

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 harm themselves or others.**
- 5. Offensive language has no place in a Christ-centered recovery group. Including no graphic descriptions.**

*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to Celebrate Recovery Ministry Leader.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners:

CHEMICAL DEPENDENCY

The Problem and Solution

CELEBRATE RECOVERY®



DECATUR BAPTIST CHURCH

REACHING THE WORLD BY
Winning, Growing and Going

12 STEP STUDY ON WEDNESDAY NIGHT

6:30 PM TO 8:00 PM PLEASE CALL FOR CLASS INFORMATION

WE MEET EVERY THURSDAY NIGHT

6:30-7pm Dinner

7-8pm Main Meeting

8-9pm Small Groups

9-10:30pm Axis

DECATUR BAPTIST CHURCH

2527 Danville Road SW

Decatur, Alabama 35603

256.353.8579

www.decaturbaptist.org (select Ministry_Adult_ Celebrate Recovery)

The Problem

If you find you cannot quit drinking or using entirely, or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you may be suffering from a problem which only a spiritual solution will conquer.

	YES	NO
1. Have you ever decided to stop drinking and/or using for a week or so, but only lasted for a couple of days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you wish people would mind their own business about your drinking and/or using – stop telling you what to do?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever switched from one kind of drink or drug to another in the hope that this would keep you from losing control?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you had to have an “eye-opener” upon awakening during the past year? Do you need a drink or drug to get started, or stop shaking?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you envy people who can drink or use drugs without getting into trouble?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you had problems connected with drinking or using during the past year?	<input type="checkbox"/>	<input type="checkbox"/>
7. Has your drinking or using caused trouble at home?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you ever try to get “extra” drinks or drugs at a party because you did not get enough?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you tell yourself you can stop drinking or using any time you want to, even though you keep getting inebriated when you don’t mean to?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you missed days of work or school because of drinking or using?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you have “blackouts”?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you ever felt that your life would be better if you did not drink or use?	<input type="checkbox"/>	<input type="checkbox"/>

What is your score?

Did you answer YES two (2) or more times? If so, you are probably in trouble with alcohol or drugs.

But again, only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking and using drugs ourselves.

The Solution

Celebrate Recovery does not promise to solve your life's problems. But it can show you how to

- Work through the Eight Recovery Principles found in the Beatitudes with Jesus Christ as your Higher Power, you can and will change!
- Live without drinking or using one day at a time with the help of the Higher Power, Jesus Christ.
- Stay away from that first drink. If there is no first one, there cannot be a tenth one. And when free of alcohol, life becomes much more manageable, with Christ’s power.
- Experience the true peace and serenity you have been seeking.
- Restore and develop stronger relationships with others and with God.
- No longer rely on dysfunctional, compulsive, and addictive behaviors as a temporary “fix” for pain.
- Apply the biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another, which are found within the Eight Principles and the Christ-centered 12 Steps.

When life becomes impossible, and passed into the region from which there is no return through human resources, there are but two alternatives:

- One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best as we can.
- The other was to accept Jesus Christ as our Higher Power.