

Small Group Guidelines:

1. *Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.*
2. *No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.*
3. *We are here to support one another, not 'fix' one another.*
4. *Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.*
5. *Offensive language has no place in a Christ-centered recovery group.*

~ There is Always HOPE for Healing from all of life's Hurts, Habits & Hang-ups ~

We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

CHEMICAL DEPENDENCY

The Problem and Solution



 **MINISTRIES OF JESUS**
HEALING SPIRIT, SOUL & BODY

CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1200 E. I-35 Frontage Rd., Edmond
405.513.7472

www.edmonder.com

The Problem

Most of us do not have to think twice about this question. We know. Our whole life and thinking was centered in drugs or alcohol in one form or another-the getting to, using and finding ways and means to get more. We lived to use and used to live. We are people in the grip of a continuing and progressive addiction whose ends are always the same jails, institutions, and death.

Most of us have been unwilling to admit that we were alcoholics or addicts. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore not addicted. Most people do not choose to become addicts. The addictive process begins early and continues getting worse and never better. A change of attitude sets the course for our addiction. It is nothing less than a change of heart. It may take place suddenly or slowly over time. We may not be consciously aware of it or of the powerful life-altering significance of such a disposition, but the more we discover about this aspect of our condition, the more we realize that our behavior was the manifestation of our inner attitudes and thoughts.

Our addiction isolates us from people, except when we were getting, using and finding ways and means to get more. One part of our addiction, whether to drugs or alcohol, was our inability to deal with life on life's terms. We tried drugs or alcohol or combinations of both to find contentment in a seemingly hostile world. We dreamed of that magic formula that would solve our ultimate problem-ourselves. At times, we were defensive about our addiction and justified our right to use, especially when we had legal prescriptions. These experiences indicated that there was something wrong with our lives. We wanted an easy way out. Some thought of suicide as the solution. We were trapped in the illusion of "what if" and "if only" and "just one more time." When we did seek help we were only looking for the pain to go away. We had gained good health many times only to lose it to more desperate attempts of control. Our track record shows that it is impossible for us to use successfully.

If, you honestly desire to quit drinking and using addictive substances and find you cannot quit entirely for any length of time. Or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If this is the case, you may be suffering from a problem which only a spiritual solution will conquer.

The Solution

If you are as seriously alcoholic or addicted as we were, we believe there is no middle- of-the-road solution. We were in a position where life was becoming impossible, and we had passed into the region from which there is no return through human resources, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best as we could; and the other was to accept Jesus Christ as our Higher Power.

By working through the Eight Recovery Principles found in the Beatitudes with Jesus Christ as your Higher Power, you can and will change! You will begin to experience the true peace and serenity you have been seeking, and you will no longer have to rely on your dysfunctional, compulsive, and addictive behaviors as a temporary 'fix' for the pain and chaos in your life.

Many of us experienced a spiritual awakening through:

- Committing our lives to Jesus Christ and the 8 Principles and 12 Steps of Recovery
- Forming an Accountability TEAM: Sponsor & Accountability Partners
- Weekly attendance to one or more Big Groups/Open Share groups & a Step Study Group
- Committing to a daily quiet time in the Celebrate Recovery Bible
- Reading and learning about chemical addiction
- Willingness to come out of denial and applying ourselves to seeking out and understanding the root of our pain and cause for addiction
- Become willing to experience grief, forgiveness, and acceptance without acting out through drugs, alcohol or other harmful behaviors.

Definition of Sobriety

Our group's definition of sobriety is a complete abstinence of alcohol, illegal drugs, and any other mood-altering prescription medication taken out of the boundary to which it was prescribed. This also includes abuse of over the counter mood altering substances.