

Lesson 3: Hope

A miraculous part of recovery starts in Celebrate Recovery Lesson 3 Hope because you learn to turn things over to God and not worry about them. Once you realize that God is in control of everything, you can trust God and what He can do in you as you recover.

Celebrate Recovery lesson three is critical because you now put your faith into action. Your hope in God provides you with the comfort you need to stop feeling as though you were constantly suffering!

As you move through this lesson, think about the many ways that you have stepped out of denial and realized your powerlessness.

What is Celebrate Recovery Lesson 3: Hope?

**Having worked through our DENIAL and accepting our POWERLESSNESS,
We now recognize that our HOPE is found in Christ.**

Principle 2: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

**“Happy are those who mourn, for they shall be comforted.”
(Matthew 5:4)**

Step 2: We came to believe that a power greater than ourselves could restore us to sanity.

**“For it is God who works in you to will and to act according to his good purpose.”
(Philippians 2:13)**

Celebrate Recovery loves using acronyms, so with lesson 3, we use the acronym for **HOPE**, which tells us how to find hope in Jesus Christ. This comes straight from Celebrate Recovery lesson three.

- **Higher Power/Jesus Christ**
- **Openness to Change**
- **Power to Change**
- **Expect to Change**

Higher Power

Our Higher Power has a name: Jesus Christ! Jesus desires a hands-on, day-to-day, moment-to-moment relationship with us. He can do for us what we have never been able to do for ourselves.

“For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen.”

Romans 11:36 NLT

“Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

2 Corinthians 12:9 NLT

Openness to change

Throughout our lives, we will continue to encounter hurts and trials that we are powerless to change. With God’s help, we need to be open to allow those trials to change us.

To make us better, not bitter.

“Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes.

Put on your new nature, created to be like God—truly righteous and holy.”

Ephesians 4:22-24 NLT

Power to change

In the past, we have wanted to change and were unable to do so. We could not free ourselves from our hurt, hang-ups, or habits. In Principle 2, we come to understand that God’s power can change us and our situation.

“For I can do everything through Christ, who gives me strength.”

Philippians 4:13 NLT

“Lead me by your truth and teach me, for you are the God who saves me.

All day long I put my hope in you.”

Psalms 25:5 NLT

Expect to change

Remember you are only at the second principle. Don’t quit before the miracle happens!

With God’s help, the changes that you have longed for are just steps away. **Philippians 1:6** tells us in Paul's prayer for the Philippians,

“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

How do we find hope? By faith in our Higher Power, Jesus Christ

***“Faith shows the reality of what we hope for;
it is the evidence of things we cannot see.”***

Hebrews 11:1 NLT

“Believe you can and you’re halfway there.”

Theodore Roosevelt

What Does “Celebrate Recovery Lesson 3” Mean?

As mentioned in the previous lessons, Celebrate Recovery has step studies, which are similar to Bible studies. In a step study, you gather with a group of like-minded individuals weekly for several months. WOMEN Sundays Afternoon

Celebrate Recovery is a 12-step, Christ-centered recovery program for anyone who has hurts, habits, or hang-ups. To be honest, we all have something causing us pain! Whether you’ve had problems with addictions or just want general support and encouragement in your life, CR is one of the best places for you!

The lessons discussed in these articles on Celebrate Recovery are from John Baker’s Celebrate Recovery Participant’s Guide. The first 6 lessons come from Stepping Out of Denial into God’s Grace: Participant’s Guide 1.

We give the book away for free.

The Celebrate Recovery guides were made by Rick Warren and John Baker as part of the CR

What is Hope?

Hope means we wish for something to happen or expect it to.

In a Biblical sense, hope is when we expect God to keep His promises.

Hope is also shown by the amount of strength we have in our faith.

Because of the last step in CR, where we believed in God’s power, we know that God will keep His promises, so we are strong in our faith.

We find hope in our own ability to recover because of God’s help!

***Anyone who comes to God must believe that
He exists and that he rewards those who earnestly seek Him.
Hebrews 11:6***

What is Hopelessness?

Hopelessness occurs when your faith is shaken; perhaps the devil has a stronghold over your thoughts and decisions, and you feel like God is not listening. This is a common problem; you are not alone. We've all been there.

Look to your fellow Celebrate Recovery members, your Christian friends, and turn to God for comfort. You may not see it in the first place you look, but trust me, hope is there.

Just have faith that things will turn around, and know that God's plan for your life is beyond human comprehension. Some things we may never understand until we meet Him in heaven!

***“So prepare your minds for action and exercise self-control.
Put all your hope in the gracious salvation
that will come to you when Jesus Christ
is revealed to the world.”
1 Peter 1:13 NLT***

How Can We Have More Hope?

If you are looking for more hope, you need to turn to God. He is always there for you and wants to hear from you. God can do the impossible – things we could never do for ourselves.

If you do not know God and feel uncertain about trusting Him with your life, start building a relationship with the Lord. Learn about the Gospel – the Good News that you can be saved through the miraculous work of Jesus Christ.

***Once you were dead because of your disobedience and your many sins.
You used to live in sin, just like the rest of the world, obeying the devil,
the commander of the powers in the unseen world.
He is the spirit at work in the hearts of those who refuse to obey God.
Ephesians 2:12-13 NLT***

Study the Bible

If you don't know where to get started with your relationship with God, read the Bible. Do whatever you need to so that you can implement Bible study in your life. Make Bible study a priority!

**“Success is the sum of small efforts,
Repeated day in and day out.”
Robert Collier**

Rely on Prayer

As you read and study the Bible, you will be listening to what God is saying to you. Listening is a big part of communication, and communication is essential in a successful relationship.

The other half of that equation is talking to God – praying!

Use a prayer journal or write your prayer in a notebook to stay organized.

Other Ways to Build Hope

Sometimes, when you help others and love other people, you see hope! It's a crazy concept, but it's true! Doing nice things for other people, random acts of kindness can boost your mood!

This, in turn, will instill hope in your heart as you see the miraculous work God is doing through you for others. Encourage other people, and see the difference in your soul!

Think of some ways that you can give to those in need.

**“It takes a lot of strength to ride the storm of addiction,
But it's worth it.”
Maggie Swann**

Celebrate Recovery Lesson Three Highlights and Notes

So, you have now admitted that you are powerless and are ready to accept that a Higher Power (God) exists, that you are important to Him, and that He will help you recover.

You are ready for hope!

If you have read and studied the Celebrate Recovery Serenity Prayer, you know that God can help us know what we can and cannot control and give us the power to know the difference. If you have now accepted God in your heart, you believe this and are ready for Him to take complete control of your life!

As you go through these points, I encourage you to discuss them with your new Celebrate Recovery friends in your step study, small group, or on paper if you wish. Just let it out!

Here are three additional thoughts to ponder on.

#1. Your Higher Power is Jesus Christ!

Jesus craves daily interaction – a real relationship with us! He is able to do things for us that we could only dream of accomplishing on our own!

*For everything comes from him and exists by his power and is intended for his glory.
All glory to him forever! Amen.
Romans 11:36 NLT*

*“Each time he said, “My grace is all you need.
My power works best in weakness.” So now I am glad to boast about my weaknesses,
so that the power of Christ can work through me.
2 Corinthians 12:9 NLT*

#2. Be Open to Change, and Trust the Power of God.

You’ve tried changing on your own. Where did that get you?
Probably nowhere. You need God’s help.

On your own, you will struggle to get past your hurt, habit, or hang-up.
With God’s power, your situation can change, and so can you! Trust Him!!

Let go of worry and turn yourself over to God. Trust His will for your life!
He knows the big picture; you don’t.

If you feel disconnected from God, pray more, tell Him of your deepest desires,
and trust Him to take care of your life. Make prayer a big part of your life!

God will listen, and if you trust Him, everything will turn out as it should be.

*Since you have heard about Jesus and have learned the truth that comes from him,
throw off your old sinful nature and your former way of life,
which is corrupted by lust and deception.
Instead, let the Spirit renew your thoughts and attitudes.
Put on your new nature, created to be like God—truly righteous and holy.
Ephesians 4:21-24 NLT*

*Lead me by your truth and teach me, for you are the God who saves me.
All day long I put my hope in you.
Psalm 25:5 NLT*

#3. Expect Change to Happen.

Even though you may have hit many roadblocks and want to give up on recovery, don’t quit! The miracles are just beginning in your life.

With God in control, your goals are just a few steps away. Hang in there! You are only on the second principle!! Remain hopeful! Find hope through Jesus Christ!

*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*

*Now faith is being sure of what we hope for and certain of what we do not see.
Hebrews 11:1 NLT*

Lesson 3 Questions

- Before taking this step, where were you trying to find hope?
- What do you believe about God?
- What are some of His characteristics?
- In what areas of your life are you now ready to let God help you?
- How can your relationship with your Higher Power, Jesus Christ, help you step out of your denial and face reality?
- What things are you ready to change in your life?

“My recovery must come first so that everything I love in life does not have to come last.”

Additional Study Questions

- What does hope mean to you?
- When have you felt hopeless?
- What did you do to get through that period of hopelessness?
- In what ways has God helped you?
- What is your relationship with God like?
- What will you be doing to improve the relationship you have with God?
- In what ways do you now have more hope?
- What do you need to stop doing today?
- How are you going to turn your worries over to God?
- What stood out to you the most in this lesson?

My Story – In Relation to Celebrate Recovery Lesson Three

It's time to get personal;

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. Here's what I learned about myself from this lesson.

One key takeaway from this lesson for me was to stop doing what I was previously doing and to instead turn it over to God.

Stop stressing about things from my previous life; they don't need to be in my new life.

Previously, I would look toward my addictions for hope. With the help of God and this lesson on HOPE, I learned to find hope by trusting God. He loves us unconditionally and accepts us regardless of our imperfections, which we will always have.

Instead of storing up your "stuff" here on earth, look to God, who will offer you hope, comfort, and peace that cannot be found elsewhere. Just turn it all over to Him; the emptiness inside of you will be filled with a new force – that of God.

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 12:2

Finally, I learned that you know you are ready to stop turning to bad things for their solutions when you turn instead to God for hope. He may change things in your life that you don't think need to be changed, but He knows what's best for you in this season in your life.

***For everything there is a season,
A time for every activity under heaven.***

Ecclesiastes 3:1 (NLT)

My Summary Suggestions on Celebrate Recovery Lesson 3

- Make more Christian friends.
- Reduce the amount of worry you have by turning it over to God.
- Find a church home to grow as a Christian.
- Continue to go to CR meetings and encourage someone new!
- Focus on things you can do for your community and the world around you.
- Study your Bible and pray daily. Use a prayer journal to record your prayers.

***"Recovery is something that you have to work on every single day,
And it's something that doesn't get a day off."***

Demi Lovato