

8 PRINCIPLES OF

celebrate **recovery**

Based on the Beatitudes: Matthew 5

RECOVERY
Principle 1

LEADER

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.

PEOPLE

“Happy are those who know that they are spiritually poor.”

- Matthew 5:3

RECOVERY

Principle 2

LEADER

Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.

PEOPLE

“Happy are those who mourn, for they shall be comforted.”

- Matthew 5:4

RECOVERY

Principle 3

LEADER

Consciously choose to commit all my life and will to Christ's care and control.

PEOPLE

“Happy are the meek.”

- Matthew 5:5

RECOVERY

Principle 4

LEADER

Openly examine and confess my faults to myself, to God, and to someone I trust.

PEOPLE

“Happy are the pure in heart.”

- Matthew 5:8

RECOVERY
Principle 5

LEADER

Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.

PEOPLE

“Happy are those whose greatest desire is to do what God requires.”

- Matthew 5:6

RECOVERY
Principle 6

LEADER

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.

PEOPLE

“Happy are the merciful.” - Matthew 5:7

“Happy are the peacemakers.” - Matthew 5:9

RECOVERY

Principle 7

LEADER

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.

RECOVERY
Principle 8

LEADER

Yield myself to God to be used to bring this Good News to others, both by my example and my words.

PEOPLE

“Happy are those who are persecuted because they do what God requires.”

- Matthew 5:10

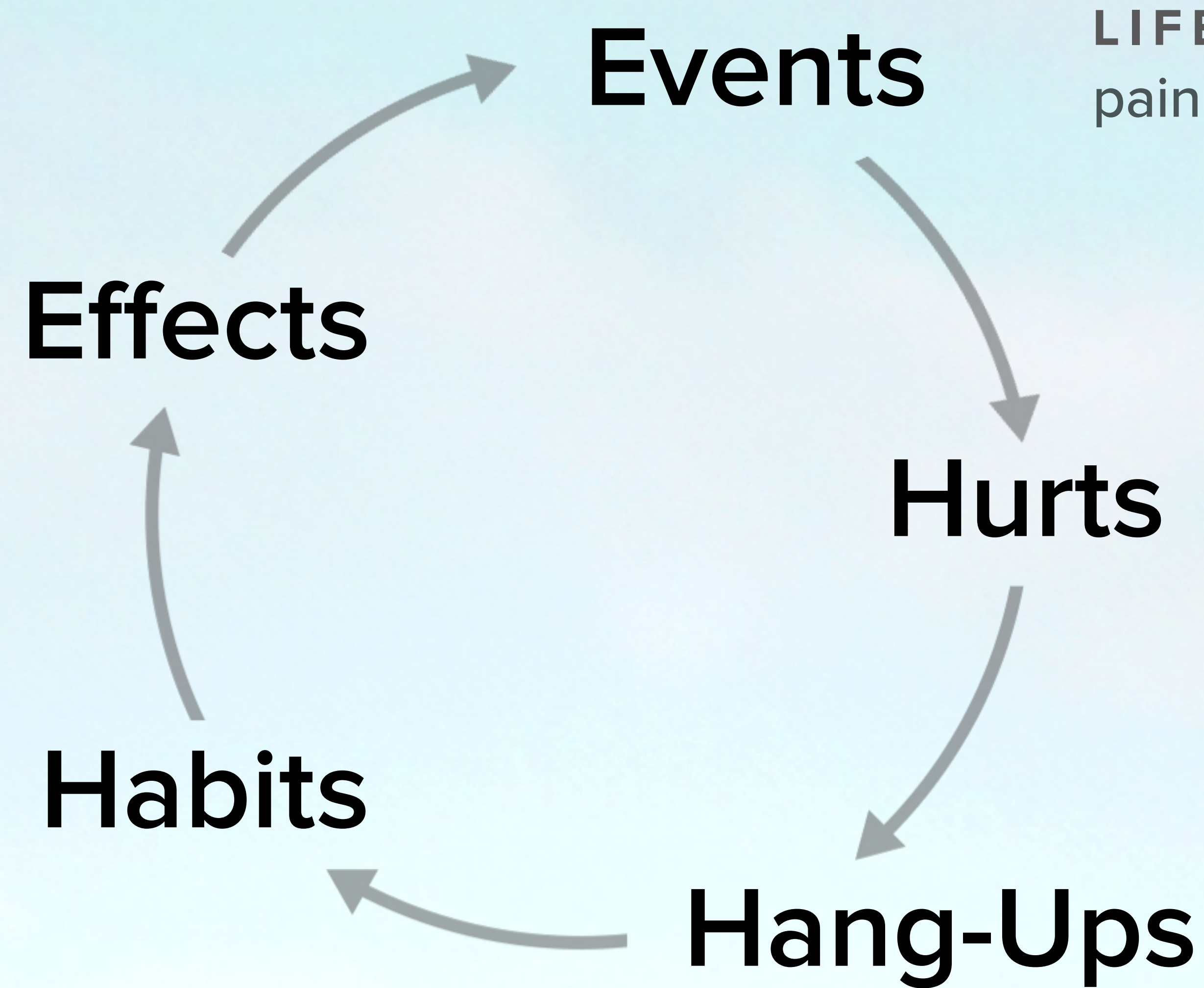


LIFE'S ► HEALING ◀ CHOICES



OUR RELATIONSHIPS
broken friendships, marriages, families

SINFUL BEHAVIORS
addictions, destructive choices
attempts to numb/protect



LIFE IS MESSY
pain, destruction, loss, death

TRAUMA
wounded by others, ourselves,
circumstances

FALSE IDENTITY/BELIEFS
“I am worthless”
“Everyone is out to hurt me”
“God does not love me”



James 4:6-10 NIV

But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.” ⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹ Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. ¹⁰ Humble yourselves before the Lord, and he will lift you up.



James 4:6-8a NIV

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Principle 3

Consciously choose to commit all my life and will to Christ's care and control.

“Happy are the meek.”
- Matthew 5:5 ^{NIV}



James 4:8-9 NIV

Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹ Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.



Principle 4

**Openly examine and confess my faults to myself, to God,
and to someone I trust.**

“Blessed are the pure in heart.”
- Matthew 5:8 ^{NIV}



Principle 4

Openly examine and confess my faults to myself, to God, and to someone I trust.

Blessed are the pure in heart.

Matthew 5:8 ^{NIV}

Principle 5

Voluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Matthew 5:6 ^{NIV}



“It is so important for each of us to grieve our wound; it is the only honest thing to do. For in grieving we admit the truth – we were hurt by someone we loved, we lost something very dear, and it hurt us very much. Tears are healing. They help to open and cleanse the wound.”

John Eldredge, *You Have What It Takes*



Psalm 139:23-24 ^{NIV}

Search me, God, and know my heart; test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me, and lead me in the way everlasting.



James 5:16 ^{NIV}

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.



**Acceptance leads us
to lasting healing.**



James 4:6-10 ^{NIV}

But **he gives us more grace.** That is why Scripture says: “**God opposes the proud but shows favor to the humble.**” ⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ **Come near to God and he will come near to you.** Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹ Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. ¹⁰ **Humble yourselves before the Lord, and he will lift you up.**





Prayer for **Serenity**

REINHOLD NIEBUHR

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.