

8 PRINCIPLES OF Celebrate recovery Based on the Beatitudes: Matthew 5



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 w Matthew 5:3

Happy are those who know that they are spiritually poor.

LEADER

PEOPLE

Matthew 5:4

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.



LEADER

care and control.

PEOPLE

Happy are the meek. Matthew 5:5

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

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



LEADER

PEOPLE

Matthew 5:6

Voluntarily submit to any and all changes 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.

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

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.

LEADER

PEOPLE

God requires. Matthew 5:10

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

Happy are those who are persecuted because they do what





Ignoring my past keeps me from moving forward, but accepting it brings **lasting freedom and healing.**







CHOICE THREE Letting Go

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

- Matthew 5:5 NIV

Blessed are the meek, for they will inherit the earth.



CHOICE FOUR Coming Clean



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

Blessed are the particular of the second sec

Blessed are the pure in heart, for they will see God.



CHOICE FIVE Making Changes



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



broken friendships, marriages, families

SINFUL BEHAVIORS addictions, destructive choices attempts to numb/protect



OUR RELATIONSHIPS

Effects

Habits

Events

LIFE IS MESSY pain, destruction, loss, death

Hurts

TRAUMA wounded by others, ourselves, circumstances

Hang-Ups

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







Hebrews 12:1 NIV

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us...



Commit **Examine & Confess** Submit



Psalm 73:26 NIV My flesh and my heart may fail, but God is the strength of my heart and my portion forever.







Barriers to committing:

e)

Guilt

Fear

Worry

Doubt



Commit **Examine & Confess** Submit



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.



"Nothing teaches us about the preciousness of the Creator as much as when we learn the emptiness of everything else." CHARLES SPURGEON





Commit Examine & Confess Submit



Psalm 37 The LORD of the ²⁴ though for the

Psalm 37:23-24 NIV

The LORD makes firm the steps

- of the one who delights in him;
- ²⁴ though he may stumble, he will not fall,
 - for the LORD upholds him with his hand.



Commit **Examine & Confess** Submit



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.





Ignoring my past keeps me from moving forward, but accepting it brings **lasting freedom and healing.**







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.