

## **Celebrate Recovery Lesson 22: Gratitude**

With just a few lessons left to finish this year, we are now going to discuss Celebrate Recovery lesson 22 – Gratitude!

This Celebrate Recovery series has walked you through a variety of ways to handle your hurts and bad habits. The subject of gratitude will take you beyond wellness to a great daily habit! Often, when working through recovery, we tend to focus on ourselves and what we need to do to stay clean. We don't always take the moments we should to show gratitude to those around us or to our Creator. It's important to take the time for this, as it can greatly improve things!

Celebrate Recovery lesson 22 will work on Principle 7, which says we should set apart time for Bible reading, self-examination, and prayer every day of our recovery. As we continue on the 12 steps of recovery, this lesson will help us focus on Step 11 – our relationship with God.

Step 11 carries through both the Alcoholics Anonymous (AA) and Celebrate Recovery programs. Step 11 is critical for your spiritual health, so we won't rush through it.

What is Celebrate Recovery Lesson 22: Gratitude?

**Celebrate Recovery principle 7 says: *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.* Are you ready to take a dive into the world of gratitude?**

**“Let us give thanks to the lord for his unfailing love and wonderful deeds for mankind.”  
Psalm 107:15**

**Step 11 says: *We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His Will for us and the power to carry that out.* If you are struggling with positivity and gratitude, the lesson will greatly help you.**

***Let the message of Christ dwell among you richly.  
Colossians 3:16***

In Celebrate Recovery lesson 22, we'll talk about gratitude in your recovery. If you think you already know everything there is to know on this topic, I want to encourage you to learn more! Gratitude is a great subject to expand upon. Being a grateful individual will benefit you greatly!

***Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.  
Philippians 4:6***

What Does “Celebrate Recovery Lesson 22” Mean?

Celebrate Recovery, or CR for short, is a 12-step recovery program created by Pastors John Baker and Rick Warren. It is **Biblically based** and **Christ-centered**.

It was made for those who are struggling with hurts, habits, or hang-ups.

For this program, the curriculum is Biblically-based. As such, the Celebrate Recovery 8 principles are based on the Beatitudes found in Matthew 5 of the New Testament within the Bible.

*Let us give thanks to the LORD for His unfailing love and wonderful deeds for mankind.  
Psalm 107:15*

### **Celebrate Recovery Lesson 22 Main Points**

Here are the main points from Celebrate Recovery Lesson 22. Remember that gratitude is a critical part of your recovery, so make sure you show gratitude and think about what you are thankful for each day. Of course, always thank our Creator!

There are many ways to be grateful in recovery. As you walk through this step, be sure to show gratitude to God for all areas of your life. That includes the emotional, relational, physical, mental, and spiritual aspects of your life.

According to the Celebrate Recovery study guide, there are 4 focus areas for your gratitude. Of course, this does not cover everyone and everything, but when we talk about how to have an attitude of gratitude, we will dive into steps you can take in ALL areas of your life.

### **Colossians 3:15-16 NLT**

**“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.”**

**The study guide was not extremely in-depth on this lesson, but the following areas of gratitude are listed:**

**Be thankful to God.**

**Be grateful for others.**

**Be thankful for your recovery.**

**Be grateful for your church.**

## **Be Thankful To God**

Perhaps the most obvious way to be grateful to God is through prayer. If you do not know how to pray, think about what you love the most in your life. After you have identified that thing, event, circumstance, or person, just speak out loud to your Creator about it.

It might be a bit awkward at first, but, as with anything, once you practice it a few times, it will become an easier thing to do. You can also show gratitude for different things in the same prayer. That way, you can practice showing gratitude several times – at once.

**“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”**

**Philippians 4:6**

There are many gratitude journals out there that are formatted for you to praise God as part of your gratitude. You can also use prayer cards that include a statement of gratitude there or use a prayer binder with a tab dedicated to thanksgiving so you never miss it.

## **Be Grateful For Others**

Do nice things for other people. It's truly difficult to be kind to others when you think negatively about them. Instead, try to turn their negative traits into something positive. For example, if someone always annoys you for saying something the wrong way, learn to find it endearing.

Compliment others for the things you appreciate about them. When you point out the good in someone, you will appreciate them more and more. Also, you are more likely to find more good qualities once you embrace a few.

For example, if you search for a reason to be grateful for someone, you are bound to notice neat things about them that you might have previously overlooked. An acquaintance with a good sense of direction might also have a cool collection that you never noticed before.

## **Be Thankful For Your Recovery**

You could probably list many reasons why recovery has been good for you. If you've begun your spiritual inventory or testimony, you likely know all the ways that you were living life in a pretty messed up way. Maybe you see the mistakes you once made or the damage you caused.

Recovery has changed a lot of things in a positive direction for you, hasn't it? Be sure to practice some kind of gratitude on a regular basis. You never want to walk a mile in the shoes you once wore, so it's a smart idea to observe how far you've come since then!

This lesson on gratitude is a great way to start this practice, especially if you have not been practicing thus far in your recovery. Grab a notebook and start a gratitude list, naming everything you are grateful for in a short amount of time (for example, 10 minutes).

Use this list as a starting point for your overall gratitude list.

## **Be Grateful For Your Church**

**FYI – If you don't have one find one and find it soon.**

The best way to be grateful for anything is to acknowledge what this thing has done for you. When we think of the sacrifice the Lord made on our behalf, it makes sense to feel emotions of sadness, gratitude, and awe – all at once.

What was your relationship with your church like before you began recovery? Was Celebrate Recovery something your church offers? Is that how you began your journey?

There are certainly questions like this that you can ask to stir your emotions and the gratitude you feel toward those in your church or for your church as a whole. Think about the people that make up your church, what they believe in, and how they have been supportive of you.

**We are going to leave you with 2 statements:**

**How has God impacted your recovery?**

**How does gratitude make you feel?**

**List those who God has put in your life during your recovery who have positively impacted your recovery and consider thanking each one of them personally.**

## **Celebrate Recovery Lesson 22 – My Story**

If you are part of the Celebrate Recovery program, you know the drill. I'm Michele. I am a grateful believer in Christ Jesus, and I celebrate recovery from addictions and abuse. However, I still struggle with some insecurities and perfectionism.

### **My Honest Struggles**

When you are on a journey like this, you might find things that you need to improve to grow. For me, this entails not complaining so much! I do try to have a grateful attitude as I have been richly blessed in so many ways, but it is not always the easiest thing to do!!

Recently, I have battled several health concerns while at the same time having a good friend and some other individuals not treat me in the best way. I'm telling you this because trials like this make you want to complain and gossip, but they are a chance to make you stronger!

Anyone in the Christian (or secular) sphere will admit (if they are honest) that gossip is a real struggle. We want to be interesting to those around us, or we fear they will not listen to us, and that means that we must tell the most interesting things on our journey.

What does this have to do with gratitude? Well, if I am honest (and the only way to succeed in recovery is to be honest), I've been struggling with not having a grateful attitude. I DO have many things to be grateful for, but the things I am not grateful for tend to occupy my mind!

**“Let the message of Christ dwell among you richly.”**

**Colossians 3:16**

## **My Gratitude Story**

When it comes to gratitude in recovery, I am very thankful for the Celebrate Recovery program – a program that helped me step outside of my selfishness and put my hopes in God instead of this world. With the help of this program, I was able to see God in a completely different way.

This program gave me the confidence to make spiritual friends – people who put God first and know how to not be hurtful to others.

Recovery has also taught me how to put my trust in God. This means trusting God because He has a plan for me, even if I never fully understand it. Something like this can rub some people the wrong way. They want to understand everything. If we trust Him, we can let things go and just believe.

Another item on my gratitude list is gaining spiritual maturity. I am not an expert on all spiritual matters. Actually, I don't know that anyone but Jesus is an expert in all spiritual things. Sometimes, we must just have faith in the things that go beyond our understanding.