DENIAL

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 5:3a (TEV)

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 (NIV)

Disables our
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 GNB)

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

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

Isolates us from
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 1:5b–7 NIV)

Alienates us from
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 LB)

Lengthens
God’s promise: I will give you back your health again and heal your wounds.
(Jeremiah 30:17a LB)

LEADER’S FOCUS QUESTION
In what areas of your life are you now beginning to face the truth and break the effects of denial?

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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 5:3a (TEV)

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 (NIV)

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

O
So then, whatever you have said in the dark will be heard in broad daylight. (Luke 12:3a GNB)

W
So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time. (Matthew 6:34 LB)

E
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)

R
“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 NIV)

L
Don’t forget to be kind to strangers, for some who have done this have entertained angels without realizing it! (Hebrews 13:2 LB)

E
Jesus said, “My purpose is to give life in all its fullness.” (John 10:10b LB)

S
“Whoever clings to his life shall lose it, and whoever loses his life shall save it.”
(Luke 17:33 LB)

S
Nothing will ever be able to separate us from the love God demonstrated by our Lord Jesus Christ when he died for us. (Romans 8:39b LB)
Lesson 2

Stop Doing Two Things

Stop: ____________________________________________

________________________________________________

Stop: ____________________________________________

________________________________________________

Start Admitting Two Things

Start Admitting: ______________________________________

________________________________________________

Start Admitting: ______________________________________

________________________________________________

Start Admitting: ______________________________________

________________________________________________

Start Admitting: ______________________________________

________________________________________________
HOPE

Principle 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

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 (NIV)

For everything comes from God alone. Everything lives by his power . . . (Romans 11:36a LB)

Openness to
Now your attitudes and thoughts must all be constantly changing for the better. Yes, you must be a new and different person . . . (Ephesians 4:23–24a LB)

Power to
For I can do everything God asks me to with the help of Christ who gives me the strength and the power. (Philippians 4:13 LB)

And I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns. (Philippians 1:6 LB)

LEADER’S FOCUS QUESTION
What do you believe about God? What things are you ready to change in your life?
SANITY

Principle 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

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 (NIV)

S
God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear . . .
(Psalm 46:1–2a NIV)

A
Accept one another, then, for the glory of God, as Christ has accepted you.
(Romans 15:7 GNB)

N
When someone becomes a Christian, he becomes a brand new person inside. He is not the same any more. A new life has begun! (2 Corinthians 5:17 LB)

I
Nothing brings me greater joy than hearing that my children are living in the truth.
(3 John 1:4 PH)

T
It is dangerous to be concerned with what others think of you, but if you trust the Lord, you are safe. (Proverbs 29:25 GNB)

Y
While we were still sinners, Christ died for us. (Romans 5:8 NIV)

LEADER’S FOCUS QUESTION
What do you keep repeating over and over again expecting a different result? What result are you looking for?
TURN

Principle 3:
Consciously choose to commit all my life and will to Christ’s care and control.

“Happy are the meek.”
Matthew 5:5a (TEV)

Step 3:
We made a decision to turn our lives and our wills 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 (NIV)

T
If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9 NRSV)

U
Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. (Proverbs 3:5–6 NIV)

R
Don’t let the world around you squeeze you into its own mould, but let God re-make you so that your whole attitude of mind is changed. (Romans 12:2a PH)

N
Now God says he will accept and acquit us—declare us “not guilty”—if we trust Jesus Christ to take away our sins. (Romans 3:22a LB)

LEADER’S FOCUS QUESTION
How has relying on my own understanding caused problems in my life?

Turning your life over to Christ is a once-in-a-lifetime commitment!

Turning your will over to Christ requires a daily recommitment!

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Turning your life over to Christ is a once-in-a-lifetime commitment!

Turning your will over to Christ requires a daily recommitment!

© Celebrate Recovery®
**ACTION**

**Principle 3:**
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Romans 12:1 (NIV)

A __________ Jesus Christ as your Higher Power and Savior!
If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9 NRSV)

C __________ to seek and follow HIS will!
Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.
(Psalm 143:10 NIV)

T __________ it over.
“Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; . . .” (Matthew 11:28–29 LB)

I __________ only the beginning.
And I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished . . . (Philippians 1:6 LB)

O __________ day at a time.
“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” (Matthew 6:34 LB)

N __________: How do I ask Christ into my life?

**LEADER’S FOCUS QUESTION**
What ACTION do you need to take in your recovery and why?
**Principle 4:**
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

**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 (NIV)

Why do I ___________________________ a Sponsor and/or an Accountability Partner?

As iron sharpens iron, so one man sharpens another. (Proverbs 27:17 NIV)

Having a Sponsor and/or Accountability Partner is ____________________________.

Having a Sponsor and/or Accountability Partner is a ________________ of your recovery program.

Having a Sponsor and/or Accountability Partner is the best guard against ________

______________________________.

What are the ____________________________ of a Sponsor?

Though good advice lies deep within a counselor’s heart, the wise man will draw it out.
(Proverbs 20:5 LB)

What is the ____________________________ of a Sponsor?

How do I ____________________________ a Sponsor and/or Accountability Partner?

What is the difference between a Sponsor and an ____________________________
Partner?

---

**LEADER’S FOCUS QUESTION**
What is keeping you from finding a SPONSOR or an Accountability Partner? Why is it important for you to have a support team?
### The Difference Between a Sponsor and an Accountability Partner

**Sponsor**
- Coaches you through the Principles/Steps, Participant’s Guide
- Gives assignments
- Gives suggestions
- Makes recommendations
- Helps bring clarity to the Steps
- Requires meeting attendance
- Requires check-in calls
- Has at least one year continuous sobriety and has worked through the Steps
- Same area of recovery and same gender
- Shares experiences and victories
- Confronts denial or laziness

**Accountability Partner**
- Attend Step Study Meetings together
- Attend Large Group Meetings together
- Go to fellowship events together
- Relate to the same area of struggle
- Call each other daily
- Encourage each others’ program
- Help motivate each other
- May or may not be at the same place (Steps, sobriety time) in their recoveries
- Includes at least three people
- Pray for each other
MORAL

Principle 4:
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

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 (NIV)

M “But if not, then listen to me. Keep silence and I will teach you wisdom!” (Job 33:33 LB)

O “Let me express my anguish. Let me be free to speak out of the bitterness of my soul.”
(Job 7:11 LB)

R Oh, love the Lord, all of you who are his people; for the Lord protects those who are loyal to
him, . . . So cheer up! Take courage if you are depending on the Lord. (Psalm 31:23–24 LB)

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

I Let us examine our ways and test them, . . . (Lamentations 3:40 NIV)

LEADER’S FOCUS QUESTION
What are your fears about starting your inventory? What were the benefits of completing your
personal inventory?

ACTION

Principle 3:
Consciously choose to commit all my life and will to Christ’s care and control.

“Happy are the meek.”
Matthew 5:5a (TEV)

Step 3:
We made a decision to turn our lives and our wills 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 (NIV)

A Jesus Christ as your Higher Power and Savior!
If you confess with your lips that Jesus is Lord and believe in your heart that God raised him
from the dead, you will be saved. (Romans 10:9 NRSV)

C to seek and follow HIS will!
Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.
(Psalms 143:10 NIV)

T it over.
“Come to me and I will give you rest— all of you who work so hard beneath a heavy yoke. Wear
my yoke—for it fits perfectly—and let me teach you, for I am gentle and humble, and you shall
find rest for your souls; . . .” (Matthew 11:28–29 LB)

I only the beginning.
And I am sure that God who began the good work within you will keep right on helping you
grow in his grace until his task within you is finally finished . . . (Philippians 1:6 LB)

O day at a time.
“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at
a time.” (Matthew 6:34 LB)

N: How do I ask Christ into my life?

LEADER’S FOCUS QUESTION
What ACTION do you need to take in your recovery and why?
INVENTORY

Principle 4:
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

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 (NIV)

THE PERSON | THE CAUSE | THE EFFECT | THE DAMAGE | MY PART
---|---|---|---|---

LEADER’S FOCUS QUESTION
What are your thoughts about working your 4th Step? Are you keeping your INVENTORY balanced? Share about your experience working your 4th step.

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SPIRITUAL INVENTORY PART 1

Principle 4:
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

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 (NIV)

Relationship with
“Forgive us our sins, just as we have forgiven those who have sinned against us. Don’t bring us into temptation, but deliver us from the Evil One.” (Matthew 6:12–13 LB)

Priorities in
“He will give them to you if you give him first place in your life and live as he wants you to.” (Matthew 6:33 LB)

Your
Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. (Ephesians 4:31 GNB)

Your
Do not lie to each other. You have left your old sinful life and the things you did before. (Colossians 3:9 NCV)

LEADER’S FOCUS QUESTION
Does your walk match your talk? If so, how? If not, why not? Are my actions the same at recovery meetings, church, home and work?
What in your life is interfering with you doing God’s will:

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SPIRITUAL INVENTORY PART 2

**Principle 4:**
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

**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 (NIV)

Search me, O God, and know my heart;
test my thoughts.
Point out anything you find in me that makes you sad,
and lead me along the path of everlasting life.
Psalm 139:23–24 (TLB)

LEADER’S FOCUS QUESTION
How have you mistreated your mind, body, family, or the church? Did this prevent God from working effectively in your life? Why?
CONFESS

Principle 4:
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

Step 5:
We admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Therefore confess our sins to each other and pray for each other so that you may be healed.
James 5:16a (NIV)

C____ your shortcomings, resentments and sins
He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.
Proverbs 28:13 NIV

O____ God’s directions
“As surely as I am the living God,” says the Lord, “everyone will kneel before me, and everyone will confess that I am God!” Everyone of us then, will have to give an account of himself to God.
Romans 14:11–12 GNB

N____ more guilt
All have sinned; . . . yet now God declares us “not guilty” . . . if we trust in Jesus Christ, who . . . freely takes away our sins.
Romans 3:23–24 LB

F____ the truth
“Then you will know the truth, and the truth will set you free.”
John 8:32 NIV

E____ the pain
There was a time when I wouldn’t admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration . . . My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, “I will confess them to the Lord.” And you forgave me! All my guilt is gone.
Psalm 32:3–5 LB

S____ the blame
“Why do you look at the speck of sawdust in your brother’s eye and fail to notice the plank in your own? How can you say to your brother, ‘Let me get the speck out of your eye,’ when there is a plank in your own? . . . Take the plank out of your own eye first, and then you can see clearly enough to remove your brother’s speck of dust.”
Matthew 7:3–5 PH

S____ accepting God’s forgiveness
For God was in Christ, restoring the world to himself, no longer counting men’s sins against them but blotting them out.
2 Corinthians 5:19a LB
LEADER’S FOCUS QUESTION
What positive changes have happened in your life due to sharing your inventory?
Which do you find more difficult: confessing to God, yourself, or to someone you trust; and why?
ADMIT

Principle 4:
Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.”
Matthew 5:8a (TEV)

Step 5:
We admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Therefore confess our sins to each other and pray for each other so that you may be healed.
James 5:16a (NIV)

Why admit my wrongs?

1. We lose our sense of ________________________________.
2. We will begin to lose our unwillingness to ________________________________.
3. We will lose our inflated, false ________________________________.
4. We lose our sense of ________________________________.

Three reasons or benefits for admitting all your wrongs and your sins to another are:

1. We gain the ________________________________ that the Bible promises!

2. We gain ________________________________!
Then they cried to the Lord in their troubles, and he rescued them!
(Psalm 107:13 LB)

3. We gain ________________________________!
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 NIV)

LEADER’S FOCUS QUESTION

What is your biggest fear of sharing your inventory with another person? What positive changes have happened in your life due to sharing your inventory?

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Principle 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 5:6a (TEV)

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 (NIV)

R __________________________ control.
Help me to do your will, for you are my God. Lead me in good paths, for your Spirit is good.
(Psalm 143:10 LB)

E __________________________ does it.
Commit everything you do to the Lord. Trust him to help you do it and he will.
(Psalm 37:5 LB)

A __________________________ the change.
So then, have your minds ready for action. Keep alert and set your hope completely on the blessing which will be given you when Jesus Christ is revealed. Be obedient to God . . .
(1 Peter 1:13–14 GNB)

D __________________________ your character defect.
“When an evil spirit goes out of a person it travels over dry country looking for a place to rest. If it can’t find one, it says to itself, ‘I will go back to my house.’ So it goes back and finds the house empty, . . . Then it goes out and brings along seven other spirits even worse than itself, and they come and live there.”
(Matthew 12:43–45a GNB)

Y __________________________ to the growth.
The person who has been born into God’s family does not make a practice of sinning because now God’s life is in him; so he can’t keep on sinning, for this new life has been born into him and controls him—he has been born again.
(1 John 3:9 LB)

LEADER’S FOCUS QUESTION
What area of your life have you been able to turn over and surrender to Jesus Christ? What area are you still holding on to?
**VICTORY**

**Principle 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 5:6a (TEV)

**Step 7:**
We humbly asked 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 (NIV)

**V** submit
Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him . . . let God transform you inwardly by a complete change of your mind. (Romans 12:1b–2a GNB)

**I** character defects
In his heart a man plans his course, but the LORD determines his steps. (Proverbs 16:9 NIV)

**C** your mind
Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is his good, pleasing and perfect will. (Romans 12:2 NIV)

**T** character defects
But the Lord is faithful, and he will strengthen and protect you from the evil one. (2 Thessalonians 3:3 NIV)

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

**R** is a process
And I am sure that God who began a good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns. (Philippians 1:6 LB)

**Y** must choose to change
God gives strength to the humble, . . . So give yourselves humbly to God. Resist the devil and he will flee from you. And when you draw close to God, God will draw close to you. (James 4:6b–8a LB)

**LEADER’S FOCUS QUESTION**
What character defect are you going to ask God to remove? What will you stop doing and what will you start doing?
Principle 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 doing so would harm them or others.

“Happy are the merciful. Happy are the peacemakers.”
Matthew 5:7a and 5:9

Step 8:
We made a list of all persons we had harmed and become willing to make amends to them all.

“Do to others as you would have them do to you.”
Luke 6:31 (NIV)

A ___________ the hurt and the harm
“Do not judge others, and God will not judge you; do not condemn others, and God will not condemn you; forgive others, and God will forgive you.” (Luke 6:37 GNB)

M ___________ a list
“Treat others as you want them to treat you.” (Luke 6:31 LB)

E ___________ one another
And let us consider how we may spur one another on toward love and good deeds.
(Hebrews 10:24 NIV)

N ___________ for them
“Love your enemies and do good to them; lend and expect nothing back.”
(Luke 6:35a GNB)

D ___________ it at the right time
Each of you should look not only to your own interests, but also to the interests of others.
(Philippians 2:4 NIV)

S ___________ living the promises of recovery
If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:18 NIV)

LEADER’S FOCUS QUESTION
How can you begin to live the promises of recovery? What promises of recovery have come true in your life?

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Celebrate Recovery® Lesson 17

FORGIVENESS

Principle 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 doing so would harm them or others.

“Happy are the merciful. Happy are the peacemakers.”
Matthew 5:7a and 5:9

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 (NIV)

Have you accepted forgiveness?
God puts people right through their faith in Jesus Christ. God does this to all who believe in Christ, because there is no difference at all: everyone has sinned and is far away from God’s saving presence. (Romans 3:22–23 GNB)

Have you forgiven who have hurt you?
Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:17–18 NIV)

Have you forgiven?
“How can we make it right?” asks the Lord; “no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow.” (Isaiah 1:18a LB)

LEADER’S FOCUS QUESTION
What hurts from a past relationship are you still hanging on to and how can you let go of them?
Principle 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 doing so would harm them or others.

“Happy are the merciful. Happy are the peacemakers.”
Matthew 5:7a and 5:9

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Matthew 5:23–24 (NIV)

G
So prepare your minds for service and have self-control. All of your hope should be for the gift of grace that will be yours when Jesus Christ is shown to you. (1 Peter 1:13 NCV)

R
For it is by grace you have been saved, through faith—and this not from yourselves, it is a gift of God—not by works, so that no one can boast. (Ephesians 2:8–9 NIV)

A
“For if you forgive men when they sin against you, your heavenly Father will also forgive you.”
(Matthew 6:14 NIV)

C
In Christ we are set free by the blood of his death, and so we have forgiveness of sins. How rich is God’s grace, . . . (Ephesians 1:7 NCV)

E
And I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns. (Philippians 1:6 TLB)

LEADER’S FOCUS QUESTION
In what ways have you experienced God’s GRACE in your recovery?

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CROSSROADS

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.

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 (NIV)

T ________________ time to do a personal inventory

1. The what: “We continued to take personal inventory . . .”
   Let us examine our ways and test them, and let us return to the Lord.
   (Lamentations 3:40 NIV)

E ________________ the good and the bad parts of our day

2. The why: “. . . and when we were wrong . . .”
   If we say that we have no sin, we are only fooling ourselves and refusing to accept the
   truth . . . we are lying and calling God a liar, for he says we have sinned.”
   (1 John 1:8–10 TLB)

N ________________ to admit our wrongs promptly

3. The then what: “. . . and promptly admitted it.”
   “This is how I want you to conduct yourself in these matters. If you enter our place of
   worship and, about to make an offering, you suddenly remember a grudge a friend has
   against you, abandon your offering, leave immediately, go to this friend and make things
   right. Then and only then, come back and work things out with God.”
   (Matthew 5:23–24 MSG)

LEADER’S FOCUS QUESTION
What amends did/are you putting off that would be better done promptly? What time of the day
are you scheduling for your quiet time with God?
DAILY INVENTORY

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.

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 (NIV)

Three ways to do a Step 10 Inventory

1. O

2. D

3. P

Intelligent people think before they speak; what they say is then more persuasive.
(Proverbs 16:23 GNB)

A word of encouragement does wonders!
(Proverbs 12:25b LB)

Step 10 Daily Action Plan

1. Continue to take a daily inventory in your journal.

2. Summarize the events of your day in your journal.

3. Read and memorize one of the Step 10 verses.

4. Work all the Steps and Principles to the best of your ability.

LEADER’S FOCUS QUESTION

How can doing a DAILY INVENTORY help you to “be careful that you don’t fall”?

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**RELAPSE**

**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.

**Step 11:**
We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

*Let the word of Christ dwell in you richly...*
*Colossians 3:16a (NIV)*

**Reserve a daily**

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.” *(Mark 14:38 NIV)*

**E**
Be honest in your estimate of yourselves, . . . Hate what is wrong. Stand on the side of good.
Love each other . . . Be patient in trouble, . . . Do things in such a way that everyone can see you are honest clear through. *(Romans 12:3b–17 LB)*

**Listen to**
But test everything that is said to be sure it is true, and if it is, then accept it.
*(1 Thessalonians 5:21 LB)*

**A** and quite time
Be still and know that I am God . . . *(Psalm 46:10a NIV)*

**Plug into God’s power through**
Don’t worry about anything; instead, pray about everything; tell God your needs, and don’t forget to thank him for his answers. *(Philippians 4:6 LB)*

**Slow down long enough to**
“Listen to me. Keep silence and I will teach you wisdom!” *(Job 33:33b LB)*

**Enjoy your**
Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus. *(1 Thessalonians 5:16–18 GNB)*

**LEADER’S FOCUS QUESTION**
What are some of the tools you have developed in your recovery to prevent RELAPSE?
GRATITUDE

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.

Step 11:
We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Let the word of Christ dwell in you richly . . .
Colossians 3:16a (NIV)

Be thankful to
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6 NIV)

Be thankful for
Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. (Colossians 3:15–16a MSG)

Be thankful for
As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and the sin which holds on to us so tightly, and let us run with determination the race that lies before us. (Hebrews 12:1 GNB)

Be thankful for
Enter the Temple gates with thanksgiving. (Psalm 100:4a GNB)

Remember maintaining an “attitude of gratitude” during the holidays is the best prevention against relapse.

Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God’s peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus. (Philippians 4:6–7 NCV)

LEADER’S FOCUS QUESTION
Why do you think it is important for you to maintain an “attitude of GRATITUDE” in your recovery?
GRATITUDE LIST

I’m thankful to God:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

I’m thankful for God placing others in my life:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

I’m thankful for my recovery program:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

I’m thankful for my church:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
GIVE

Principle 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 (TEV)

Step 12:
Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently, but watch yourself, or you also may be tempted.
Galatians 6:1 (NIV)

G \__________ first
Certainly not God, who did not even keep back his own Son, but offered him for us all! He gave us his Son—will he not also freely give us all things. (Romans 8:32 GNB)

I \__________ we
Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone . . . there is no one to help him . . . Two people can resist an attack that would defeat one man alone. (Ecclesiastes 4:9–12a GNB)

V \__________ shared
Let us give thanks to God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! He helps us in all our troubles, so that we are able to help those who have all kinds of troubles, using the same help that we ourselves have received from God. (2 Corinthians 1:3–4 GNB)

E \__________ of your actions
My children, our love should not be just words and talk; it must be true love, which shows itself in action. (1 John 3:18 GNB)

LEADER’S FOCUS QUESTION
What are some recent victories that you could share with a newcomer?
YES

Principle 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 (TEV)

Step 12:
Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently, but watch yourself, or you also may be tempted.
Galatians 6:1 (NIV)

Yield myself to God
If a Christian is overcome by some sin . . . humbly help him back onto the right path, remembering that the next time it might be one of you who is in the wrong. Share each other’s troubles and problems, and so obey our Lord’s command. (Galatians 6:1b–2 LB)

E is what is important
Dear children, let us not love with words or tongue but with actions and in truth.
(1 John 3:18 NIV)

Others as Jesus Christ did
“And since I, the Lord and Teacher, have washed your feet, you ought to wash each other’s feet. I have given you an example to follow: do as I have done to you.” (John 13:14–15 LB)

LEADER’S FOCUS QUESTION
What are some ways you can begin to serve others today?