

CR Lesson 1 “Denial”

Recovery is all about honesty and within this lesson honesty is also a must.

I'M Fine

I'm Not The Problem

I Can Stop Anytime

It's Not That Bad

CR

Celebrate Recovery is a 12-step, Christ-centered recovery program for anyone who has a hurt, habit, or hang-up. Let's face it; we all have some of those!

The first 6 lessons come from Stepping Out of Denial into God's Grace: Participant's Guide 1.

The teachings are based on the Beatitudes, so when you study the Celebrate Recovery 8 principles, you will reference those Bible verses in the New Testament.

One of the most important steps toward recovery happens in Celebrate Recovery Lesson 1 because it encourages us to step out of denial. Without this step, we cannot accomplish any of the other steps that are necessary for our recovery. We will never be ready to move forward until we admit that we have a denial issue.

If you feel stuck in your **recovery** or **faith**, the answers to get you started on the right track can be found in this Lesson, as it completely guides you through the first steps – regardless of where you are in your journey!

Celebrate Recovery lesson one is a powerful lesson because it begins **Your Walk with Christ – your pathway to peace, your road to recovery!**

This Lesson is tailor-made for everyone!

You don't need any prior knowledge or experience to get started on this journey!

This is the first lesson, and you don't even need the book.

What is Celebrate Recovery Lesson 1: Denial?

Celebrate Recovery principle one says:

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, which corresponds to this principle, says:

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*

*“It takes a lot of strength to ride the storms of life,
But it’s worth it.”*

Are You In Denial?

If you are in denial, you will not admit you have a problem or confess to the truth of a situation. Instead, you will ignore the facts, pretending as if they do not exist.

Another possible sign of denial is downplaying the consequences of a situation or problem.

You might say something like:

- *“I don’t have a problem.”*
- *“It’s not that big of a deal.”*
- *“It really isn’t that serious.”*
- *“Things will improve with time.”*
- *“I can quit anytime.”*

Celebrate Recovery loves using acronyms, so with lesson 1, we are given the acronym for **DENIAL**, which explains what might happen if you do not own up and face the things you are in denial about.

- **Disables our feelings.**
- **Energy loss**
- **Negates growth**
- **Isolates us from God**
- **Alienates us from relationships**
- **Lengthens the pain**

1. Denial disables our feelings.

Don’t repress your feelings or freeze your emotions. Understand that expressing your feelings and showing your emotions is part of the healing process. Doing this gives you freedom as you recover from your hurts, habits, and hang-ups.

We get the freedom to NOT do the things we were once enslaved to.

Feel your feelings and step out of denial today. In other words, let it all out – have a good cry, laugh a little, or talk about what you are feeling with your small group, step study or sponsor.

2. Denial can cause anxiety.

Anxiety causes us to lose precious energy because we are constantly looking at the past and worrying about things that may or may not happen in the future.

We may even dread the future, which makes it hard to enjoy the life that God intended for us to live. Therefore, we should be mindful and focus on the present – the place where positive change can occur.

Practice the art of mindfulness to stay in the present moment so that you can address your changes. Transfer all of the energy you are losing by staying in denial to God and His word.

Study your Bible, learn new things, strengthen your relationships, and show love toward others. Making positive changes like this will allow you to see reality and truth as you should.

3. Denial stunts growth.

We need to admit it all because we're as sick as our secrets.

It's not possible to grow in recovery and in your relationship with Christ if you can't step out of denial and into truth. I know you want to start healing from your hurt, habit, or hang-up as soon as possible, so go ahead and take this step and ditch denial so that you can get closer to precious recovery!

4. Denial shifts us away from God.

God doesn't want us to walk in darkness; denial keeps us in the dark.

God shines the light on the truth, which is where He wants our walk to be.

If you follow the lighted path God has for you, your life will go in the right direction.

Not clear what that path is? Try praying more and reading your Bible – really listen to what God is trying to tell you. He doesn't want you suffering!

**“No matter how dark the moment,
Love and hope are always possible.”
George Charkiris**

Prayer can improve your life. If you don't know how to pray or feel uncomfortable doing so, start small and short but start. Do the uncomfortable.

Praying is how we communicate with God, so get on those knees and start talking to Him!

So, what if you are praying and telling God all the things you want and what you need help with? How can you hear what He has to say in response?

God works in mysterious ways, but I would suggest jumping into your Bible and doing a Bible study on the topic of recovery or whatever issue or problem you are facing. Reading the Bible is one of God's way of communicating with us.

5. Denial can cause relationship problems.

We falsely believe that we are getting away with something when we go through denial. People know the truth, so we might as well stop lying to each other and fess up.

If they don't know all of your secrets, you are probably wearing them on your sleeve. In other words, they know something is up!

You might as well be honest. Honesty can free you!

You probably think that no one is as bad as you are or could love the real you and accept the horrible things you have done. God can! In fact, He already knows everything!

Plus, you may be surprised to learn that many people have the same or similar hurts, habits, and hang-ups.

Your Celebrate Recovery group is there to encourage and support you along your path!

Denial actually alienates us from our relationships because we think people don't know about the terrible things we have done, which isolates us. Sometimes, you have to take the risk of rejection and trust that your new Christian friends from Celebrate Recovery will understand and listen when you talk about what you've been through.

6. Denial lengthens pain.

We often think that denial protects us from pain when really it just allows pain to fester and grow in us.

This turns pain into guilt and shame – the last thing you want to feel as you are going through recovery. Build confidence, be proud of yourself, and look to the many ways of how the stories of others can help you along your road to recovery!

You can do this by stepping out of denial and admitting your faults.

It may be a painful process at first, but the truth will set you free!

“The best way out is always through.”
Robert Frost

Lesson 1 Questions

- **What areas of your life do you have power (control) over? Be specific.**
- **What areas of your life are out of control, unmanageable? Be specific.**
- **How do you think taking this first step will help you?**
- **As a child, what coping skills did you use to get attention or to protect yourself?**
- **In your family of origin, what was the “family secret” that everyone was trying to protect?**
- **How do you handle pain and disappointment?**
- **How can you begin to address your denial?**
- **In what areas of your life are you now beginning to break the effects of denial?**
- **Are you starting to develop a support team?**
- **Are you asking for phone numbers in your meetings?**

My Story – In Relation to Celebrate Recovery Lesson One

It's time to get personal;
Here's what I learned about myself from this lesson.

First, let me introduce myself.

My name is Dennis and I am a grateful believer in Jesus Christ. I celebrate recovery from drugs and alcohol and still struggle with workaholism, codependency, perfectionism, control issues, anxiety and a slew of other things.

From this lesson, I learned that I have control over the way I react to people and situations, how involved I am in improving my life, and how much effort I put forth towards my relationship with God. I can also choose the type of people I associate with.

Since I try to always stay positive, I'm trying to limit my interactions with people who bring me down. Unfortunately, I cannot control other people, their reactions, actions, feelings, or behaviors towards me.

I realize things will not always go according to my plan, even though I want everything to be perfectly organized all the time. I need to learn to put control in the hands of God and let things go more than I currently do.

Denial

I know that stepping out of denial will help me realize what problems I need to work on and give me a chance to get started on my recovery. To handle pain and disappointment, I need to talk to my support group or let my feelings out (have a good cry)!

The best way I know how to step out of denial is to be involved in small group, a Celebrate Recovery step study and to pray.

I have finally faced reality and broken the effects of denial by realizing that I do have issues with control, codependency anxiety and a whole slew of other character defects. I need to learn to trust God more and cope with my stress in effective ways rather than turning to my addictions.

My Thoughts on Celebrate Recovery Lesson 1

I have decided to just share the relevant parts of my notes in lesson one from the Celebrate Recovery curriculum books. This way, we can stay focused on the topic at hand.

The most difficult part of lesson one for me was letting go of control and trusting that God has a plan for me – something I am not aware of. I enjoy knowing what's going to happen in advance and tend not to be very patient, so I get frustrated when the unexpected happens. That is still something I have to work on every single day.

Letting go of control of my life was not something that happened overnight.

I encourage you to figure out what you are having trouble letting go of and at least admit that it is a problem area of your life. The questions provided in this lesson and the study guide I've prepared should help you find those hurts, habits, and hang-ups as you work on your road to recovery so that you can own up to them.

“Don't let the past steal your present.”

Terri Guillements

“Fall seven times,

Stand up eight.”

Japanese proverb

How do you begin to address your denial?

According to the Mayo Clinic, to address your denial, you should examine your fears, think about the negativity associated with your denial, express your fears and feelings, face the truth, journal your experience, and talk to a trusted ally.

What are the five stages of recovery?

According to Journey Pure, the five stages of recovery include:

- (1) Precontemplation
- (2) Contemplation
- (3) Preparation
- (4) Action
- (5) Maintenance/Recovery

During the precontemplation stage, addicts are uninterested in help or changing their behavior.

As they enter the contemplation stage, they begin thinking about their addictions and the problems associated with them.

During preparation, they commit to change and are prepared to take action.

When they hit the action stage, they begin to believe in their ability to change and actively become involved in their recovery.

In the final stage of recovery, addicts successfully avoid temptations and triggers that would lead them back to their addictive behaviors.

