

TWELVE STEPS

and their biblical comparisons

1. We admitted we were powerless over our addictions and compulsive behavior, that our lives had become unmanageable. "I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Romans 7:18 NIV
2. We came to believe that a power greater than ourselves could restore us to sanity. "For it is God who is at work in you to will and to act according to His good purpose." Philippians 2:13 NIV
3. We made a decision to turn our lives and our wills over to the care of God. "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship." Romans 12:1 NIV
4. We made a searching and fearless moral inventory of ourselves. "Let us examine our ways and test them, and let us return to the Lord," Lamentations 3:40 NIV
5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs. "Therefore, confess your sins to each other, and pray for each other, so that you may be healed." James 5:16a NIV
6. We were entirely ready to have God remove all these defects of character. "Humble yourselves before the Lord, and He will lift you up." James 4:10 NIV
7. We humbly asked Him to remove all our short-comings. "If we confess our sins, He is faithful and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9 NIV
8. We made a list of all persons we had harmed and became willing to make amends to them all. "Do to others as you would have them do to you." Luke 6:31 NIV
9. We made direct amends to such people whenever possible, except when to do so would injure them or others. "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." Matthew 5:23-24 NIV
10. We continued to take personal inventory and when we were wrong, promptly admitted it. "So, if you think you are standing firm, be careful that you don't fall!" 1 Corinthians 10:12 NIV
11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out. "Let the Word of Christ dwell in you richly." Colossians 3:16a NIV
12. Having had a spiritual experience as the result of these steps, we try to carry this message to others, and to practice these principles in all our affairs. "Brothers, if some one is caught in a sin, you who are spiritual should restore him gently. But watch yourself or you may also be tempted." Galatians 6:1 NIV

WEDNESDAY NIGHT RECOVERY GROUPS

Chemically Dependent - Men's & Women's Group
Sexual Addiction - Men's Group
Anger & Control - Men's Group
Adult Children of Family Dysfunction - Men's Group
Sexual Integrity - Men's Group
Codependent - Women's Group
Women in Recovery From Sexual/Physical/Emotional/Abuse - Women's Group
Addiction - Women's Group

New groups form as needed and when leaders are available

WEEKLY STEP STUDY GROUPS

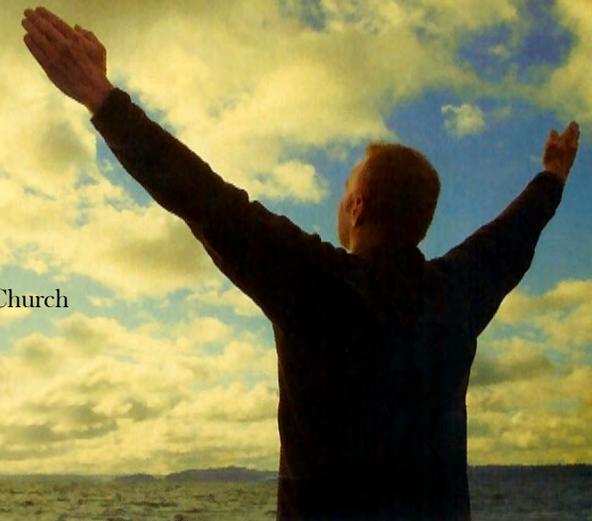
- New men's and women's step study groups are forming on a continual basis. See your small group leader for when the next one is forming.
- The Celebrate Recovery Workbooks and Bible are utilized in these groups.
- Childcare program is not available
- All Step Study Groups meet at the church.

"My grace is enough for you..."

2 CORINTHIANS 12:9 & 10

Celebrate Recovery®

Rolling Hills Community Church
3550 SW Borland Rd.
Tualatin, OR. 97062
Main: 503-638-5900
www.rollinghillscr.org



CELEBRATE RECOVERY PURPOSE

The purpose of Rolling Hills Community Church's "Celebrate Recovery" is to fellowship and celebrate God's healing power in our lives through the 12 Steps and 8 Recovery Principles. This experience allows us to "be changed." We open the door by sharing our experiences, strengths and hopes with one another. In addition, we become willing to accept God's grace in solving our lives' problems. By working and applying these Biblical principles, 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 program we discover our personal, loving and forgiving Higher Power - Jesus Christ.

Welcome to an Amazing Spiritual Adventure!

Are you a First time visitor?

- Wondering how to get plugged in?
- What group is best for you?
- How do you get started?

WE'VE GOT THE PLACE FOR YOU!

NEWCOMERS "101"

Meets every Wednesday night during small group time. If you are new to Celebrate Recovery, have questions or just need to get connected, this is the group for you!

**5:30-6:30 p.m.
CR Dinner**

- Enjoy Pizza, Sandwiches, & Summer BBQ

**6:30-7:30 p.m.
Large Group Session**

- Lesson, Personal Testimony or Special Guest Speaker

**7:30-8:30 p.m.
Open Share Small Groups**

- Men's and Women's Groups (Issue Specific)

**8:30-9:00 p.m.
Solid Rock Cafe**

- Great Fellowship, Great Coffee, Great Desserts

Please turn off cell phones during large and small group sessions

THE ROAD TO RECOVERY

8 Recovery Principles, based on the Beatitudes, by Pastor Rick Warren

1. Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.
"Happy are those who know they are spiritually poor." Matthew 5:3
2. Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
"Happy are those who mourn, for they shall be comforted." Matthew 5:4
3. Consciously choose to commit all my life and will to Christ's care and control.
"Happy are the meek." Matthew 5:5
4. Openly examine and confess my faults to myself, to God, and to someone I trust.
"Happy are the pure in heart." Matthew 5:8
5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
"Happy are those whose greatest desire is to do what God requires." Matthew 5:6
6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others.
"Happy are the merciful." Matthew 5:7 "Happy are the peacemakers." Matthew 5:9
7. Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to follow His will.
8. Yield myself to God to be used to bring this Good News to others, both by my example and by my words.
"Happy are those who are persecuted because they do what God requires." Matthew 5:10

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
2. There will be no cross talk, please. Cross talk is when 2 individuals engage in a dialogue, excluding all others. Each person is free to express their feelings without interruption.
3. We are here to support one another. We will not attempt to "fix" 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. Including no graphic descriptions

Prayer for Serenity

God, grant me the serenity to accept the things I cannot change,

the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one

moment at a time, accepting hardship as a pathway to peace, taking, as Jesus did, this sinful world as it is; not as I would

have it; trusting that you will make all things right if I surrender to Your will, so that I may be reasonably happy in this life;

and supremely happy with you forever in the next. AMEN. - Reinhold Niebuhr