

Is Celebrate Recovery for You?

Do any of the following apply to you?

- Worry too much, feel overwhelmed and anxious daily
- Give in to others at your own expense
- Anger quickly, yell a lot, sometimes feel almost “out of control”
- Controlled by resentment, feel bitter towards someone
- Feel misunderstood, unloved
- Suffer unwarranted guilt, feel unworthy or have low-self esteem
- Trapped in an unhealthy or toxic relationship
- Work too much
- Spend too much
- Game too much or spend inappropriate time on the computer
- Eat too much or restrict your food intake in an unhealthy way
- Act compulsively, seek “the rush”
- Gamble / buy lottery tickets even if you don’t have spare cash
- Get caught up in fantasy, lust, dabble in pornography
- Depend on appearance and sexuality to start a relationship
- Act inappropriately sexually
- Abuse alcohol and/or any kind of drugs including prescriptions
- Experience physical, sexual, and /or emotional abuse now or in the past
- Feel hopeless, depressed, unforgiveable
- Try to change the behavior of people around you or feel responsible for their actions?
- Do you try to change another’s behavior without success?**
- Do you try to change your own behavior without success?**

The Eight Principles of Celebrate Recovery

Based on the teachings of Jesus Christ, Matthew 5: 1-10

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.
2. Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
3. Consciously choose to commit all of my life and will to Christ’s care and control.
4. Openly examine and confess my faults to myself, to God, and to someone I trust.
5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
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.
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.

Interesting Facts: *The Celebrate Recovery program originates from Saddleback Church in California. It is offered weekly for free in over 30,000 churches worldwide and in 49 state prison systems in the U.S. Currently, the written materials to support Celebrate Recovery programs have been translated into 20 languages.*