

## Eight Principles of Celebrate Recovery

- 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 that my life is unmanageable. *Happy are those who know they are spiritually poor.*
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.*
3. **Consciously** choose to commit all my life and will to Christ's care and control. *Happy are the meek.*
4. **Openly** examine and confess my faults to myself, to God, and to someone I trust. *Happy are the pure in heart.*
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.*
6. **Evaluate** all my relationship. 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. Happy are the peacemakers.*
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. *Happy are those who are persecuted because they do what God requires.*

### Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feeling without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.\*
5. Offensive language has no place in a Christ-centered recovery group.

\*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to the Celebrate Recovery Ministry Leader.

## Is Celebrate Recovery for You?

### A Christ-Centered Recovery Program for any Hurt, Hang-up or Habit

We meet every Tuesday night at The Salvation Army  
Cobourg Community Church 59 Ballantine Street Cobourg,  
Ontario K9A 5G8 . . .

6:15 pm - Arrival  
6:30 pm - Large Group  
7:30 pm - Open Share Groups  
8:30 pm - Café

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(905) 373-9440

[www.sallyann.ca](http://www.sallyann.ca)

[www.celebraterecovery.ca](http://www.celebraterecovery.ca)



**To explore whether or not Celebrate Recovery may hold some advantage for your life simply ask yourself whether you or someone you are in a close relationship with may:**

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Check the appropriate boxes:

- |  |   |
|--|---|
| <input type="checkbox"/> Do too much                   | <input type="checkbox"/> Worry too much               |
| <input type="checkbox"/> Owe too much                  | <input type="checkbox"/> Give to others too much      |
| <input type="checkbox"/> Work too much                 | <input type="checkbox"/> Drink too much               |
| <input type="checkbox"/> Exercise too much             | <input type="checkbox"/> Care too much                |
| <input type="checkbox"/> Spend too much                | <input type="checkbox"/> Smoke too much               |
| <input type="checkbox"/> Lust too much or too often    | <input type="checkbox"/> Rush too much                |
| <input type="checkbox"/> Sleep too much                | <input type="checkbox"/> Obsess too much              |
| <input type="checkbox"/> Fantasize too much/often      | <input type="checkbox"/> Diet too much/often          |
| <input type="checkbox"/> Grieve too long               | <input type="checkbox"/> Seek excitement too often    |
| <input type="checkbox"/> Gamble too much               | <input type="checkbox"/> Yell or scream too often     |
| <input type="checkbox"/> Use illicit drugs too often   | <input type="checkbox"/> Get angry too often          |
| <input type="checkbox"/> Feel used too often           | <input type="checkbox"/> Act sexually inappropriately |
| <input type="checkbox"/> Act compulsively too often    | <input type="checkbox"/> Be greedy too often          |
| <input type="checkbox"/> Become sad too often          | <input type="checkbox"/> Feel overwhelmed             |
| <input type="checkbox"/> Lose control too often        | <input type="checkbox"/> Feel envious too often       |
| <input type="checkbox"/> Become jealous too often      | <input type="checkbox"/> Be anxious or afraid         |
| <input type="checkbox"/> Get manipulated too often     | <input type="checkbox"/> Be late too often            |
| <input type="checkbox"/> Be too early too often        | <input type="checkbox"/> Feel resentful too often     |
| <input type="checkbox"/> Feel guilty too often         | <input type="checkbox"/> Feel lonely too often        |
| <input type="checkbox"/> Feel hopeless                 | <input type="checkbox"/> Feel unlovable               |
| <input type="checkbox"/> Feel trapped too often        | <input type="checkbox"/> Feel worthless too often     |
| <input type="checkbox"/> Feel unloved too often        | <input type="checkbox"/> Feel unattractive            |
| <input type="checkbox"/> Feel like a failure too often | <input type="checkbox"/> Feel unforgivable too often  |
| <input type="checkbox"/> Eat too much                  | <input type="checkbox"/> Play video games too much    |

## **Do you have a Hurt, Hang-up or Habit?**

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Answer the following 25 questions:

- Do you believe, or want to believe in God, yet can't seem to?
- Do you want to trust God with your whole life, yet live in fear?
- If you are honest, do you know you are not happy?
- Is serenity only an ideal; seldom experienced?
- Do you find your personal life is troubled?
- Are your relationships clouded by conflict and confusion?
- Do you find people in your life can't understand you?
- Do others not love you as you feel you should be loved?
- Do you have resentments, anger, fear or loneliness?
- Do you have persistent feelings of low self worth, shame, guilt?
- Do you have recurring pain about relationships and living in general?
- Have you tried to change your behaviours without success?
- Have you tried to change the behaviours of people around you?
- Have you even called God in on the struggle to change those close to you or yourself without apparent result?
- Do those whom you try to "help" not cooperate?
- Do you feel angry or hurt, asking, "Why do they resent me"?
- Do you think, "They should just do what I say"?
- Do you tell others, "I am only trying to help them"?
- Have you realized that you can't even fix your own pain?
- Do your prayers for God's help not relieve the pain?
- Have you not told anyone of your secret pain?
- Does life not respond to your manipulations?
- Are you realizing you don't have the needed power?
- Are you lacking spiritual resources to overcome the pain?
- Do you have a difficulty and want to change?

If you answered "Yes" to 2 or more of these questions, YOU HAVE a hurt, habit or hang-up. Come! Join us on the Road to Recovery.