

## 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.

## What Is Codependency?

- My good feelings about who I am stem from being loved by you.
- My good feelings about who I am stem from receiving approval from you.
- Your struggle affects my serenity. My mental attention focuses on solving your problems or relieving your pain.
- My mental attention is focused on pleasing you.
- My mental attention is focused on protecting you.
- Solving your problems bolsters my self-esteem.
- Relieving your pain bolsters my self-esteem.
- My own hobbies and interests are put aside. My time is spent sharing your interests and hobbies.
- Your clothing and personal appearance are dictated by my desires as I feel you are a reflection of me.
- Your behavior is dictated by my desires as I feel you are a reflection of me.
- I am not aware of how I feel. I am aware of how you feel.
- I am not aware of what I want—I ask what you want. I am not aware—I assume.
- The dreams I have for my future are linked to you.
- My fear of rejection determines what I say or do.
- I use giving as a way of feeling safe in our relationship.

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- My social circle diminishes as I involve myself with you.
- I put my values aside in order to connect with you.
- I value your opinion and way of doing things more than my own.
- The quality of my life is in direct relation to the quality of yours.

Jesus taught the value of the individual. He said we are to love others equal to ourselves, not more than. A love of self forms the basis for loving others.

The differences between a life of service and codependency take several forms.

**MOTIVATION DIFFERS.** Does the individual give his/her service out of free choice or because they consider themselves of no value? Do they seek to “please people?” Do they act out of guilt and fear? Do they act out of need to be needed? (which means they actually use the other person to meet their own needs; the helper becomes an object to help the helper achieve his own goals).

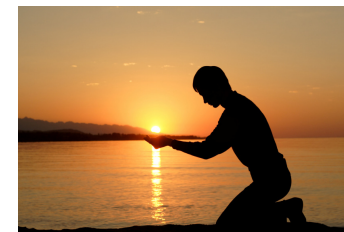
- Service is to be an active choice. The person acts; codependents react.
- Codependents behavior is addictive rather than balanced. Addictions control the person instead of the person being in charge of their own life.
- Codependents have a poor sense of boundaries; they help others inappropriately (when it creates dependency on the part of the other person rather than moving that person toward independence). They have trouble setting limits for themselves and allow others to invade their boundaries.
- A codependents sense of self-worth is tied up in helping others; Christianity says that a person has worth simply because they are a human being God created. Ones self-worth is separate from the work one does or the service one renders.
- Codependents have difficulty living balanced lives; they do for others at the neglect of their own well-being and health; Christian faith calls for balanced living and taking care of oneself.
- Codependent helping is joyless; Christian service brings joy.
- Codependents are driven by their inner compulsions; Christians are God-directed and can be free from compulsiveness, knowing that God brings the ultimate results.

THERE IS A ROAD TO FREEDOM, HOPE, AND RECOVERY  
CELEBRATE RECOVERY—WE’RE HERE TO HELP YOU FIND IT

## From the Book “Love Is A Choice”

“In its broadest sense, codependency can be defined as an addiction to people, behaviors, or things. Codependency is the fallacy of trying to control interior feelings by controlling people, things and even events on the outside. To the codependent, control or lack of it is central to every aspect of life. The codependent may be addicted to another person. In this interpersonal codependency, the codependent has become so elaborately enmeshed in the other person that the sense of self-personal identity—is severely restricted, crowded out by that other person’s identity and problems. Additionally, codependents can be like vacuum cleaners gone wild, drawing to themselves not just another person, but also chemicals (alcohol or drugs, primarily) or things—money, food sexuality, and work. They struggle relentlessly to fill the great emotional vacuum with themselves.

As we progress through the principles and steps we discover our personal, loving, and forgiving Higher Power—Jesus Christ. We become free. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and



## PRAYER FOR SERENITY

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.

## 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.

Encourage you to attend other recovery meetings held throughout the week.

## 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.

## Recovery Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please keep sharing limited to 3-5 minutes.
2. There will be no cross talk please. Cross talk is when two individuals engage in a conversation and exclude all others. Each person is free to express feelings without interruption.
3. We are here to support one another, and will not attempt to "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group!
5. Offensive language has no place in a Christ-centered recovery group.

## 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



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## Codependency & Christian Living

Love God  
Love Each Other  
Love the World