Celebrate Recovery

The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.' (John 10:10, NIV)

8 Principles: Why it Works

12 Steps: How it Works

GRATITUDE	8 Yield myself to God to be used to bring this Good News to others, both by my example and my words 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 to gain the power to follow His will	Having had a spiritual experience as a result of these steps, we try to carry this message to others and practise these principles in all our affairs We sought, through prayer and meditation, to improve our concious contact with God, praying only for knowledgeof His will for us, and power to carry that out	GIVING BACK/ SERVING
HONESTY	Evaluate all my relationships. Offer forgiveness to those who have hurt me and make ammeds for harm I've done to others when possible, except when to do so would harm them or others	We made direct ammends to such people whenever possible, except when to do so would injure them or others We made a list of all the people we had harmed and became willing to make ammends to all of them	RECONCILIATION WITH OTHERS
VULNERABILITY	Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects 4 Openly examine and confess my faults to myself, God, and someone I trust	We humbly asked Him to remove all of our shortcomings 6 We were enitrely ready to have God remove all of these defects of character We admitted to God, to ourselves and to another human being the exact nature of our wrongdoings We made a searching and fearless moral inventory of ourselves	RECONCILIATION WITH SELF
HUMILITY	Conciously choose to commit my life and will to Christ's care and control Earnestly believe God exists, that I matter to Him and that He has the power to help me recover Realise I'm not God. Admit I am powerless to control my tendancy to do the wrong thing and that my life is unmanageable	We made a decision to turn our lives and our wills over to the care of God We came to believe that a power greater than ourselves could restore us to sanity We admitted we were powerless over our addictions and compulsive behaviours, that our lives had become unmanageable	RECONCILIATION WITH GOD
Start Here			

How and why it is so successful for people who struggle with anger, anxiety, depression, grief, resentment, low self-worth, abusive relationships, substance abuse and many other behavioural issues arising from pain and past hurts.