

## OUR PURPOSE

*Welcome to an amazing spiritual adventure!*

Our purpose is to celebrate God's healing power through His grace. By applying biblical principles, we gain tools to free us from hurts, habits and hang-ups. This experience transforms us as we understand 'who we are' in Christ.

We open the door to recovery by sharing our experiences, both good and bad, with each other. In doing so, we become willing to accept and rely on God's power to solve our problems. This allows us to begin to grow spiritually which frees us from addictive, compulsive and dysfunctional behaviors.

With our new found freedom we find peace, joy and gratitude. This empowers us to be God's instruments and recycle our victories in the lives of others for God's glory! God never wastes a hurt!

## JOIN US ON WEDNESDAYS

EVERY WEDNESDAY | FELLOWSHIP CENTER

5:30-6:30 PM      Optional Dinner

6:30 - 7:30 PM      Worship and Praise | Teaching/Testimony

7:30-8:30 PM      Small Group Time

8:30-9 PM          Snacks and Fellowship



## RECOVERY GROUPS

Men's and women's small groups are offered to support for those struggling with:

- Anger or Relationship Issues
- Drugs or Alcohol
- Addicted Family Members
- Boundary Issues
- Food or Spending Struggles
- Sexual, Emotional or Physical Abuse
- Adult Children of Alcoholic or Dysfunctional Families
- Sexual Integrity or Pornography

## 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 two individuals engage in dialogue, excluding others. We want each person 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 and graphic descriptions have no place in a Christ-centered recovery group.

## 8 RECOVERY PRINCIPLES

- 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, God and 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...Happy are the peacemakers." Matthew 5:7, 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*

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*"Many who attend church are trapped in addictions, but because denial is at the heart of the problem, we often rationalize that we will 'get things under control' eventually."*

Woman in Addictions Group

*"When my wife and I discovered that our 16-year-old son had been drinking and smoking marijuana since he was 13, we were devastated. We need a place like CR to come together, support one another and know that we are not alone."*

Man in Codependency and Relational Group

*"I was always afraid to discuss my fears and issues, and felt that grace and forgiveness were for 'better' Christians, and not for me. CR however provides a safe, secure atmosphere with tremendous compassion and prayer."*

Woman in Codependency and Relational Group

**VISIT [ROLLINGHILLSCR.ORG](http://ROLLINGHILLSCR.ORG) TO LEARN MORE.**



celebrate recovery



*A spiritual plan  
of action based  
on God's Word.*



**ROLLING HILLS**  
COMMUNITY CHURCH