

I'm not robot!

"They promise them freedom, while they themselves are slaves of destructive habits — for we are slaves of anything that has conquered us." (2 Peter 2:19, GNT)

Energy lost

A side effect of our denial is anxiety. Anxiety causes us to waste precious energy running from our past and worrying about and dreading the future. It is only in the present, today, where positive change can occur.

"He frees the prisoners . . . ; he lifts the burdens from those bent down beneath their loads." (Psalm 146:7 – 8, TLB)

Negates growth

We are "as sick as our secrets." We cannot grow in recovery until we are ready to step out of our denial into the truth.

"They cried to the Lord in their troubles, and he rescued them! He led them from their darkness and shadow of death and snapped their chains." (Psalm 107:13 – 14, TLB)

Isolates us from God

God's light shines on the truth. Our denial keeps us in the dark.

"God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin." (1 John 1:5 – 7)

Alienates us from our relationships

Denial tells us we are getting away with it. We think no one knows — but they do.

What is the answer?

Lesson 2

Powerless

Principle 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.

"Happy are those who know they are spiritually poor." (Matthew 5:3)

Step 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)

Think About It

When we accept the first recovery principle and take that first step out of our denial and into reality, we see there are very few things that we really have control over. Once we admit that by our selves we are powerless we can stop living with the following "serenely robbers," spelled out in the acronym POWERLESS.

Pride

Ignorance + power + pride = a deadly mixture!

"Pride ends in a fall, while humility brings honor." (Proverbs 29:23, TLB)

Outs

Our "only fix" in life keeps us trapped in the fantasyland of rationalization!

"Whatever is covered up will be uncovered, and every secret will be made known. So then, whatever you have said in the dark will be heard in broad daylight." (Luke 12:2-3, GNT)

Worry

Worrying is a form of not trusting God enough!

"So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time." (Matthew 6:34, TLB)

Escape

By living in denial we may have escaped into a world of fantasy and unrealistic expectations of ourselves and others.

"For light is capable of showing up everything for what it really is. It is even possible for light to turn the thing it shines upon into light also." (Ephesians 5:13-14, PH)

Resentments

Resentments act like an emotional cancer if they are allowed to fester and grow.

"In your anger do not sin; Do not let the sun go down while you are still angry, and do not give the devil a foothold." (Ephesians 4:26-27)

Loneliness

Loneliness is a choice. In recovery and in Christ, you never have to walk alone.

"Continue to love each other with true brotherly love. Don't forget to be kind to strangers, for some who have done this have entertained angels without realizing it!" (Hebrews 12:1-2, TLB)

Analyze

Analyze your past honestly. To do a "searching and fearless moral inventory," you must step out of your denial! That's all that the word moral means – honest! This step requires looking through your denial of the past into the truth!

"The Lord gave us mind and conscience; we cannot hide from ourselves." (Proverbs 20:27, GNB)

List

List both the good and the bad. Keep your inventory balanced! If you just look at all the bad things of your past, you will distort your inventory and open yourself to unnecessary pain.

"Let us examine our ways and test them." (Lamentations 3:40)

The verse doesn't say, "Examine only your bad, negative ways." You need to honestly focus on the pros and the cons of your past!

As you compile your inventory, you will find that you have done some harmful things to yourself and others. No one's inventory (life) is flawless. We have all "missed the mark" in some area of our lives. In recovery we are not to dwell on the past, but we need to understand it so we can begin to allow God to change us. Jesus told us, "My purpose is to give life in all its fullness" (John 10:10, TLB).

Principle 4 Prayer

Dear God, You know my past, all the good and the bad things that I've done. In this step, I ask that You give me the strength and the courage to list those things so that I can "come clean" and face them and the truth. Please help me reach out to others You have placed along my "road to recovery". Thank You for providing them to help me keep balanced as I do my inventory. In Christ's name I pray, Amen.

Questions

1. Where will you go for quiet time to begin your inventory?
2. What are your fears as you begin your inventory? Why?
3. How do you attempt to turn over your will to God's care on a daily basis?
4. List the things you have used to block the pain of your past.
5. What have you done to step out of your denial?
6. Do you have an accountability partner to help you keep your inventory balanced?

Dear God,

I want to thank you for the work you are doing in my life. I am so grateful for every new opportunity that this day will bring. Your grace is so amazing. As I grow stronger, my faith in you grows deeper and I am so thankful. I know that the plan you have for my life will slowly unfold with each new day. I will be patient as change comes because I know you are in charge. Help me to help others today, God. I pray for the hurting; for those still living in their misery. I pray for those whose lives have been impacted by the disastrous touch of addiction, for the families torn apart and especially for the children left to wonder and grieve. God, give them your peace and guide them gently through this next twenty-four hours. Amen.

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What are the 12 step recovery program. Celebrate recovery step study lesson 2 pdf. What are the 12 recovery steps. Road to recovery steps.

1. List some of the ways that your pride has stopped you from asking for and getting the help you need to overcome your hurts, hang-ups, and habits. – believing (admitting) my problems are important enough to resolve and are worthy enough to warrant the help of others – not allowing others to get close to me and keeping everyone at a "safe distance"/ not letting people into my life – fearing the reactions of others when they find out the exact nature of my struggles 2. What in your past has caused you to have the "if only's"? – if only I had never discovered self-injury and other self-abusive behaviors (including food) – if only my biological parents had included me in their divorce papers – if only my family had known how to help me or had the ability to get me help – if only I had lived with my mother, instead of my grandparents... 3. Instead of worrying about things that we cannot control, we need to focus on what God can do in our lives. What are you worrying about? Why? – finances, because I have struggled with job security – relationships, mending the ones I have destroyed and learning how to deal with the permanent consequences of those I have ruined – how I will learn to cope with upcoming struggles, including my emotions and feelings, without having to resort to self-injury and or other destructive behaviors – I won't be able to remain totally committed to God and live in "thirst"/ I will end up giving up and going back "out", where I will die 4. In what ways have you tried to escape your past pain? Be specific. – self-injury – suicide – abusing food – pornography – emotionally detaching myself from situations – physical isolation – staying too busy with work – taking medication incorrectly – PURE denial/ lying to myself intentionally - creating new pain to cover-up or distract me from my past pain – blaming others for the pain – rationalizing/ degrading the truth – keeping myself too busy 5. How has holding on to your anger and resentments affected you? – TURNED ME INTO A MONSTER!!! – left me not knowing who I am on the inside – destroyed relationships with friends, family, coworkers, and other professionals (including some of those so desperately trying to help me) – left me isolated from others because no one wants to be around a "ticking time bomb" – it has allowed me to intentionally hurt others – distracts me and sucks out my energy 6. Do you believe that loneliness is a choice? Why or why not? How has your denial isolated you from your important relationships? – Yes, loneliness is a choice. We can open or close our hearts to God at any point in time. Loneliness is a feeling and feelings are subjective, which are chosen. – My denial has kept me from seeing my situations clearly and from accurately seeing myself. I have been so distorted and wrapped up in lies and placing the blame that I have pushed away others who have tried to help me help myself. My denial has kept me self-centered, not God centered. 7. Describe the emptiness you feel and some new ways you are finding to fill it? – Dead on the inside, rotten and porous. Incomplete and void, as if I am missing something. Not deserving, unlovable, and never good enough. – Focusing on keeping myself THIRSTY for God. I am practicing surrender and starting to ask myself if God would make the same choices I am making. Today (03/05/09) is the first day of my new life because I surrendered to God last night... and now my journey of life has been given to God. 8. Selfishness is at the heart of most problems between people. In what areas of your life have you been selfish? – not being completely open and honest with friends and family (holding myself back unnecessarily) – not fully committing myself to the task at hand – not giving my time to help others, instead I have spent the time destroying/ harming my body – not fully listening or committing myself to friends and the relationships we share – focusing too much on myself, instead of being open enough to help others in any possible way 9. Separation from God can feel very real, but it is never permanent. What can you do to get closer to God? – pray multiple times daily – practice gratitude daily – surround myself, whenever possible, with reminders of God – listen to others share about their faith and encounters with God – make friends with fellow believers – listen to Christian music and focus on the lyrics, internalize the meaning of the lyrics – pray to Him before I eat – partake in holy communion – give what God has given to me and pass it on to others... allowing myself to become a vessel for God to work through – simplify my life by only doing or engaging in activities that would be God serving, rather than worldly serving (WWJD) Powerless Think About It When we accept the first recovery principle and take that first step out of our denial and into reality, we see there are very few things that we really have control over. Once we admit that by ourselves we are powerless we can stop living with the following "serenity robbers," spelled out in the acrostic POWERLESS. Pride Ignorance + power + pride = a deadly mixture! "Pride ends in a fall, while humility brings honor." (Proverbs 29:23, TLB) Only ifs Our "only ifs" in life keep us trapped in the fantasy land of rationalization! "Whatever is covered up will be uncovered, and every secret will be made known. So then, whatever you have said in the dark will be heard in broad daylight." (Luke 12:2-3, GNB) Worry Worrying is a form of not trusting God enough! "So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time." (Matthew 6:34, TLB) Escape By living in denial we may have escaped into a world of fantasy and unrealistic expectations of ourselves and others. "For light is capable of showing up everything for what it really is. It is even possible for light to turn the thing it shines upon into light also." (Ephesians 5:13-14, PH) Resentments Resentments act like an emotional cancer if they are allowed to fester and grow. "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold." (Ephesians 4:26-27) Loneliness Loneliness is a choice. In recovery and in Christ, you never have to walk alone. "Continue to love each other with true brotherly love. Don't forget to be kind to strangers, for some who have done this have entertained angels without realizing it!" (Hebrews 13:1-2, TLB) Emptiness You know that empty feeling deep inside. The cold wind of hopelessness blows right through it. Jesus said, "My purpose is to give life in all its fullness" (John 10:10, TLB) Selfishness We often pray: "Our Father which art in heaven; give me, give me, give me." "Whoever clings to his life shall lose it, and whoever loses his life shall save it." (Luke 17:33, TLB) Separation Some people talk about finding God – as if He could ever get lost! "For I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels won't, and all the powers of hell itself cannot keep God's love away...Nothing will ever be able to separate us from the love God demonstrated by our Lord Jesus Christ when he died for us." (Romans 8:38 – 39, TLB) Congratulations! In your admission of your powerlessness you have begun the journey of recovery that will allow you to accept the true and only Higher Power's – Jesus Christ's – healing, love, and forgiveness. At this stage in your recovery, you need to stop doing two things. 1. Stop Denying the Pain You are ready to take your first step in recovery when your pain is greater than your fear. "Pity me, O Lord, for I am weak. Heal me, for my body is sick, and I am upset and disturbed. My mind is filled with apprehension and with gloom." (Psalm 6:2-3 TLB) 2. Stop Playing God You are unable to do for yourself what you need God to do for you. You are either going to serve God or yourself. You can't serve both. "No one can be a slave to two masters; he will hate one and love the other; he will be loyal to one and despise the other." (Matthew 6:24 GNB) In addition to stopping certain behaviors, you need to start doing two things: 1. Start Admitting Your Powerlessness As you work the first principle, you will see that by yourself you do not have the power to change your hurts, hang-ups, and habits. "Jesus...said, 'With man this is impossible, but with God all things are possible.'" (Matthew 19:26) 2. Start Admitting That Your Life Has Become Unmanageable You can finally start admitting that some or all areas of your life are out of your control to change. "Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count, have all caught up with me and I am ashamed to look up." (Psalm 40:12, TLB) Principle 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. "Happy are those who know they are spiritually poor." (Matthew 5:3) Step 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) Principle 1 Prayer: Dear God, Your Word tells me that I can't heal my hurts, hang-ups, and habits by just saying that they are not there. Help me! Parts of my life, or all of my life, are out of control. I now know that I cannot "fix" myself. It seems the harder that I try to do the right thing the more I struggle. Lord, I want to step out of my denial into the truth. I pray for you to show me the way. In Your Son's name I pray, Amen Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, hang-ups, and habits. The purpose of CELEBRATE RECOVERY is to celebrate God's healing power in our lives through 8 recovery principles found in the Beatitudes. By working and applying these principles, we begin to grow spiritually and become willing to accept God's grace in solving our problems. Change takes place as we share our experiences, hopes and strengths with each other. We gain freedom from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, joy, serenity and most importantly, a stronger personal relationship with God and others. Free from the hurts of yesterday, the struggles of today, and the worries of tomorrow. Lesson 1 Denial Denial Think About It Before we can take the first step of our recovery, we must first face and admit our denial. God tells us, "You can't heal a wound by saying it's not there!" (Jeremiah 6:14). The acrostic for DENIAL spells out what can happen if we do not face our denial. Disables our feelings By repressing our feelings we freeze our emotions. Understanding and feeling our feelings is freedom. "They promise them freedom, while they themselves are slaves of destructive habits—for a man is a slave of anything that has conquered him." (2 Peter 2:19, GNB) Energy lost A side effect of our denial is anxiety. Anxiety causes us to waste precious energy running from our past and worrying about and dreading the future. It is only in the present, today, where positive change can occur. "He frees the prisoners. . . , he lifts the burdens from those bent down beneath their loads." (Psalm 146:7-8, TLB) Negates growth We are "as sick as our secrets." We cannot grow in recovery until we are ready to step out of our denial into the truth. "They cried to the Lord in their troubles, and he rescued them! He led them from their darkness and shadow of death and snapped their chains." (Psalm 107:13-14, TLB) Isolates us from God God's light shines on the truth. Our denial keeps us in the dark. "God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin." (1 John 1:5-7) Alienates us from our relationships Denial tells us we are getting away with it. We think no one knows—but they do. What is the answer? "Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves." (Ephesians 4:25, TLB) Lengthens the pain We have the false belief that denial protects us from our pain. In reality, denial allows our pain to fester and grow and turn into shame and guilt. God's promise: "I will give you back your health again and heal your wounds." (Jeremiah 30:17, TLB) Accept the first principle of recovery. Step out of your denial! Step into your Higher Power's—Jesus Christ's—unconditional love and grace! Principle 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. "Happy are those who know they are spiritually poor." (Matthew 5:3) Step 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) Serenity Prayer 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. Amen God bless!

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