



There is help for whatever your challenge

- Past hurts...
- Drug abuse...
- Alcohol abuse...
- Codependency...
- Enabling behavior...
- Overeating...
- Anger Management...
- Relationship trauma...
- Lack of Peace...

HELP FOR THE HURTING...

*O Lord, by these things men live,
and in all these things is the life of
my spirit: so wilt thou recover me,
and make me to live. **Isaiah 38:16***

CONTACT A REPRESENTATIVE TODAY:
WE MEET EVERY TUESDAY AT 6:30PM



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Celebrate
Recovery®

A recovery program based on eight principles
from the Beatitudes



The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the eight recovery principles found in the Beatitudes and Christ-centered 12 Steps.

Group Support Services



Life's Challenges

- Molestation
- Sexaholic
- Gambling
- Abuse
- Anger
- Bulimia
- Cutter
- Shopaholic

Let Go and Let God

As children bring their broken toys with tears for us to mend,

I brought my broken dreams to God, because He is my friend.

But then instead of leaving Him in peace to work alone,

I hung around and tried to help, with ways that were my own.

At last, I snatch them back again and cried, "How can you be so slow?"

"My child" He said, "What could I do? You never did let go!"

Author Unknown

Where are you?

1. Precontemplation?

- Not thinking of quitting.
- Do not see a problem

2. Contemplation

- Thinking of quitting
- Wondering how I affect others.
- Maybe trying small changes.

3. Preparation

- Have a plan to quit
- May have "cut down"
- Can see benefits of quitting.

4. Action

- Have quit using
- Am avoiding triggers
- Asking others for support

5. Maintenance

- No use in a long time
- Accepting myself
- Helping others who are still using.

Celebrate Recovery Small Groups WILL:

- Provides you a safe place to share your experiences.
- Provide you with a leader who has gone through similar hurts.
- Provide You with Celebrate Recovery's (5) "Small Group Guidelines".
- Provide you with the opportunity to find an Accountability Partner or a Sponsor.
- Encourage you to attend other meetings held throughout the week.

This experience allows us to be changed. We open the door by sharing our experiences, victories, and hopes with one another. In addition, we become willing to accept God's grace in solving our life problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes, we begin to grow spiritually.

We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others.

As we progress through the principles and steps, we discover our personal, loving and forgiving Higher Power – Jesus Christ.



Celebrate Recovery meets every Tuesday at 6:30PM at Dayspring