

CELEBRATE RECOVERY

Celebrate Recovery | Tuesdays 7:30-8:30 PM | Room 120

Celebrate Recovery is a confidential, ongoing recovery group for anyone experiencing “Hurts, Habits, or Hang-ups” in their life. The weekly large group and gender-specific small group times are safe places to grow towards emotional and spiritual health.

Hurts

- Wounded by the actions or sins of a spouse or loved one
- Suffered some form of abuse (sexual, physical, emotional)
- Painful past sexual experiences (abortion, STD, rape, etc.)
- Raised in a home with a mentally ill parent or sibling
- Suffered childhood neglect (physical, emotional, etc.)
- Raised in home with a chemically addicted parent
- Feelings of worthlessness and being unlovable
- Guilt from causing harm to a loved one

Habits

- Looking for escape from anxiety & pain in shopping, sleeping, withdrawal, etc
- Compulsions or addiction (pornography, alcohol, substance, etc.)
- Seek relationships where I can rescue others from their troubles
- Continual discontentment with life, possessions, relationships
- Compartmentalizing sinful acts from the rest of my character
- Obsession with food (overeating, under eating, etc.)
- Drawn to states of depression and sadness
- Drawn toward unhealthy relationships
- Inability to control temper and anger

Hang-ups

- Needing to be needed by others
- Needing approval from others and fearing their disapproval
- Long-term unforgiveness and bitterness toward those who have wounded you
- Feelings of entitlement (the world owes me; everything should go my way)
- Needing constantly to be in control of circumstances
- Inability to confess sin to others and ask for help
- Preoccupation with outward appearances
- Obsession with past emotions or events
- Pervasive feelings of shame and guilt
- Excessive worry, fear, or anxiety.

Experience Celebrate Recovery for yourself at one of the next four meetings (1/15, 1/22, 1/29 & 2/5). You will not be asked to share on these occasions. Hear how God is using Celebrate Recovery to change and heal lives. For more information, contact Jon Ritner (229-7152) or Steve Flanary at (564-8248).

www.celebraterecovery.com