

RENEWAL FROM ABUSE

Our emotional pain may come from one, or a combination of verbal, physical, sexual &/or spiritual abuse. A key to success in a 12 step recovery program is the coming together of people with similar backgrounds who also have common goals. Our common background is lie based thinking that keeps us in bondage, holding us captive in our minds and bodies, keeping us from experiencing authentic peace and joy that comes from a relationship with Christ Jesus and others.

The Problem

- We have emotional scars that are invisible, yet very real. The sin of abuse has left us dishonored and robbed of dignity. We feel betrayed and abandoned by those we trusted thus creating inner insecurity and deep wounds.
- We may have had emotionally unavailable parents. We may have received unhealthy touch, lack of touch, little verbal affirmation, and little attention as children. As adults we may have become emotionally unavailable to others and have sought to fill this empty void in harmful ways.
- We may have grown up in religious legalistic families where we felt guilt and shame for thinking and behavior differently from our religious upbringing.
- We may have been in a relationship or marriage that seemed healthy & whole, only to feel betrayed when discovering our significant other had secret lives &/or addictions.
- We may have been physically &/or emotionally abandoned by the one(s) we trusted and left to handle life on our own.
- We may have unmet needs that we try to satisfy through destructive and unfulfilling behaviors such as sex, food, drugs, alcohol, money, job performance, workaholism, perfectionism etc.
- We have a difficult time bonding and developing relationships in a healthy manner with men and/or women.
- We may isolate ourselves from healthy, caring people, out of fear of rejection; choosing instead familiar, destructive relationships with those who are emotionally unavailable and have addictive personalities and who support our victim mentality.
- We may struggle with discerning who is safe or unsafe and with setting healthy emotional and physical boundaries. In our insecurity and fear we don't trust people and often misinterpret their attempts to help us as criticism, rejection, &/or a desire to control us.
- We may think and function in childlike helplessness, though we are adults; we may feel like we have no voice and have been

programmed to believe we have no right to express our pain, or we may be overly dominant and controlling, intimidating & bullying others in order to get our own way.

The Solution

We no longer allow our lives to be ruled by the emotions from memories of past experiences. We work toward maintaining an inner sense of security through Christ Jesus, which leads to setting healthy inner and outer boundaries.

- We come to understand that our emotional pain formed lie-based thinking that moved us into fear-based behaviors as a child and as adults
- We become willing to feel and grieve the emotional pain that was real for us and not be afraid of being discounted, minimized, shamed, or rejected.
- We become willing to feel a healthy anger towards those failed us, harmed us, betrayed us, &/or abandoned us.
- We become willing to surrender to Jesus on a moment to moment basis, trusting the process of recovery and renewal, admitting that we are as sick as our secrets.
- We become willing take action by choosing a safe sponsor and accountability partners as we share our abuse(s) and pain, fears and hurts.
- We become willing to face our denial and character defects without condemnation, and progressively mature into Truth-based thinking leading us to love-based behaviors that keep us secure and safe in Christ Jesus.
- We become willing to come away from a victim mentality and stop blaming others for our unhappiness.
- We become willing to surrender to Jesus as Lord of our life and to spend time with Him in prayer & in His Word.
- We commit to attending weekly recovery meetings realizing healing comes through community & recovery is progress not perfection.

Definition of Sobriety

Sobriety is when we experience God centered peace & joy as we respond to people & events with a Christ-like character, as we are less & less emotionally triggered by lie-based thinking. We discover our gifts & talents so as to build our self-esteem as we continue to heal. We allow ourselves to feel & accept our feelings & learn to express them appropriately. We no longer allow our own or other people's "list of wrongs" define us as we are being renewed in Christ Jesus into truth based thinking.

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)

ABUSE RENEWAL

Physical/Emotional/Sexual

The Problem and Solution



CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1100 E. I-35 Frontage Rd., Edmond
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