

Celebrate Recovery Lesson 1 Questions And Answers

Lesson 1

Denial

Principle 1: Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

*"Happy are those who know they are spiritually poor."
(Matthew 5:3)*

Step 1: We admitted we were powerless over our addictions and compulsive behaviors, 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)

Think About It

Before we can take the first step of our recovery, we must first face and admit our denial. God tells us, "You can't heal a wound by saying it's not there!" (Jeremiah 6:14, TLB). The acronym for DENIAL spells out what can happen if we do not face our denial.

Disables our feelings

By repressing our feelings we freeze our emotions. Understanding and feeling our feelings is freedom.

"They promise them freedom, while they themselves are slaves of destructive habits – for a man is a slave of anything that has conquered him." (2 Peter 2:19)

Energy lost

A side effect of our denial is anxiety. Anxiety causes us to waste precious energy running from our past and worrying about and dreading the future. It is only in the present, today, where positive change can occur.

"He frees the prisoners...; he lifts the burdens from those bent down beneath their loads." (Psalm 146:7-8)

Negates growth

We are "as sick as our secrets." We cannot grow in recovery until we are ready to step out of our denial into the truth.

"They cried to the Lord in their troubles, and he rescued them! He led them from their darkness and shadow of death and snapped their chains." (Psalm 107:13-14)

Isolates us from God

God's light shines on the truth. Our denial keeps us in the dark.

"God is the light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin." (1 John 1:5-7)

Celebrate Recovery Lesson 1 Questions and Answers serve as an essential starting point for individuals seeking healing from their hurts, habits, and hang-ups. This Christ-centered recovery program is designed to help individuals find freedom through the teachings of Jesus Christ, and understanding the first lesson is crucial for setting the foundation for the journey ahead. In this article, we will explore the key concepts of Lesson 1, provide an overview of the questions typically asked during the lesson, and offer answers that can guide participants in their recovery journey.

Understanding Celebrate Recovery

Celebrate Recovery is a ministry that focuses on helping individuals deal with various life challenges, including addiction, abuse, and personal struggles. Founded by John Baker in 1991 at Saddleback Church, this program has since spread to thousands of churches worldwide. The framework of Celebrate Recovery is rooted in the eight principles derived from the Beatitudes found in Matthew 5 and the Twelve Steps of Alcoholics Anonymous.

The Importance of Lesson 1

Lesson 1 is fundamental in that it introduces participants to the concept of recovery and emphasizes the importance of acknowledging their struggles. The primary focus of this lesson is on the reality of our brokenness and the need for God's help in overcoming life's challenges.

Key Takeaways from Lesson 1

1. **Acknowledge Your Hurts, Habits, and Hang-ups:** The first step in recovery is recognizing that we all have issues that need addressing. This acknowledgment opens the door to healing.
2. **Understanding the Need for a Higher Power:** Lesson 1 emphasizes the importance of turning to God as the ultimate source of strength and support in the recovery process.
3. **The Role of Community:** Celebrate Recovery encourages participants to engage with others who are facing similar struggles, fostering an environment of support and accountability.

Common Questions in Celebrate Recovery Lesson 1

During the first lesson, participants may encounter various questions designed to provoke thought and reflection. Here are some common questions along with insightful answers that can enhance understanding and participation in the program.

1. What are my hurts, habits, and hang-ups?

Answer: Hurts can stem from past traumas, negative experiences, or emotional pain. Habits refer to behaviors that may be detrimental, such as addiction or compulsive actions. Hang-ups are the mental barriers that prevent us from

moving forward, often rooted in fear, shame, or guilt. Identifying these areas is the first step toward healing.

2. Why is it important to acknowledge my struggles?

Answer: Acknowledging struggles is essential for several reasons:

- It allows individuals to confront their issues instead of avoiding them.
- It lays the groundwork for personal accountability.
- It fosters a sense of community, as sharing struggles helps others feel less alone.
- It opens the door to divine intervention and healing through faith.

3. How do I begin to trust in a higher power?

Answer: Trusting in a higher power can be a gradual process. Here are some steps to help:

- Start by exploring your beliefs and understanding who God is.
- Engage with scripture, prayer, and worship to build a relationship with God.
- Participate in group discussions where faith is shared and encouraged.
- Reflect on past experiences where you felt supported or guided by a higher power.

4. What role does community play in recovery?

Answer: Community is crucial in the recovery process for several reasons:

- It provides a support network of individuals who understand and empathize with your struggles.
- It fosters accountability, encouraging individuals to stay committed to their recovery journey.
- It offers opportunities for sharing experiences, which can be healing and enlightening.
- Engaging with others can help reduce feelings of isolation and shame.

Applying the Lessons Learned

As participants engage with the questions and answers from Lesson 1, they should consider how to apply these lessons in their daily lives. Reflecting on personal experiences and actively participating in community discussions can significantly enhance the recovery process.

Practical Steps to Implement Lessons from Lesson 1

1. **Journaling:** Write down your hurts, habits, and hang-ups. This practice not only clarifies your thoughts but also serves as a reference for future reflections.
2. **Seek Accountability:** Find a recovery partner or sponsor within the Celebrate Recovery community who can provide support and encouragement as you navigate your journey.
3. **Engage in Group Activities:** Attend group meetings regularly and participate in discussions. Sharing your journey and hearing from others can provide insight and inspiration.
4. **Pray and Meditate:** Establish a daily routine of prayer and meditation to deepen your relationship with God and reinforce your trust in a higher power.
5. **Read Recovery Literature:** Explore books and resources related to Celebrate Recovery to gain further insight into the principles and practices of the program.

Conclusion

Celebrate Recovery Lesson 1 Questions and Answers serve as a vital first step toward healing and recovery. By acknowledging our hurts, habits, and hang-ups, we open ourselves to the possibility of transformation through faith and community support. Engaging with the key concepts of Lesson 1 and applying them to our lives can pave the way for a successful recovery journey. Remember, recovery is not a destination but a continuous process of growth and healing, and each step taken is a step toward a healthier, more fulfilling life.

Frequently Asked Questions

What is the primary purpose of Celebrate Recovery?

The primary purpose of Celebrate Recovery is to help individuals overcome their hurts, habits, and hang-ups through a Christ-centered recovery program.

What are the key components of Lesson 1 in Celebrate Recovery?

Lesson 1 focuses on the introduction to recovery, emphasizing the importance of admitting powerlessness over our struggles and turning to God for help.

How does Celebrate Recovery define 'powerlessness'?

Powerlessness is defined in Celebrate Recovery as the realization that we cannot control our problems or compulsions, and we need to seek help from a higher power.

What scripture is often referenced in Lesson 1 of Celebrate Recovery?

Lesson 1 often references Romans 7:18, which discusses the struggle against sin and the need for divine assistance.

What are the steps introduced in Lesson 1?

Lesson 1 introduces the first step of recovery, which is to admit that we are powerless over our addictions and that our lives have become unmanageable.

How can participants benefit from sharing their stories in Lesson 1?

Sharing stories in Lesson 1 fosters community, helps participants feel less isolated in their struggles, and encourages accountability and support from others.

What is the significance of the 'higher power' concept in Celebrate Recovery?

The 'higher power' concept is significant in Celebrate Recovery as it encourages participants to seek strength and guidance from God, which is essential for overcoming their challenges.

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What is the difference between "commemorate" and "celebrate ...

Synonym for commemorate @tjstkd i don't think so... i've never heard it negatively|Commemorate is a ceremony or gathering to respectfully remember an event or ...

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A: celebrate = We celebrate d Jessica's birthday. How do you celebrate Christmas? Canadians ...

"commemorate" vs "celebrate" | HiNative

commemorate@tjstkd i don't think so... i've never heard it negatively|Commemorate is a ceremony or gathering to respectfully remember an event or person. Celebrate is a fun social ...

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Đồng nghĩa với celebrate celebrate its a significant or happy day or event anniversary its special date like birthday....|To celebrate is a verb, meaning to have a party or react to something with ...

Đâu là sự khác biệt giữa "commemorate" và "celebrate"

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Relapse Lesson 22 Gratitude Principle 7 - celebraterecovery

Using your gratitude list, going to your recovery meetings and making them a priority, and getting involved in service in your church are the best ways I know to prevent relapse during the ...

Advance Leadership Training Guide - redeemedlife.church

LEADER'S FOCUS QUESTIONS What are your thoughts about working your 4th Step? Are you keeping your INVENTORY balanced? Share about your experience working your 4th step. ...

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Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

Celebrate Recovery Lesson 6 Questions And Answers ...

Celebrate Recovery Lesson 6 Questions And Answers: Asking God to Grow My Character: The Journey Continues, Participant's Guide 6 John Baker, Johnny Baker, 2021-06-08 Celebrate ...

Lesson 11 Spiritual Inventory Part ii - storage.snappages.site

One of the main reasons I started Celebrate Recovery was that I found most members of secular 12-Step groups knew the Lord's Prayer much better than they knew the Lord.

Lesson 13 Admit - Subsplash

1. Make a commitment to attend the large group and small group time regularly 2. Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. ...

Step Study Assignments Participant's Guide 3 - Clover Sites

Lesson 13 - Admit Celebrate Recovery Bible: Read Principle Four: Pages xxiii-xxvii Read Admit Lesson: Pages 1554, 718 Read Daily Devotional Day 12 - Admit: Pages 1646 - 1647 Answer ...

12 Step Worksheet with Questions

The 12-step program believes that recovery is only possible with support: from your sponsor, your group, and your Higher Power. In these questions, we focus on the task at hand: the ...

Lesson 25 The Seven Reasons We Get Stuck

a sponsor or an accountability partner? Do you have the phone numbers of others in your small group? Have you volunteered for a There are a lot of opportunities to get involved at Celebrate ...

Lesson 21 Relapse

Introduction son 1 in January. Therefore, we are teaching Principle 7 in November. That's why this lesson begins with a reference on Principle 7. We are going to look specifically at how to ...

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Celebrate Recovery ADMIT Principle 4: LESSON 13 Openly examine and confess my faults to myself, to God and to someone I trust. Happy are the pure in heart. Matthew (TEV) step 5: We ...

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Then and only then, come back and work things out with God." (Matthew 5:23-24 MSG) LEADER'S FOCUS QUESTION What amends did/are you putting off that would be better ...

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2. You have not completely surrendered your life and your will to the Lord.

Lesson 7 Moral

OPEN SHARE SMALL GROUP DISCUSSION STARTERS: 1. Am I struggling with steps 1, 2 or 3? Why? 2. Why is it important to our recovery to do a written inventory? 3. What things have I ...

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4. Work all the Steps and Principles to the best of your ability. LEADER'S FOCUS QUESTION How can doing a DAILY INVENTORY help you to "be careful that you don't fall?" 2006 ...

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While we were still sinners, Christ died for us. (Romans 5:8 NIV) LEADER'S FOCUS QUESTION What do you keep repeating over and over again expecting a different result? What result are ...

Lesson 9 (Questions) (1) - Long Hollow

Lesson 9 - Inventory November 14, 2022 What is inventory? An inventory is an itemized list of current assets; the act or process of taking inventory. Small Group Questions: 1. Who is a ...

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My children, our love should not be just words and talk; it must be true love, which shows itself in action. (I John 3:18 GNB) LEADER'S FOCUS QUESTION What are some recent victories that ...

[CR_03-Hope-Acrostic-Handout - Bible-Knowledge.org](#)

Journey Towards Recovery Lesson 03 - Hope Principal 2: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. Step 2: We came to believe that ...

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celebrate recovery lesson 2 questions and answers: Economics in One Lesson Henry Hazlitt, 2010-08-11 With over a million copies sold, Economics in One Lesson is an essential guide to ...

Celebrate Recovery Lesson 6 Questions And Answers

Celebrate Recovery 4 in 1 Prison Edition - PDM Zondervan Publishing,Zondervan Publishing Staff,2005-09-01 Drawn from the Beatitudes, Celebrate Recovery helps people resolve painful ...

Lesson 8 Moral - storage.snappages.site

Remember when, as a child, you would visit the doctor, and he would say, "Open wide!" in that funny sing-song voice? Well, you need to "open wide" your heart and mind to allow the ...

Step Study Meeting Format and Reminders - Brookwood Church

Step Study Meeting Format and Reminders To create a consistent and safe experience, all Step Studies at Brookwood Church should honor the format below.

Daily inventory worksheet for recovery

Daily inventory worksheet for recovery Daily inventory report format in excel. Daily inventory sheet for recovery. Recovery daily routine. Daily inventory. As we progress in Celebrate Recovery, ...

Celebrate Recovery Lesson 4 Questions And Answers (PDF)

Celebrate Recovery Lesson 4 Questions And Answers: Edmond Joseph Lombardi, 1898-1982 Jane English,1993* I Love Jesus, But I Want to Die Sarah J.

Celebrate Recovery® Lesson 2 - Heritage Church

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.

Celebrate Recovery Lesson 3 Questions And Answers Copy

We'll delve into the core tenets, explore real-world applications, and answer your burning questions, providing a roadmap for your Celebrate Recovery experience. In-Depth Analysis of ...

Celebrate Recovery Lesson 6 Questions And Answers

Celebrate Recovery 4 in 1 Prison Edition - PDM Zondervan Publishing,Zondervan Publishing Staff,2005-09-01 Drawn from the Beatitudes, Celebrate Recovery helps people resolve painful ...

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Henry Hazlitt Celebrate Recovery Lesson 6 Questions And Answers: I Love Jesus, But I Want to Die Sarah J. Robinson,2021-05-11 A compassionate shame free guide for your darkest days ...

Advance Leadership Training Guide - redeemedlife.church

Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus. (1 Thessalonians 5:16-18 GNB) LEADER'S FOCUS ...

Celebrate Recovery Lesson 2 Questions And Answers [PDF]

Celebrate Recovery Lesson 2 Questions And Answers: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels ...

Celebrate Recovery Lesson 6 Questions And Answers Copy

Bill W. Celebrate Recovery Lesson 6 Questions And Answers: I Love Jesus, But I Want to Die Sarah J. Robinson, 2021-05-11 A compassionate shame free guide for your darkest days A ...

Lesson 7 Sponsor - storage.snappages.site

Now you will see that the road to recovery is not meant to be traveled alone. You will find that you actually need three relationships. Most important is a relationship with Jesus Christ. In ...

Sponsor 101 Training Manual - RHCC CELEBRATE RECOVERY

You will primarily listen to the answers, although they may ask clarifying questions or probe if it seems that the sponsee has not addressed some issues or skipped over some aspects that ...

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(Matthew 7:3-5 PH) S _____ accepting God's forgiveness For God was in Christ, restoring the world to himself, no longer counting men's sins against them but blotting ...

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LEADER'S FOCUS QUESTION What are some ways you can begin to serve others today? 2006 Celebrate Recovery BUL_24 Celebrate Recovery® Lesson 24 YES Principle 8:

Journey Towards Recovery Lesson 05 - Turn - Bible-Knowledge.org

Journey Towards Recovery Lesson 05 - Turn Principal 3: Consciously choose to commit all my life and will to Christ's care and control "Happy are the meek." Matthew 5:5.

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S _____ living the promises of recovery If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:18 NIV) 2006 Celebrate Recovery BUL_16 Celebrate ...

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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.

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Celebrate Recovery Lesson 4 Questions And Answers: Edmond Joseph Lombardi, 1898-1982 Jane English, 1993* I Love Jesus, But I Want to Die Sarah J.

Lesson 20: Daily Inventory - WordPress.com

Be sure to celebrate the victories! I did this with my accountability group, and we got together afterwards to celebrate and share what God showed us. By taking an ongoing, a daily, and a ...

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How have I hurt them?) celebrate recovery step 2 worksheet celebrate recovery lesson 1 questions and answers celebrate recovery 12 steps worksheets celebrate recovery lessons ...

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(Hebrews 10:25 LB) LEADER'S FOCUS QUESTIONS How have you mistreated your mind, body, family or the church? Did this prevent God from working effectively in your life? Why? 2006 ...

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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 ...

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