotionals.

1. Welcome and Opening Prayer

2. Review and Signing of Step Study Expectations (Initial meeting or when there are newcomers)

3. Worship (Optional)

4. Introductions (Leader always starts introductions for modeling and to create a safe environment)

"I'm a believer in Jesus Christ who struggles with _____ my name is _____." (Please list only 1-2 issues)

If there are Newcomers: The reason we introduce ourselves this way (I'm a believer...) is that our identity is found in Jesus Christ. Our struggles (which we sometimes call our hurts, habits, hang-ups or sin) are not our identity; they are not who we are. If you're not a believer in Christ, you are welcome here, and you can introduce yourself however you feel comfortable."

5. Read the Small Group Guidelines (see reverse)

6. Read the 8 Recovery Principles or 12 Steps and their Biblical Comparisons (alternate week to week).

HINT: Use the "read around" format. One person reads a step or principle and the following person reads the Bible verse. Continue around the circle. It's another way of building the group's togetherness.

7. Devotional

The Journey Continues Step Studies (books 5-8) should use the Celebrate Recovery Daily Devotional as indicated for each lesson. Step Studies for the Journey Begins (books 1-4) can also use the C.R. Daily Devotional or the devotionals for each lessons based on the steps and their biblical comparisons in the back of the Celebrate Recovery Bible.

8. Acrostic

Read the acrostic and lesson from the Participant's Guide (Once again, it is useful to use the "read around" technique).

Note: This is the lesson from the Participant Guides not the Leaders Guide used on Thursday nights.

9. Sharing

One of the leaders reads the first question and the group shares their answers to the Participant's Guide questions. Participants need to have their answers thoughtfully prepared and written in advance (not gleaned from someone else's answer). This keeps them on topic when answering. Unlike Open Share night, declining to share is not an option. If a participant is reluctant to share, the Group Leader should meet with the participant separately.

10. Wrap Up

- Thank everyone for participating. Hand out and explain the C.R. Prayer Cards and Connection Cards.
- Encourage Accountability Teams, Sponsors and attendance on Thursday nights when possible.
- Encourage people to "like" and follow www.facebook.com/CRatBrookwoodChurch/
- Additional Announcements if Applicable (Celebrate Recovery and Church Related only)
- "If you'd like information about connecting with our Care Department for additional help, please let me know.""
- "If you'd like to talk about how you can start or have a deeper relationship with Christ, please see me after group"
- Close in Prayer

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Small Group Guidelines and their Explanations

To create a consistent and safe experience, Open Share Groups at Brookwood Celebrate Recovery should read the guidelines as written below in conjunction with the meeting format on the back of this sheet every week.

Leader: "Before we open the meeting for sharing, I would like to share our Small Group Guidelines. These guidelines are designed to provide a safe and productive meeting for everyone. Please listen carefully and honor these guidelines through the meeting.

We may remind you about these guidelines during your sharing to ensure the consistency and safety of the group, but this is not a judgment about your sharing. It's simply part of the process."

- 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 persons' 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 if a person specifically asks.
- 4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group.** Violations may result in expulsion from CR. **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 descriptions as they can be painful triggers for others in your group.