

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

# Open Share Small Group Discussion Worksheet

## Seven Reasons We Get Stuck

As you complete your journey, you will discover the rewards of sponsoring newcomers. Your role as a sponsor will be to help others along their journey on the road to recovery by guiding them through the principles and steps.

At times, you may need to slow them down when they are moving through the steps too quickly; or you may need to speed them up when they get stuck along side of the road.

There are seven major areas that people get "stuck" in their recoveries. Let's see how to get unstuck! *(more on this topic can be found in Lesson #25 of CR Participant Guide #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.

### Seven Reasons We Get Stuck:

1. You have not completely worked the previous step.
2. You have not completely surrendered your life and your will to the Lord.
3. You have not accepted Jesus' work on the cross for your forgiveness.
4. You really have not forgiven others who have harmed you.
5. You are afraid of the risk in making the necessary change.
6. You are not willing to "own" your responsibility.
7. You have not developed an effective support team.

### LARGE GROUP REFLECTION:

Did the Speaker or Lesson uncover a new area that I need to take a look at?

I could relate to the Speaker or Lesson in the following ways: \_\_\_\_\_.

### OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. Is there a step/principle that I am stuck on? Why?
2. Have I surrendered my life and will to the Lord? Do I have unanswered questions?
3. Have I accepted Jesus' work on the cross for my forgiveness?
4. Is there someone in my life that I have not forgiven? Why?
5. Am I afraid of making necessary changes in my life? Why?
6. Are there areas that I am not willing "own" my responsibility? What are they and why?
7. Do I have an effective support team? Who are they?

