

Celebrate Recovery Lesson 19: Crossroads

With Celebrate Recovery lesson 19, we come to a place of new beginnings again.

We will begin to look at how we can “maintain” our sobriety and a sense of peace in our recovery! It’s a time for self-reflection, examination, and the beginning of new habits! How exciting!! I’m thrilled to be on this journey with you!

Celebrate Recovery lesson 19 is where you start working on Principle 7, which calls for daily Bible reading and prayer. You’ll basically be taking all of those negative habits and start replacing them with good ones!

CR Lesson 19 also starts Step 10 of the Alcoholics Anonymous and Celebrate Recovery programs. This is pretty invigorating, as it begins the final chapters of the lessons on recovery in the CR literature!

“One of the hardest things was learning that I was worth recovery.”

Demi Lovato

What is Celebrate Recovery Lesson 19: Crossroads?

Celebrate Recovery **Principle 7** is: *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.*

*Blessed are those whose ways are blameless, who walk according to the law of the Lord.
Blessed are those who keep his statutes and seek him with all their heart.
Psalm 119:1-2 (NIV)*

In **Step 10**, *We continued to take personal inventory, and when we were wrong, we promptly admitted it.*

*So, if you think you are standing firm, be careful that you don’t fall!
1 Corinthians 10:12 (NIV)*

In Celebrate Recovery lesson 19, we’ll talk about the importance of being where you are today and what it means to continue working on your recovery. This lesson will be laid out slightly differently than the previous ones because we are nearly finished!

***Because of the privilege and authority God has given me, I give each of you this warning:
Don't think you are better than you really are. Be honest in your evaluation of yourselves,
measuring yourselves by the faith God has given us.
Romans 12:3 NLT***

“Recovery is not for people who need it. It's for people who want it.”

Celebrate Recovery Lesson 19 is the first lesson in the Growing in Christ While Helping Others Participant's Guide 4.

***Put me on trial, LORD, and cross-examine me.
Test my motives and my heart.
Psalm 26:2 NLT***

According to the Celebrate Recovery study guide,

Jesus promises that if we live our lives like He tells us to we will know His truth and that truth will set us free.

Jesus promises us in John 8:33 that if we live our lives like He tells us to we will know His truth and that truth will set us free.

The whole verses go like this.

John 8:33-36 NLT

“But we are descendants of Abraham,” they said. “We have never been slaves to anyone. What do you mean, ‘You will be set free’?”

Jesus replied, “I tell you the truth, everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So, if the Son sets you free, you are truly free.

You have begun to REBUILD your spiritual foundation by working through the 8 Celebrate Recovery Principles and by following Christ's instructions.

By doing these things, you should see major changes in your life. If you have not seen a change already, you will see one soon, if you are honest and are working the steps.!

As you see your foundation becoming more secure, make sure you tread carefully!

The Bible cautions us in **1 Corinthians 10:12** that: if we think we are standing firm, we need to be careful not to fall!

It's not just time for maintenance to happen in your recovery, but it's time for you to decide how you want to live the rest of your life!

It can also be called a lifestyle change.

It is the conscious choice we make each day to leave the old self, bad habits, and hang-ups behind.

Since we are beginning Step 10 of the 12 Steps of Recovery, we will use the acrostic **TEN**

- **Take the Time to Do a Daily Inventory**
- **Evaluate the Good and the Bad Part of Each Day**
- **Need to Admit Our Wrongs in a Prompt Manner**

Take the Time to Do a Daily Inventory

In taking a daily inventory, you might wonder how in the world you are expected to do this, especially when taking a moral inventory took so long! You will want to keep a daily journal for an entire week. That doesn't sound as overwhelming, does it? You can do it!

***Let us examine our ways and test them, and let us return to the Lord.
Lamentations 3:40 (NIV)***

Evaluation of the Good and the Bad Part of Each Day

In the previous point, we looked at the "what." Now, you will look at "why." As you write out your daily inventory, look for any negative patterns that appear – things you are struggling with. If you repeatedly write things down, that would be one of those patterns!

***If we claim we have no sin, we are only fooling ourselves and not living in the truth.
But if we confess our sins to him, he is faithful and just to forgive us our sins and
to cleanse us from all unrighteousness. If we claim we have not sinned, we are calling God a
liar and showing that his word has no place in our hearts.
1 John 1:8-10***

Need to Admit Our Wrongs in a Prompt Manner

The final part you will want to take care of in your daily inventory is the "then what" part. You'll want to promptly make any amends that you need to make. Share this information with your sponsor or accountability team! Set up an action plan for you to overcome negative patterns!

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

Matthew 5:23-24 NIV

Celebrate Recovery lesson 19

A Heart-to-Heart Talk with You

I can refer you to articles and resources all day long, but the most important thing is your heart and soul. Is your heart in tune with your spirit? In other words, are you just going through the motions, or do you actually feel something?

If you are struggling with a belief in God, I strongly urge you to meet with a spiritual advisor or church leader. They can help you by walking you through the scriptures. It's important to get yourself in tune with the Lord because you don't want to be doing things “for show!”

Often, Christians put up a front and are what I consider to be “Sunday Christians,” meaning they go to church on Sunday and then forget about God. They might pray before meals or something, but their heart is not into it. It's all “for show,” which is no good!

It's important to pray and go to church, but it's also important to have a personal relationship with God. The Lord wants to be your best friend! Think of what you share with your spouse or best friend, and consider sharing that information with God!

He wants that type of relationship with you!! So, please make sure your heart is in the right place as you move forward in recovery because you are now ready to replace your bad habits with good ones!

Let's make this an impactful move – one that will truly make a difference to you! I really only want the best for you – and believe that is possible with God!!

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” – Jeremiah 29:11 (NIV)

My Personal Story

I'm Dennis, and I'm a grateful believer in our Lord Jesus Christ.

I celebrate recovery from drugs and alcohol and I struggle with anxiety, perfectionism, anger, resentments and control issues!

In looking at my story as it relates to this lesson, I want to confess that bearing your soul to the world is not always the easiest thing, so I thank you for understanding that when it comes to my faults, I am only human!! However, I believe that God will use my testimony how He needs to!

Commit to the Lord whatever you do, and He will establish your plans. – Proverbs 16:3 (NIV)

My Relationship with God

Before I had a hands-off relationship with God, meaning that I did the bare minimum most of the time. I joined Celebrate Recovery by attending meetings on a regular basis, and my heart and soul changed even more.

No longer did I want a hands-off relationship with God. I wanted the real deal.

Never really learning how to pray, I didn't improve my prayer life a ton, but I did start to read and study my Bible on a regular basis. I'll be the first to admit that over the years, I stumbled as much as the next person when it came to Bible reading and prayer, but I kept trying!

I began doing volunteer work at my church, and I truly felt a difference in my heart. If you've never experienced the joy of having the Lord Christ Jesus in your heart, I strongly recommend it, as it is a life-changing experience!! You will not regret getting close to God!

Also, take the time to develop strong friendships at church and at Celebrate Recovery. These types of close friendships will last a lifetime and will help you on your road to recovery. Friends can encourage you, listen to your problems, and help you on your spiritual walk.

It's easy to dig into the Bible on your own and stay secluded from the world. Don't get deterred by this; get out and about and go to church, Celebrate Recovery meetings, and step study groups! You will need this to sustain you as an individual and as a Christian!!

Continue to work at this, and you will get there. We are all a work in progress; we are just at different stages in the process!

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)

Celebrate Recovery Lesson 19 Questions

It is suggested that you take some time for reflection before working through these final steps and principles. You'll want to notice all of the progress you've made and see the areas in which you are still struggling.

- In what ways has your behavior changed?
- Which relationships have been restored or improved?
- How has your relationship with Jesus grown?
- What new relationships have you made on this journey?
- What does “continued to take a personal inventory” mean to you?
- How will you do this?
- What does “and when we were wrong” mean to you?
- What does “promptly admitted it” mean to you?
- Keep a journal for 10 days, recording the good and the bad. Write down all victories and areas for growth. Watch for patterns in what you record, and share this information with your accountability team at the end of the week.
- What did you learn from keeping a daily journal?
- Which areas did you identify as strengths?
- What areas are you still struggling with?
- Would you be willing to continue keeping this daily journal for more than a week to aid in your recovery?