

Celebrate Recovery Purpose

The purpose of “Celebrate Recovery” is to fellowship and celebrate God’s healing power in our lives through the 12 steps and 8 Recovery Principles. This experience allows us to “be changed.” We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God’s grace in solving our lives’ problems. By working and applying these Biblical principles, we begin to grow spiritually. We become free from our dysfunctional, compulsive, and addictive behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the program we discover our personal, loving and forgiving Higher Power—Jesus Christ.

CELEBRATE RECOVERY IS A SAFE AND CONFIDENTIAL

What Is Chemical Addiction?

Those who struggle with chemical addiction don’t set out to destroy themselves and everyone and everything in their path—rather, these disastrous consequences are the effect of the vicious cycle of addiction. For man, drugs/alcohol seem to be a means of averting emotional and/or physical pain by providing the user with a temporary and illusionary escape from or way to cope with life’s realities. In fact, using drugs/drinking creates more problems—often life-shattering ones. Over time, a person’s ability to choose not to take drugs/drink can become compromised. Soon enough, the person rationalizes the need to use consistently and will do anything to get high. Chemical addiction is complex. Compulsive at times, uncontrollable drug craving, seeking, and use that persists even in the face of extremely negative consequences characterize it. For many people, chemical addiction/alcoholism becomes chronic, with relapses possible even after long periods of abstinence.

Essentially, drugs/drinking are a painkiller. They may seem to avert emotional and physical pain by providing the user with a temporary and illusionary escape from or way to cope with life realities. In fact, using and abusing drugs/alcohol create more problems—serious ones.

.....

.....

They are now caught in the vicious cycle of using to alleviate pain and creating more pain by using. They now display the physiological symptoms of addiction. They become difficult to communicate with, are withdrawn, and begin to exhibit other strange behaviorism associated with addiction.

The compulsion to use drugs/drink can take over the individual’s life. Addiction often involves not only compulsive drug taking/drinking but also a wide range of dysfunctional behaviors that can interfere with normal functioning in the family, the workplace, and the broader community. Addiction also can place people at increased risk for a wide variety of other illnesses. These illnesses can be brought on by behaviors, such as poor living and health habits, that often accompany life as an addict/alcoholic, or because of toxic effect of the drugs themselves.

Because addiction has so many dimensions and disrupts so many aspects of an individual’s life, treatment for this illness is never simple. Chemical Dependency treatment must help the individual stop using and maintain a drug-free/alcohol-free life style, while achieving productive functioning in the family, at work, and in society.

Am I Addicted?

Below is a brief list of criteria established to help you decide whether you are an addict (or a potentially substance-dependent individual)

Put in the simplest terms, an addict/alcoholic is an individual whose life is controlled to a significant degree by the dependence on a certain substance (or substances) of choice, whether that substance is cocaine, heroin, marijuana, inhalants, methamphetamines, or alcohol.

- Do you ever use alone?
- Have you ever substituted one drug for another thinking that one particular drug was the problem?
- Have you ever lied to a doctor to obtain a prescription drug?
- Have you ever stolen drugs/alcohol or stolen to obtain drugs/alcohol?
- Do you regularly use alcohol/drugs (including nicotine) when you wake up or when you go to bed?
- Have you ever taken one drug to overcome the effects of another?
- Has your job or school performance ever suffered from the effects of your drug/alcohol use?
- Have you ever been arrested as a result of using drugs/drinking?
- Have you ever lied about what or how much you use?

- Does using/drinking interfere with your sleeping or eating?
- Have you ever put the purchase of drugs/alcohol ahead of your financial responsibilities?
- Do you think a lot about a certain drug or drugs?
- Have you ever tried to stop or control your using/drinking?
- Does the thought of not having drugs/alcohol worry you?
- Do you feel it is impossible for you to live without your drug(s) of choice?
- Do you feel depressed and/or suicidal because of your drinking/drug use?
- Is your drug/drinking making your social or home life unhappy?
- Have you ever felt defensive, guilty, or ashamed about your using/drinking?
- Have you ever been in a jail, hospital, or drug rehabilitation center because of your using/drinking?
- Do you use drugs/alcohol because of pain or stress?
- Have you ever overdosed on any drug?
- Have you ever blacked out on drugs/alcohol?
- Do you continue to use despite knowing it’s negative physical or psychological consequences?

What Is Your Score?

Did you answer YES two (2) or more times? If so, you are probably in trouble with alcohol/and or drugs.

But again, only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking and using drugs ourselves.

Celebrate Recovery does not promise to solve your life’s problems. But we can show you how we are learning to live without drinking or using drugs one-day-at-a-time with the help of our Higher Power, Jesus Christ. We stay away from the First drink/and or drug! If there is no first one, there cannot be a tenth one. And when we are free of alcohol/drugs, we find that life becomes much more manageable, with Christ’s power.

What Are The Symptoms?

Loss of control over drinking or using.

Increased tolerance for alcohol and/or drugs (although sometimes a loss of tolerance occurs in later stages)

Preoccupation with alcohol and/or drugs.

Use despite negative consequences.

Distortions in thinking (such as denial)

Addiction, or dependence, is defined as having at least three of the following signs:

- 1) A tolerance for the drug/alcohol (needing increased amounts to achieve the same effect)
- 2) Withdrawal symptoms
- 3) Taking the drug in larger amounts than what was intended or over a longer period of time than was intended.
- 4) Having a persistent desire to decrease use or the inability to decrease the amount of the drug/alcohol consumed
- 5) Spending a great deal of time attempting to acquire the drug/alcohol
- 6) Continuing to use even though there are reoccurring physical or psychological consequences.

Celebrate Recovery Small Groups CAN:

Provide you a safe place to share your experiences, strengths, and hope with others who are going through a Christ-centered recovery.

Provide you with a leader who has gone through a similar hurt, hang-up or habit that will facilitate the group as it focuses on a particular principle each week. The leader will also keep Celebrate Recovery's "five rules."

Provide you with the opportunity to find an accountability partner or Sponsor.

Celebrate Recovery Small Groups will NOT:

Attempt to offer any professional clinical 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.

The Road to Recovery...

8 Recovery Principles, based on the Beatitudes, by Pastor Rick Warren

1. Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and 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"* Matthew 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."* Matthew 5:7
"Happy are the peacemakers." Matthew 5:9
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 gain the power to follow His will.
8. Yield myself to God to be used to bring this Good News to others, both by example and by my words. *"Happy are those who are persecuted because they do what God requires."* Matthew 5:10



CrossRoads Nazarene Church
2950 W Ray Rd
Chandler, AZ 85224

More information is available:
Phone: 480.722.0700
Fax: 480.722.0770
www.crnaz.com

CrossRoads
nazarene church



celebrate
recovery

Chemical Dependency
Life's Hurts, Habits and Hang-ups
Holding You Back?

Love God
Love Each Other
Love the World