

SMALL GROUP SHARING GUIDELINES

- KEEP YOUR SHARING FOCUSED ON YOUR OWN FEELINGS. PLEASE LIMIT YOUR SHARING TO 3-5 MINUTES
- THERE WILL BE NO CROSS TALK. CROSS TALK IS WHEN TWO INDIVIDUALS ENGAGE IN A DIALOG, EXCLUDING ALL OTHERS. EACH PERSON IS FREE TO EXPRESS THEIR FEELINGS WITHOUT INTERRUPTION.
- WE ARE HERE TO SUPPORT ONE ANOTHER NOT FIX ANOTHER.
- ANONYMITY AND CONFIDENTIALITY ARE BASIC REQUIREMENTS. WHAT IS SHARED IN THE GROUP STAYS IN THE GROUP.
- OFFENSIVE LANGUAGE HAS NO PLACE IN A CHRIST CENTERED RECOVERY GROUP..



Are you struggling with Hurts, Hang-ups, or Habits and in need of.....?

Christian companionship to grow and become strong?

Supportive, respectful, and confidential sharing?

A place to learn, and to grow spiritually?

Finding a turning point in your life?

A safe haven of refuge, and caring?

Then Celebrate Recovery is a place for you.

The Purpose of Celebrate Recovery

The purpose of Christ Community Church Celebrate Recovery ministry is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles." This experience allows us to "be changed." By working and applying these Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others. As we progress through the program we discover our personal, loving and forgiving Higher Power - Jesus Christ, and principles for healing and overcoming our past.

CELEBRATE RECOVERY



Celebrate Recovery

10 Tips for Healing Broken Families



Celebrate Recovery

Friday Night Program

6:00-6:50 pm Food & Fellowship

7:00-7:55 pm Worship, Teaching/Testimony Hour

8:00 - 9:00 pm Small Share Groups

9:00-9:45 pm Solid Rock Café

~ Child Care Provided ~



CELEBRATE RECOVERY

10 Tips for Healing Broken Families

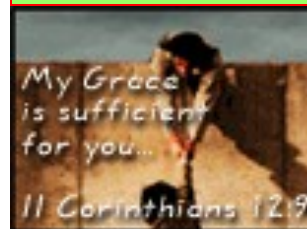
10 Tips for Healing Broken Families

1. Most dysfunctional family situations thrive in an atmosphere of distrust, deceit and repressed emotions. You must establish clear boundaries for honest communication with family members.
2. You have a limited obligation to "fix" another family member's dysfunctional behavior. Often, well-meaning attempts to compensate for a family member's behavior will enable and encourage the dysfunction.
3. Very often, dysfunctional behavior results from patterns learned from parents and grandparents. Examine your family history to see if you are mirroring the negative behavior patterns of your parents.
4. Establishing consistent consequences for bad behavior does not indicate a lack of love or care, even though that is often the accusation for the person receiving the consequence. Setting clear parameters for acceptable behavior is essential for family stability.
5. Love is a two-way street, and men and women do have different emotional needs. Define what is important to you in your family relationships and ask other family members to be honest about what they perceive as their needs.
6. It is possible and common for people to reach adult age physically and remain on a child or adolescent level emotionally and spiritually. You can't expect adult behavior from someone who has never learned it. If you identify this emotional or spiritual condition in yourself or a family member, honestly and lovingly confront the issues with an eye toward completing God's maturing process.
7. Many who have been crushed by strict authority figures in their childhoods are not able to identify with the experience of adulthood. They often have a genuine hatred for any type of authority in their lives. Attempting to "parent" this type of person only adds dysfunction to the relationship. It is

better to view everyone as equal, including yourself. You have rights too.

8. Placing yourself in the atmosphere of a healthy, well balanced church will allow you to develop emotionally and spiritually. Most Christian churches place high priority on helping families grow toward a positive, God-centered home life. Look for a church that builds families.
9. Family problems date back to Cain and Able. Your situation is not unique. But rest assured that it is God's desire to restore you emotionally and spiritually...for I know the plans I have for you declares the Lord. Plans for welfare and not for calamity to give you a future and hope. Then you will call on Me, and I will listen to you. Jer. 29:11-12.
10. God has placed members within the Body of Christ as instruments of healing and recovery to those in need among the body of believers. Seek out a caring, Christian professional who can bring objectivity and insight, one who can aid in the healing process and bring spiritual transformation to your family.

by Steve Arterburn



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