

Celebrate Recovery Lesson 15: Victory

Work the 12 Steps till your perfect.

We must list them, admit them, and own them.

We need to take responsibility for our pride, anger, envy, lust, greed, gluttony, and laziness.

“The Big Seven.”

We will never receive victory by not being HONEST with ourself, others, and God.

A life-changing step happens in recovery during **Celebrate Recovery lesson 15** because we gain victory over our character defects. We do this by making serious changes in our life. These changes will result in positive outcomes!

As the changes that we need to make are brought to light, **Get Pumped Up!** Things happen for a reason, and overcoming our shortcomings can actually turn out to be a good thing!!

Celebrate Recovery lesson 15 is **important** as it helps us remove our shortcomings and make changes that will benefit our life – from this day forward.

If you are a newbie to **Celebrate Recovery**, go check out the first lesson – Celebrate Recovery Lesson 1: Denial.

If you missed the last lesson, please refer to Celebrate Recovery Lesson 14: Ready.

**“Recovery is an acceptance that your life is in shambles,
and you have to change.”**

Jamie Lee Curtis

What is Celebrate Recovery Lesson 15: Victory?

Celebrate Recovery principle 5 is: *Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.*

***Blessed are those whose greatest desire is to do what God requires.
Matthew 5:6 (NLT)***

This means that we should be ready for some change!

Step 6 says: We were entirely ready to have God remove all these defects of character.

**Humble yourselves before the Lord, and he will lift you up.
James 4:10 (NIV)**

In Step 7: We humbly asked him to remove all our shortcomings.

*“If we confess our sins,
He is faithful and just and will forgive us our sins
and purify us from all unrighteousness.
(1 John 1:9)*

What Does “Celebrate Recovery Lesson 15” Mean?

In the Christ-centered 12 step study groups you begin to work through the lessons from the CR curriculum.

When you meet with your step study group, you’ll work through the curriculum for several months. **Celebrate Recovery** is a program for those with hurts, habits, or hang-ups.

Truthfully, this applies to anyone because we all have those trials in our lives!

Celebrate Recovery Lesson 15 comes straight from **John Baker’s Celebrate Recovery Participant’s Guide**. This is the fourth lesson from Getting Right with God, Yourself, and Others: Participant Guide 3. We have them available for everyone who desire the workbook.

The Celebrate Recovery 8 principles refer to the Beatitudes found in Matthew chapter 5 verses 3 through 12.

*Study this Book of Instruction continually.
Meditate on it day and night so you will be sure to obey everything written in it.
Only then will you prosper and succeed in all you do.
Joshua 1:8 (NLT)*

How to Be Victorious in Recovery

Voluntarily Submit

You might wonder what it really takes to: **Be victorious in recovery**. The dictionary defines victory as the achievement in a struggle against odds and difficulties. You are victorious when you overcome an obstacle.

For example; Consider an Olympic gold medal winner. He or she probably spent years, if not their entire life, training to win. Thus, when they do receive a trophy, it is a representative of all that hard work. In recovery, we are given CR chips that show us our victories.

Sometimes, **VICTORY** is just getting through one more day successfully – a day without using your addiction as a crutch or yielding to the many temptations around you. When you are victorious, you have achieved much and should realize that you are a new person!

*This means that anyone who belongs to Christ has become a new person.
The old life is gone; a new life has begun!
2 Corinthians 5:17 (NLT)*

**“I understood myself only after I destroyed myself.
And only in the process of fixing myself did I know who I really was.”
Sade Andria Zabala**

Since Celebrate Recovery uses acrostics, in lesson 15, we'll be using the acrostic for **VICTORY**, which will tell you how to have everlasting victory over your character defects.

This acrostic is from **Celebrate Recovery lesson 15**.

- **Voluntarily submit to changes.**
- **Identify your defects in character.**
- **Change your mind.**
- **Turn over character defects.**
- **Take it one day at a time.**
- **Remember, recovery is a process.**
- **You are thus the one who must choose to change.**

*So, get rid of all the filth and evil in your lives,
and humbly accept the word God has planted in your hearts,
for it has the power to save your souls.
James 1:21 (NLT)*

According to the Celebrate Recovery curriculum study guide, we WILL gain victory over our character defects! This won't be simple, but it will be life-changing. Just make sure you take the risk of making the needed changes in your life, even if they are difficult.

Let's walk through this lesson's main points to discover how we can go about achieving victory over our character defects. Get ready to make some changes!

#1. Voluntarily submit to change.

It's time to voluntarily submit to every change that God wants us to make in our life. This is not always easy, especially if we have a vice we do not want to surrender. What we can do is humbly ask God to remove any shortcomings we have.

When we did Principle 3 of the 8 Celebrate Recovery Principles, we decided to turn our life over to God's will. This means we are ready to have Him remove those nasty character defects because we want to be more like Christ in everything we do.

Understand one thing – Principle 5 is a PROCESS, not a quick step to gloss over lightly. It can take time; real change, the lasting kind, this takes time and patience. As we walk through the rest of this lesson, God will guide us on how to make positive changes in our life!

He won't leave us to fend for ourselves; God is always present and wants to help us along the way. If we are in doubt about whether He is there, listen for His voice. We might not physically hear it, but we might see signs that point us in the right way.

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:1-2 (NLT)

*God will not bring you to the ocean
to let you drown.*

#2. Identify your character defects.

When we completed and shared our moral inventory, we took a real look at our life. It's time to do a bit of analysis. What kind of character defects did we identify? List out the wrongs, sins, and shortcomings we discovered when we did our moral inventory.

Once we have determined what we want or need to change, we can ask the Lord to remove those things that are causing us the most pain.

Where are you suffering the most?

What do you think about the most?

In what areas are you struggling?

Don't forget to be open and honest with your accountability team and sponsor about these things. That's what they are there for! They'll support you, lift you up, and help you determine how to get past these issues. Just remember that you are not alone in this!

*In their hearts,
Humans plan their course,
But the Lord establishes their steps.
Proverbs 16:9 (NIV)*

#3. Change your mind.

As a Christian, we are now a new creation; our old flesh (nature) is gone. However, miracles are not just going to follow us around. Rather, we must allow God to work within us by renewing our mind. It's totally up to us to follow God's lead for the changes in our life.

As we begin to understand the areas of our life that God will be changing, list those areas out. Look at what He plans to do with you. If you are ready to **accept the changes** that He will make, you might just be amazed at what He is doing through you. **Be open** to these changes!

*Do not conform to the pattern of this world,
But be transformed by the renewing of your mind.
Then, You will be able to test and approve what God's will is
His good, Pleasing, And perfect will.
Romans 12:2 (NIV)*

*The AA Big Book Promises mostly describe the change in attitude that will transpire within the struggling person, "sometimes quickly, and sometimes slowly."
They may take time, but they "will always materialize if we work for them."*

The Promises

Promise 1: We are going to know a new freedom and a new happiness.

Promise 2: We will not regret the past nor wish to shut the door on it.

Promise 3: We will comprehend the word serenity.

Promise 4: We will know peace.

*Promise 5: No matter how far down the scale we have gone,
we will see how our experience can benefit others.*

Promise 6: The feeling of uselessness and self-pity will disappear.

Promise 7: We will lose interest in selfish things and gain interest in our fellows.

Promise 8: Self-seeking will slip away.

Promise 9: Our whole attitude and outlook upon life will change.

Promise 10: Fear of people and economic insecurity will leave us.

Promise 11: We will intuitively know how to handle situations which used to baffle us.

*Promise 12: We will suddenly realize that God is doing for us
what we could not do for ourselves.*

#4. Turn over your character defects.

It's time to get close to Jesus Christ. Consider doing a Bible study, memorizing scriptures, or even just start reading the Bible. Use a prayer journal to talk to God through prayer! It's important that we build that relationship with Christ for this step to happen as it should.

We have now determined what character defects we need to work on. Turn it all over to Christ. Think about it; relying on our own knowledge and understanding has not gotten us very far in life. Our willpower is probably blocking our recovery and keeping us from success!

As it is said, “**Let go and let God.**” He can lead us along the path we need to be on. Trust in Him.

As we make the above suggestions to get close to God and build a relationship with Him, get excited! We are making positive changes that will forever impact our life!

*The Lord is faithful,
And he will strengthen you and protect you from the evil one.
2 Thessalonians 3:3 (NIV)*

#5. Take it one day at a time.

Recovery takes time. Think about it; it took you a lifetime to build all the hurts, habits, and hang-ups you are now trying to overcome. Did you think they would magically go away overnight with a little bit of work? Unfortunately, it doesn’t work that way.

Rather, think about a big cherry pie; you eat it one bite at a time. If you tried to shove the whole thing in your mouth, you’d likely choke. In recovery, we say “**one day at a time**” because we know we can only look one day ahead, not a million days all at once.

As the literature states, living life by the yard is hard, but life by the inch is a cinch.

You CAN do this, but you need to consider small increments, not the huge milestones that await you ahead.

Don’t get me wrong; having goals is a great and a noble thing to do, and setting yearly goals is a worthwhile activity, but recovery is about your life, not just a year in your life or some other portion of time. You are making lifelong changes, so take it one bite at a time!

I believe we will find recovery much more manageable if we take it one step at a time. If we only look at getting through the next day, things will be doable. Once we get through today, we can then think about the next day! It will become easier the more we do it!

*“So don’t be anxious about tomorrow.
God will take care of your tomorrow too.
Live one day at a time.”
(Matthew 6:34)*

#6. Recovery is a process.

According to the Celebrate Recovery study guide, you are beginning a journey – a journey that will lead you to a new kind of freedom from the past. Don’t ever expect perfection because you will only be disappointed. Rejoice in the steady progress you are making!

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

Philippians 1:6 (NLT)

#7. You need to choose to change.

It's time to be humble; there is no other way to change our hurts, habits, and hang-ups. We must quit trying to do everything on our own. Humbly ask the Lord to remove our shortcomings. Rely on God's power to change us!

And he gives grace generously.

As the Scriptures say, "God opposes the proud but gives grace to the humble."

James 4:6-8 (NLT)

**"If we are facing in the right direction,
All we have to do is keep on walking."**

The Journey of a million miles start with 1 step.

(James 1:21 NLT) says:

"But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it."

Celebrate Recovery Principle 5 Prayer

Dear Lord,

Please show me Your will as I work on my shortcomings. Teach me to not resist the change You have in store for me. Direct my path in only the ways You can. Please keep me from reverting back to past issues; keep me focused on the future.

Please give me the power and wisdom to overcome any obstacle that comes my way and to make the best of today. Thank You for all the blessings You have given me.

In Christ's Name,

Amen

My Story in Relation to Celebrate Recovery Lesson 15

Hello. I am **Dennis**, someone who is a grateful believer in Christ Jesus.

I **celebrate recovery** from addictions, such as nicotine, drugs and alcohol. I continue to struggle with anxiety, workaholism, perfectionism, and other life issues – as many people do!
We're only human!

As we look at my story in relation to Celebrate Recovery lesson 15, remember that **I am not perfect**. I have just as many problems as the next person; it's not always easy bearing your soul to the world, so I appreciate you as a hearer accepting me and my faults as being human!!

*Commit everything you do to the LORD. Trust him, and he will help you.
Psalm 37:5 (NLT)*

Not do everything for you.

Defects of Character

What **my character defects** once were (over a decade ago) is not much different than what they are today. Don't mistake what I'm saying; I've grown and become a very different person, but the things I once battled are still at the forefront of my self-improvement to-do list.

If you've ever attended a Celebrate Recovery meeting or group, you know that **honesty** is monumental to be successful in recovery, so it's only fair that I tell you the truth about the things I still struggle with. At the top of my list are selfishness, impatience, and laziness.

I think those things can often **feed off** one another. When you're lazy, it's often because you're being selfish with your time. Plus, when you look out only for yourself, you tend to be impatient with other people!

There was actually quite a bit more on my list from the time when I went through the 12-step program the first time, but I have overcome a lot! That makes me proud, and I hope you are **proud** of your life when you look back at what you've overcome. We are works in progress!!

Previously, I struggled with jealousy, indecisiveness, and a lack of self-worth. I also didn't put God first in my life. I've learned that **having Christ as the foundation of my life** makes all the difference in the world when it comes to SO many things!!

Some defects of character that I really worked on overcoming were complaining (grumbling) and building my spiritual life. I needed to get past my character defects if I was going to **make forward progress in recovery**. It's just imperative that you do the "work" in recovery!

As the saying goes, "**It works if you work it!**"

That's in reference to the 12-step program!!

Recovery is about progression not perfection.



Creating an Action Plan

It's difficult to make forward progress if you do not **have an action plan**. For me, I needed to stop putting myself first – something I still struggle with. Also, it was imperative that I placed God as a higher priority in my life. I needed to truly build a relationship with Him.

The relationship I did have was pretty weak. So, how can you build a relationship with God? Try to **live like Christ** did when He was here on Earth. He was humble, kind, loving, and helpful. We will never measure up, but we can work to be more like Him every day.

It might be hard for you to do this if you do not know Jesus very well. The best thing you can do is to read and study your Bible, **communicate with God** through prayer, and **attend church**. Those things will give your spiritual life a boost in the right direction, so get started today!

You'll begin to know who Jesus is and thus can act like Him. It's pretty difficult to act like someone you do not know, isn't it? **Kindness** can be easily accomplished through volunteer

work. You can do missions for Taylorville work, help at non-for-profits or church, or help at a CR group meal or clean up.

As you work on your faith, remember that **no one is perfect** (except Jesus). You typically don't need to go all extreme to have a relationship with God. Start small; begin reading your Bible. Pray about your recovery and that of your fellow CR brothers and sisters.

Trust me; having God in your life will make a huge difference in your recovery!!

Living One Day at a Time

In recovery, we are advised to **live one day at a time** because each day can be quite difficult on its own. If you worry about tomorrow too much, you will miss what today has in store for you. You'll miss many beautiful wonders. Embrace each day for what it is – another gift!

You might think that you can handle more than what is on your plate for today, but in recovery, we don't need to add **worry** to a day that is already full. Instead, focus on the present and don't worry about things that have not even happened yet. I know this is easier said than done!

I often worry about the safety of my wife, children , grandchild or my brothers and sisters in Christ, but in reality, if I **trusted God more**, I wouldn't be worried about something I have no control over. The best thing I can do in the present moment is to pray about anything that presents itself as a worry!

Each day of your life will bring you a different challenge. With God's help, you can overcome the challenges. You might even find them to be **blessings**!

Often, the most difficult moments in my life have **turned out** to have the best results!

Consider the **positive implications** of challenges!

**Therefore do not worry about tomorrow,
For tomorrow will worry about itself.
Each day has enough trouble of its own.
Matthew 6:34 (NIV)**

How to Be Humble

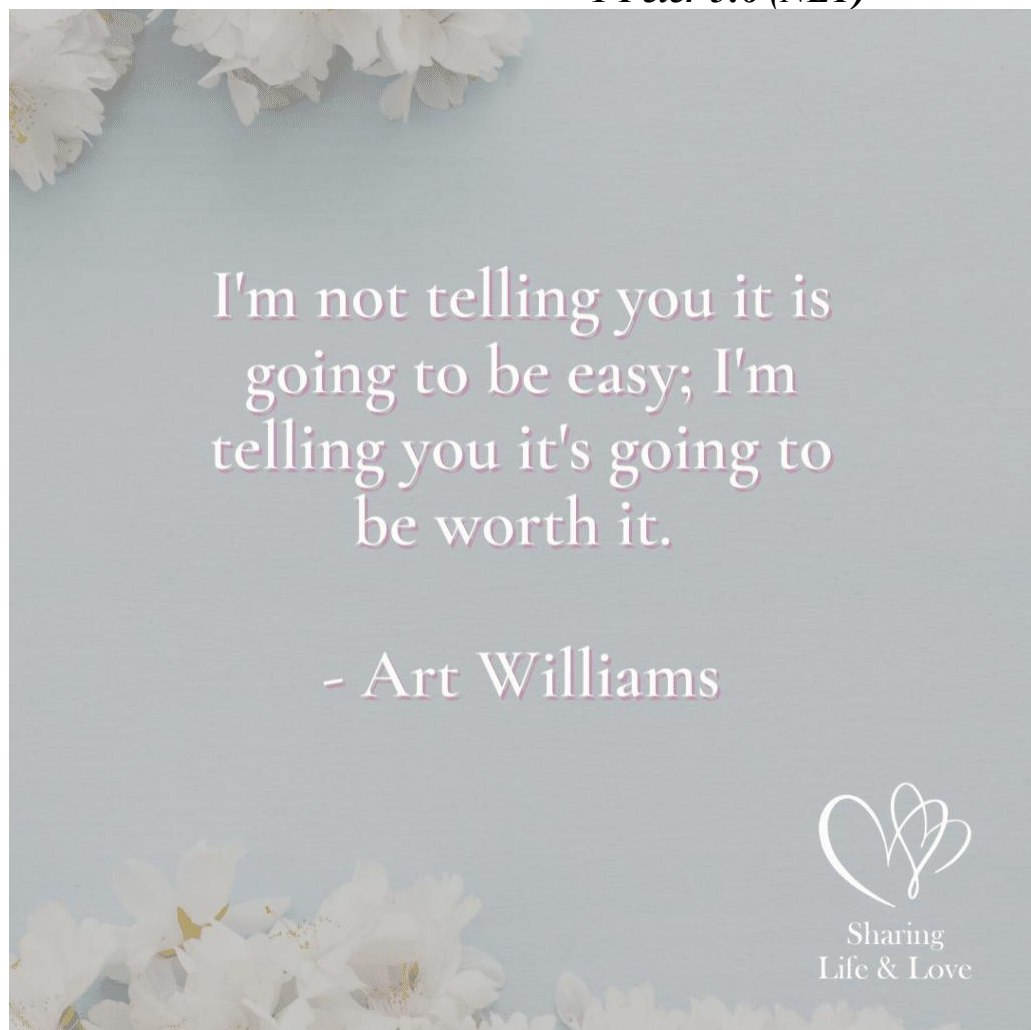
Humility is a challenging trait to gain. If you don't already have it, it can seem to be an impossible task. However, if we are to live holy lives, we must learn to be humble. As the CR literature states, we are to be humble if we want to truly change our lives.

What does **humility** mean to me? It's all about being **vulnerable and honest**. It can be quite difficult to admit when you are wrong, especially if you are usually right (Ha!!) It takes a humble person to admit when they have been mistaken about something.

Humility also shows itself in recovery. If we are **full of pride**, we are unable to admit to the things we struggle with. How can we deal with our issues if we refuse to admit them?

As you look around your CR meetings, **notice the pain** others have experienced. Show empathy to those who are vulnerable and trying to get better. Be a helping hand, offering compassion – as Jesus did when He was here. You will notice a huge difference if you do this!

*So humble yourselves under the mighty power of God,
And at the right time,
He will lift you up in honor.
1 Peter 5:6 (NLT)*



I'm not telling you it is
going to be easy; I'm
telling you it's going to
be worth it.

- Art Williams



Sharing
Life & Love

**“I’m not telling you it is going to be easy;
I’m telling you it is going to be worth it.”
Art Williams**