

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Open Share Small Group Discussion Worksheet

# Sanity

...soundness of mind; reasonableness

**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

**Principle 2:** Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recovery.

*"Happy are those who mourn, for they shall be comforted." Matthew 5:4*

**Note to the Newcomer:** Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Make a commitment to attend the large group and small group time regularly 2. Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team. 3. Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible. 4. Set a personal goal to become involved in a step study group.

**Acrostic for SANITY:** (further studying on the following acrostic may be found in the CR Participant's Guide #1)

**S**trength - Jesus gives us strength to face the fears that in the past have caused us to fight, flee or freeze.

**A**cceptance - We learn to have realistic expectations of ourselves and others.

**N**ew Life - As we become conscious of His presence, we begin to lose our fear of today, tomorrow or the hereafter.

We were reborn. - Alcoholics Anonymous

**I**ntegrity - We begin to follow through on our promises. Others start trusting what we say.

**T**rust - We begin to trust relationships with others and our Higher Power, Jesus Christ.

**Y**our Higher Power, Jesus Christ, Loves You Just the Way You Are! - No matter what you have done in your past,

God wants to forgive it!

### LARGE GROUP REFLECTION:

Did the Speaker or Lesson mention some areas that I need to discuss with an accountability partner?

The part of the Lesson or Speakers Testimony that reminded me of me was when: \_\_\_\_\_.

### OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. What things am I doing over and over and expecting different results?
2. What is keeping me from truly believing that God can restore me to sanity?
3. In what ways do I see God at work restoring me to sanity?
4. In what areas of my life am I still demonstrating self-will or defiance toward God?
5. What am I doing now that is interfering with my relationship with God?
6. How can my present relationship with Christ be improved?
7. Am I struggling with steps one or two?

**SMALL GROUP PRAYER REQUESTS:**

*(please pray for your small group during the week - use your phone list and make some calls)*

**NAME**

**PRAYER REQUEST**

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**PRAYER:** Dear Lord, I've tried with my own power to "fix" and "control" my life's hurts, habits and hang-ups. I am powerless to change on my own. I need to begin to believe and receive Your power to help me recover. Help me to start living my life one day at a time. In Jesus' name I pray AMEN.

**Verses to Study:**

Ephesians 2:12-13  
Psalm 73:26

2 Corinthians 4:7-8  
Psalm 46:1

Romans 12:2  
Romans 5:8

**RECOVERY THERMOMETER:**

- Am I developing relationships with members of my small group?
- Am I calling my sponsor or accountability partner and sharing what's going on with me?
- Am I reading the Bible?
- Do I truly want to be free of my hurt, habit or hang-up?
- Am I hanging around friends that help reduce the chaos in my life or add to it?

**MY PERSONAL RECOVERY GOAL FOR THIS WEEK:**

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**ANY REMINDERS FOR NEXT WEEK?**



