

What Is Recovery at CR?

Celebrate Recovery is a Christ centered recovery program providing a safe place to find freedom from your hurt, habits, and hang ups. We help you find healing and hope through God's power and community. The program is based on the teachings of Jesus Christ using the 12 steps and 8 principles. Over 35,000 churches worldwide host Celebrate Recovery and over 5 million people have completed step studies

2 IN 3 PEOPLE ATTEND CR FOR ISSUES OTHER THAN DRUG AND ALCOHOL ADDICTION

Anxiety Despair Gambling
Sexual Integrity
Anger
Abuse Codependency
Grief Adultery
Eating Disorders

Recovery includes but is not limited to anxiety, co-dependency, compulsive behaviors, sexual integrity, drug and alcohol addictions, and eating disorders.

Freedom from your hurts, habits, and hang-ups



Come visit us this week, ALL are welcome

Every Thursday Evening

Meal / Snacks	6:30 pm - 7:00 pm
Main Group Meeting	7:00 pm - 7:45 pm
Small Groups	7:45 pm - 8:30 pm

Join us on Thursdays

Meal / Snacks	6:30 pm - 7:00 pm
Main Group Meeting	7:00 pm - 7:45 pm
Small Groups	7:45 pm - 8:30 pm

Desert Hills Presbyterian Church

34605 N Tom Darlington Drive
Scottsdale, Arizona 85266

CAREFREECR.ORG

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What Is a Hurt?

A "Hurt" is an emotional reaction to another person's behaviour or to a disturbing situation. (abuse, abandonment, co-dependency, divorce, relationship issues, grief etc)

What Is a Habit?

A "Habit" is an addiction or dependence on someone or something. (alcohol, drugs, pornography, hurtful people, food, gambling, smoking, shopping etc)

What Is a Hangup?

"Hang-Ups" are negative mental attitudes that are used to cope with people or adversity. (anger, depression, fear, unforgiveness, control etc)



Find Your Freedom Here!

The 12 Steps and Their Biblical Comparisons

Step One - We admitted we were powerless over our addictions and compulsive behavior's. That our lives had become unmanageable.

Bible: 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)

Step Two - We came to believe that a power greater than ourselves could restore us to sanity.

Bible: For it is God who works in you to will and to act according to his good purpose. (Philippians 2:13)

Step Three - We made a decision to turn our will and our lives over to the care of God.

Bible: 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)

Step Four - We made a searching and fearless moral inventory of ourselves.

Bible: Let us examine our ways and test them, and let us return to the LORD. (Lamentations 3:40)

Step Five - We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Bible: Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16a)

Step Six - We were entirely ready to have God remove all these defects of character.

Bible: Humble yourselves before the Lord, and he will lift you up. (James 4:10)

Step Seven - We humbly asked Him to remove all our shortcomings.

Bible: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

Step Eight - We made a list of all persons we had harmed and became willing to make amends to them all.

Bible: Do to others as you would have them do to you. (Luke 6:31)

Step Nine - We made direct amends to such people whenever possible, except when to do so would injure them or others.

Bible: 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)

Step Ten - We continued to take personal inventory and when we were wrong, promptly admitted it.

Bible: So, if you think you are standing firm, be careful that you don't fall! (1 Corinthians 10:12)

Step Eleven - We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Bible: Let the Word of Christ dwell in you richly. (Colossians 3:16a)

Step Twelve - Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Bible: Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)

You Are Invited!



Jesus said, "Come to me, all you are weary and burdened, and I will give you rest" and "I have come that they may have life and have it to the full." When Jesus said this, he meant everyone. Everyone is welcome at Celebrate Recovery. We seek the rest and abundant life that Christ promises us. Using the 12 steps and 8 principles, we strive to heal our hurts, overcome our hang ups, and conquer our habits. Then we allow God to work in our lives to eliminate the character defects that led to our bad behaviors. Come join us on our journey toward wholeness and peace.

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