C.A.R.E. INTRODUCTION

(Slide 1) Welcome to C.A.R.E. (Character-Accountability-Recovery-Encouragement). I have some really good news for you. Your recovery is just ahead.

I don’t know about you, but that sounds real good to me.

(Slide 2) It’s never easy, and it’s never over, and it’s a fight that most likely will be renewed each morning, but it’s possible.

One thing I have found is that nothing worthwhile is seldom easy. Our battle with our unhealthy dependencies is a one day at a time battle. But always keep in mind that victory is always possible.

(Slide 3) Don’t compare your progress with that of others. We all need our own time to travel our distance.

We have known some who found instant victory, but for most of us our healing has been slow and steady.

(Slide 4) Recovery is a Process. It takes time. It takes Patience. It takes Everything You’ve Got.

If you are willing to stick with it, you will be victorious.

(Slide 5) Keep in mind that there is no chemical or physical solution to a spiritual problem.

One of the reasons why we feel we need a chemical or physical solution to our problems is that we have bought into the devil’s lie that says our self-worth comes from our performance and the opinions of others. In the steps to come we will deal with what contributed our buying in to this lie.

(Slide 6) Remember, you were never created to live depressed, defeated, guilty, condemned, ashamed or unworthy. You were created to be victorious.

If you believe in yourself and God, and have dedication and pride – and never quit, you'll be a winner. The price of victory is high but so are the rewards. No matter what has happened to you in the past or what is going on in your life right now, it has no power to keep you from having an amazingly good future if you will walk by faith in God. God loves you! He wants you to live with victory over sin and its bondage so you can possess His promises for your life today!

(Slide 7) As we begin this journey of recovery we need to constantly mediate on these two verses: *“God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die. God did not send his Son into the world to condemn its people. He sent him to save them!”* John 3:16-17 (CEV)

God loves you. His involvement with you is not impersonal. To understand anything about His ways, we must realize that He is consumed with a passionate love for you and me. If God had a refrigerator your picture would be on it.

God’s love found ultimate expression in His gift of His Son, Jesus.

(Slide 8) We might want to rephrase it to say “God loves me so much that he gave his only Son, so that if I have faith in him I will have eternal life and never really die. God did not send his Son into the world to condemn me but to reclaim me.”

(Slide 9) We need to also meditate on these words by Criss Jami: “Listen to God with a broken heart. He is not only the doctor who mends it, but also the father who wipes away the tears…. It is not true that everyone is special. It is true that everyone was once special and still possesses the ability to recover it.” ― Criss Jami

Our Lord Jesus Christ is in the recovery and reclaiming business.

(Slide 10) We encourage you to commit these words to memory. Repeat them daily. “I can do all this by the power of Christ. He gives me strength.” Philippians 4:13 (NIRV)

Let’s say these words together: “I can do all this by the power of Christ. He gives me strength.”

* One more time: “I can do all this by the power of Christ. He gives me strength.”

In order for our recovery to take place we need to follow and work the 12 Steps to Healing. Follow along as I read each one:

(Slides 11-15)

1. We admitted we were powerless over our addictions and dependencies – that our lives had become unmanageable.
2. Came to believe that only Almighty God could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God through Jesus Christ our Lord and Savior.
4. Made a searching and fearless moral and ethical inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our harmful, sinful behaviors.
6. Were entirely ready to have the Holy Spirit remove all these sinful behaviors and resulting defects of character.
7. Humbly asked God to remove our sins and shortcomings.
8. Made a list of all persons we had sinned against, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer, study of the Scriptures, and meditation to improve our conscious contact with Almighty God, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of the Holy Spirit and these steps, we tried to carry this message to others with character defects, and to practice these principles in all our relationships.

(Slide 15) Now let’s share the Serenity Prayer in its entirety:

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, Living one day at a time; enjoying one moment at a time; accepting hardship 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

EXPLAINING THE PROGRAM

(Slide 16) Every meeting we will begin with the first part of the Serenity Prayer. As we begin each step we will start with a meditation written by someone in recovery. We will then move to an explanation of that particular step and then provide a time for discussion.

(Slide 17) Then we will share another meditation from someone in recovery followed by a time for personal sharing. After our sharing we will conclude with a time for prayer requests, pray, and then recite the entire Serenity Prayer.

(Slide 18) REMEMBER: Who you see here and what you hear here remains here. Any violation of this will be followed with expulsion from the group. (Committing to make it every week is important for your recovery.

CLOSE WITH PRAYER TIME & TIME OF FELLOWSHIP