

# Prayer for Serenity

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;

Enjoying one moment at a time;

Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world

as it is, not as I would have it;

Trusting that He will make all things right

if I surrender to His Will;

That I may be reasonably happy in this life

and supremely happy with Him

Forever in the next.

Amen.

## God's Vision for Celebrate Recovery

at Cape Coral First United Methodist Church

*Transforming people with hurts,  
habits and hang ups by connecting  
them to God and each other.*

### Celebrate Recovery

**6:00pm – 6:45pm Dinner in the social hall**

**7:00 – 8:00pm Worship in sanctuary**

**8:00pm Small Groups**

**9:00pm - Solid Rock Cafe**

(Coffee and Refreshments)

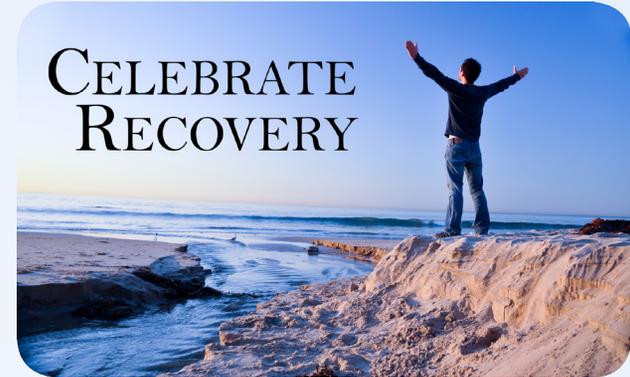
**Free Childcare from 7:00 - 9:00**

### Small Groups

- Men's Sexual Integrity
- Men's Chemical Dependency
- Women's Chemical Dependency
- Women's Co-dependency
- Newcomers Group 101
- Celebration Place - Free Child Care

*If you would like to volunteer,  
please attend on a Monday evening  
and get plugged in.*

*Cape Coral First*  
UNITED METHODIST CHURCH



Cape Coral First United Methodist Church  
4118 Coronado Parkway,  
Cape Coral, FL 33904  
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# Purpose of Celebrate Recovery

# FREEDOM

**The purpose of Celebrate Recovery is to encourage fellowship and to celebrate God's healing power in our lives as we work our way along the road to recovery.**

*This is achieved through praise, worship, informative lessons, personal testimonies, fellowship and small groups.*

- Celebrate Recovery is based on God's word, the Bible.
- Celebrate Recovery is forward looking.
- Celebrate Recovery emphasizes personal responsibility.
- Celebrate Recovery encourages spiritual commitment to Jesus Christ.
- Celebrate Recovery utilizes the biblical truth that we need each other in order to grow spiritually and emotionally.
- Celebrate Recovery addresses all types of habits, hurts and hang-ups.
- Celebrate Recovery encourages members to also attend secular (traditional) recovery meetings as an additional outreach opportunity. Finally, Celebrate Recovery produces Lay Ministers.

## What is a Hurt, Habit, or Hang-up?



A hurt, habit, or hang-up is something that hinders your walk with God.

**Hurts:** The feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation. Examples include: abuse, abandonment, codependency, divorce, or relationship issues.

**Habits:** A habit is an addiction to someone or something. Examples include: alcoholism, drugs, food gambling, sex, shopping, or smoking.

**Hang-Ups:** Hang-ups are negative mental attitudes that are used to cope with people or adversity. Examples include: anger, depression, fear, or unforgiveness. These life problems can be stumbling blocks or stepping stones. Healing is available through applying the principles of a Bible based recovery process in your life.

## & Recovery Principles

### Principle 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"*

### Principle 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"*

### Principle 3

**Consciously ...**

choose to commit all my life and will to Christ's care and control.

*"Happy are the meek"*

### Principle 4

**Openly ...**

examine and confess my faults to God, to myself, and to another person whom I trust.

*"Happy are the pure in heart"*

### Principle 5

**Voluntarily ...**

submit to any and all changes God wants to make in my life.

*"Happy are those whose greatest desire is to do what God requires"*

### Principle 6

**Evaluate ...**

all my relationships; offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, without expecting any reward.

*"Happy are the merciful" "Happy are the peacemakers"*

### Principle 7

**Reserve ...**

a daily time with God for prayer, Bible reading, and self-examination in order to know God and his will for my life and to gain the power to follow his will.

### Principle 8

**Yield ...**

myself to be used by God 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"*