

LIFE'S HEALING

CHOICES

ONLINE CLASS



*Sponsored by the
NB Celebrate Recovery Ministry*

This material is the property of the:

North Boulevard Church of Christ
Celebrate Recovery Ministry
1112 North Rutherford Blvd
Murfreesboro, TN 37130

Permission to reproduce or alter must be obtained by
the Celebrate Recovery Ministry Leader.



Life's Healing Choices Class at North Boulevard Church of Christ

This class is designed for someone at North Boulevard who wants to know about the “Eight Healing Choices” of Celebrate Recovery based upon the Beatitudes of Christ and for those people who may be considering participating in this ministry at North Boulevard Church of Christ.

Recommended Class Requirements:

- Copy of “Life’s Healing Choices” book by John Baker and Rick Warren
- Copy of Student Notes Binder
- Willingness by participant to attend class and complete weekly homework assignments

Weekly Class Subjects

Week 1 - Introduction to Life’s Healing Choices

Week 2 - Healing Choice One - The Reality Choice

Week 3 - Healing Choice Two - The Hope Choice

Week 4 - Healing Choice Three - The Commitment Choice

Week 5 - Healing Choice Four - The Housecleaning Choice

Week 6 - Doing a Spiritual Inventory

Week 7 - Healing Choice Five - The Transformation Choice

Week 8 - Healing Choice Six - The Relationship Choice

Week 9 - Grace - Learning to Forgive and Make Amends

Week 10 - Healing Choice Seven - The Growth Choice

Week 11- Healing Choice Eight - The Sharing Choice

Week 12 - Go Deeper with Celebrate Recovery?

Week 13 - CR Newcomers Class

Life's Healing Choices (LHC) Class Guidelines

The following five guidelines will ensure that our Life's Healing Choice Class is a safe and confidential place for learning and sharing.

1. Keep your sharing focused on your own thoughts and feelings.

Not your spouse's, someone you're dating, or your family members' hurts and hang-ups, but your own. Focusing on yourself will benefit your recovery as well as the ones around you. Stick to "I" or "me" statements, not "you" or "we" statements.

Limit your sharing to three to five minutes, so everyone has an opportunity to share — and to ensure that one person does not dominate the class sharing time.

2. There is NO cross-talk. Cross-talk is when two people engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.

Cross-talk is also making distracting comments or questions while someone is sharing. This includes speaking to another class member while someone is sharing or responding to what someone has shared during his or her time of sharing.

3. We are here to support one another, not "fix" one another. This keeps us focused on our own issues.

We do not give advice or solve someone's problem in our time of sharing or offer book referrals or counselor referrals! We are not licensed counselors, psychologists, or therapists, nor are the group members. Celebrate Recovery groups are not designed for this. It is up to the participants to include outside counseling to their program when they're ready.

4. Anonymity and confidentiality are basic requirements.

What is shared in the class stays in the class. The only exception is when someone threatens to injure themselves or others. The class leader(s) have the responsibility to handle abuses to anonymity.

5. Offensive language has no place in a Christ-centered LHC class.

Therefore, we ask that you please watch your language. The main issue here is that the Lord's name is not used inappropriately. We also avoid graphic descriptions. If anyone feels uncomfortable with how explicitly a speaker is sharing regarding his/her behaviors, then you may indicate so by simply raising your hand. The speaker will then respect your boundaries by being less specific in his/her descriptions. This will avoid potential triggers that could cause a person to act out.

The Road To Recovery Based on the Beatitudes

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. (Step 1)
Happy are those who know they are spiritually poor. Matthew 5:3
2. Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. (Step 2)
Happy are those who mourn, for they shall be comforted. Matthew 5:4
3. Consciously choose to commit all my life and will to Christ's care and control. (Step 3) Happy are the meek. Matthew 5:5
4. Openly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 & 5)
Happy are the pure in heart. Matthew 5:8
5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 & 7) Happy are those whose greatest desire is to do what God requires. Matthew 5:6
6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others. (Steps 8 & 9)
Happy are the merciful. Happy are the peacemakers. Matthew 5:7, 9
7. 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. (Steps 10 & 11)
8. Yield myself to God to be used to bring this Good News to others, both by my example and by my words. (Step 12)
Happy are those who are persecuted because they do what God requires. Matthew 5:10

Prayer for Serenity

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as the pathway to peace; taking as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. In Jesus' name, Amen.

Week One: Introduction to Life's Hurts, Habits and Hangups

Definitions of Hurts, Habits and Hangups

The nature of sin in our lives is common to every one of us. According to God “all have sinned and fallen short of the glory of God”. Sin can be broken down into three basic areas by which we fall short. These are classified as hurts, habits and hangups in this class. Here are basic working definitions that we will use but in this first class we will explore each of these more deeply.

Hurt: to experience physical pain caused by yourself or another; to feel emotional pain; undergo or experience difficulties or setbacks.

Habit: regular repeated behavior pattern. An action or pattern of behavior that is repeated so often that it becomes typical of somebody, although he or she may be unaware of it. Addiction, such as an addiction to a drug, food or some other stimuli that deadens one's feelings.

Hang-up: a psychological or emotional problem or fixation about something. An issue that causes persistent impediment or source of delay.



Hurts

- Abandonment
- Abortion
- Abused as a child, or by a spouse, employer, or the church
- Adoption
- Betrayal
- Dysfunctional family (divorce, alcoholism, drug abuse, rage, etc.)
- Neglect
- Rape
- Rejection
- Same sex attraction
- Cheating, affairs
- Unforgiveness



Hang-ups

- Anger
- Anxiety, worry
- Arrogance
- Body image
- Bullying, bigotry
- Codependency
- Control
- Depression
- Fear
- Greed, envy
- Guilt (false) and/or shame
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Procrastination



Habits

- Abusive behavior
- Alcohol
- Bitterness
- Drugs
- Eating disorders
- Gambling
- Gossip
- Isolation
- Lying
- Self-harm
- Sexual Integrity
- Spending problems
- Wasteful pursuits
- Workaholism
- Pornography addiction



1. The purpose of Life's Healing Choices Study

- Help us make the _____ that will lead us to become more and more like _____.
- Learn to give Christ control of our _____ and our _____ on a daily basis.

2. What are Hurts, Habits and Hangups?

- A hurt, habit or hang-up can be anything that keeps you from realizing your _____ as a person as God designed you to be. They are all as a result of sin - either caused by you or others.
- Hurts, habits and hang-ups can knock you off of _____. _____ and throw you into a worldly detour headed toward _____ and _____.
- Hurt: To experience _____ pain, _____ pain, _____ or setbacks. The feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation. As a result of a hurt one can live in _____, _____, _____, and _____ and cannot fully live a whole life as God intended.
- Hang-up: A _____ or _____ problem or fixation about something. An issue that causes persistent _____ or a source of delay. Hang-ups are _____ that are used to _____

- cope with people or adversity. Hang-ups keep one from embracing in your life the _____ and _____ thoughts and ways of Christ.
- Habit: Regular repeated behavior pattern that can be called an _____. An action or pattern of behavior that's _____ so often that it becomes typical of somebody, although he or she may be at times unaware of it. Addiction _____ one's feelings. It can produce both shame and can cause someone to hide oneself. A habit becomes an _____ that keeps one from giving their _____. _____ in loving and serving Jesus Christ.

Homework Assignment:

- 1. Read the Introduction and Chapter 1 of Life's Healing Choices Book.**
- 2. Identify an ongoing issue or problem in life and consider whether it is hurt, habit or hangup.**
- 3. Ask God to help you daily with it to clarify it and understand it.**
- 4. Identify one other Christian of the same sex that you can develop a safe and confidential relationship with your issues or problems.**

(End of Week One)