STEPPING OUT OF DENIAL

And into God’s Grace
A Recovery Program
Based on 8 principles from the Beatitudes.

CELEBRATE RECOVERY
What is Celebrate Recovery?

- Celebrate Recovery is a biblical and balanced program that can help you overcome your hurts, habits, and hang-ups.
- Based on the actual words of Jesus rather than psychological theory.
- The principles of recovery---in their logical order---given by Christ in His most famous message, the Sermon on the Mount.
WHAT DO WE WANT FOR YOU?

• THAT YOU FIND PEACE AND LASTING
• FREEDOM IN JESUS CHRIST AS YOU
• CELEBRATE RECOVERY.

• WE TRUST THAT YOU WILL COME TO REALIZE MANY BENEFITS FROM THIS PROGRAM.
You are a champion @
First Step Counseling of
Houston
Welcome
TO BEGIN....WE NEED TO STEP OUT OF DENIAL....

- DENIAL KEEPS US FROM FACING THE REALITY OF OUR PAST AND PRESENT.
- WE NEED TO ADMIT THAT WE ARE POWERLESS
  - OVER CERTAIN AREAS OF OUR LIVES
  - AND THAT ALONE, WE DO NOT HAVE THE POWER TO CONTROL THEM.
- THAT IS PRINCIPLE NO. 1.
PRINCIPLE NO. 2...

• WE FIND THE HOPE IN OUR HIGHER POWER, JESUS CHRIST, CAN RESTORE US TO SANITY AND THAT THROUGH Him alone we CAN FIND THE POWER TO HELP US RECOVER.
Principle No. 3.....

- We take the action to turn our lives and our wills over to His care and direction.

- Remember...John 8:32... "Then you will know the truth, and the truth will set you free."
ROAD TO RECOVERY
PRINCIPLE NO. 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).
Principle No. 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)
PRINCIPLE NO. 3....

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

• “Happy are the meek.”

• (Matthew 5:5)
PRINCIPLE NO. 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)
PRINCIPLE NO. 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).
PRINCIPLE NO. 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)
PRINCIPLE 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.

• “Happy are those who are persecuted because they do what God requires. (Matthew 5:10)
PRINCIPLE NO. 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.” (Matthew 5:10).
The 12-steps and their Biblical comparisons.

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)
Step 2

- We came to believe that a power greater than ourselves could restore us to sanity.

- "For it is God who works in you to will and to act according to his good purpose."
  
  *(Philippians 2:13)*
Step 3

• We made a decision to turn our lives and our over to the care of God.

• “Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—

• this is your spiritual act of worship.”

• *(Romans 12:1)*
Step 4

• We made a searching and fearless moral inventory of ourselves.

  "Let us examine our ways and test them, and let us return to the Lord."

  *(Lamentations 3:40).*
Step 5

- We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

— Therefore confess your sins to each other and pray for each other so that you may be healed.”

— (James 5:16),
Step 6

• We were entirely ready to have God remove all these defects of character.

  • “Humble yourselves before the Lord, and he will lift you up”
    
    ❖ (James 4:10).
Step 7

• We humbly ask Him to remove all our shortcomings.

  • “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”
    ✝ (1 John 1:9).
Step 8

• We made a list of all persons we had harmed and became willing to make amends to them all.

• “Do to others as you would have them do to you.”
  ❖ *(Luke 6:31).*
Step 9

• We made direct amends to such people whenever possible, except when to do so would injure them or others.

• “Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”
  ❖ (Matthew 5:23-24).
Step 10

• We continued to take personal inventory and when we were wrong, promptly admitted it.

  • “So, if you think you are standing firm, be careful that you don’t fall!”
    • (1 Corinthians 10:12).