

Lesson 4: Sanity

Moving from insanity to sanity.

A wondrous part of recovery begins in Celebrate Recovery Lesson 4:

Sanity, because you stop repeating your disastrous habits and behaviors.

You learn to turn your fears over to God and trust that your life is safe with God.

Celebrate Recovery Lesson Four is important because you now show your trust in God through faith.

In this lesson, you can find comfort as you stop being afraid.

Sanity is: The state of having a sound mind and good reasoning.

An example of sanity is good mental health with a state of calmness and reason.

In Celebrate Recovery lesson four: Sanity, we continue to go through Step 2 in Alcoholics Anonymous and Celebrate Recovery; we also continue through CR's principle 2.

Remember, as you go through this lesson, you have already stepped out of denial, realized your powerlessness, and learned to hope in God.

(You should have done these things in the previous lessons).

Yet, Please note: You don't need any prior training or experience to understand this lesson.

We are excited to help you on your road to recovery with this Celebrate Recovery lesson!

Let's get started!

What is Celebrate Recovery Lesson 4: Sanity?

Celebrate Recovery Principle 2 is to:

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, which goes with this principle, states:

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

“It takes a lot of strength to ride the storm of addiction,

But it’s worth it.”

Maggie Swann

What Does “Celebrate Recovery Lesson 4” Mean?

As mentioned in previous CR lessons, Celebrate Recovery uses step studies that are similar to Bible studies. During a step study, you get together with a group of people weekly for several months to study the CR curriculum. A new lady’s step study has started up again on Sunday afternoons at 1:30 here at the church and a men’s group will be starting shortly.

The CR lessons in these articles are straight from John Baker’s Celebrate Recovery Participant’s Guide.

The Celebrate Recovery guides were created by Rick Warren and John Baker as a part of the CR curriculum. This curriculum is based on the Beatitudes, (Matthew 5:1-12).

Celebrate Recovery enjoys using acronyms, so with lesson 4, we use the acronym for **SANITY**, which explains the gifts we receive when we believe in Jesus Christ.

This comes straight from Celebrate Recovery lesson four.

- **Strength**
- **Acceptance**
- **New Life**
- **Integrity**
- **Trust**
- **Your Higher Power, Jesus Christ, loves you just the way you are!**

Let’s dive into the acronym – **Sanity**!

Strength

You will receive strength with the Help of Jesus Christ to face the fears that, in the past, have caused us to fight, flee, or freeze.

Psalms 46:1 NLT

***God is our refuge and strength, always ready to help in times of trouble.
So we will not fear when earthquakes come and the mountains crumble into the sea.***

Remember, as we are looking at sanity, we realize that our mind and body have acted in unreasonable and abnormal ways in the past. Instead of looking for new solutions, we repeated actions hoping for different results, which is insane!

Psalms 73:26 NLT

***My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; he is mine forever.***

Aceptance

With acceptance, it's important that we learn to have realistic expectations of both ourselves and others. With acceptance, we can learn not to relate to others in the same old way, expecting a different response or result. This means that we need to not try to control the lives of others, work toward being more open to other people, and accept God's plans for our lives.

Remember to pray and ask God,
"to accept the things I cannot change, the courage to change the things I can...."

Romans 15:7 NLT

***"Therefore, accept each other just as Christ has accepted you
so that God will be given glory."***

New Life

In this lesson, we realize we are given a second chance at life! We are no longer stuck living the lives we were once living.

We can change with the help of Jesus Christ!

In the pit of our hurts, habits, and hang-ups, we were at our very bottom.

2 Corinthians 5:17 NLT

***This means that anyone who belongs to Christ has become a new person.
The old life is gone; a new life has begun!***

Romans 12:2 NLT

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.

Integrity

With integrity, we learn to follow through on our promises so that other people can eventually trust us once again.

Remember, a half-truth is a whole lie, and a lie is the result of weakness and fear.

**Truth fears nothing – nothing but concealment! The truth often hurts.
But it's the lie that leaves the scar.**

As we work to build the trust of others back, we can begin to trust ourselves and believe in what we can accomplish on our road to recovery!

Doesn't it feel great to be on that journey to build that trust with others?

It's a beautiful thing to be given a second chance – when it happens!

Please realize that we don't all get a second chance with every person in our lives; some bridges are just burned. We may think this is unfortunately but God is ultimately in control and if that bridge is not rebuilt it is not supposed to be rebuilt. However, that's what's great about building new relationships in your life. You can do this at CR!

***Nothing brings me greater joy than hearing that my children are living in the truth.
3 John 1:4***

***“People with integrity walk safely,
but those who follow crooked paths will be exposed.”
Proverbs 10:9***

Trust

Recovery is a time when we also begin to trust our relationships with other people and with Jesus Christ – our Higher Power!

Think about how you once were quite mistrustful and are now beginning to have new hope in others.

Also, think of all the ways that having faith in Jesus has changed your life!
As you come to understand Step 2 and CR, you will begin to trust in your relationships with others and in Jesus Christ.

***Proverbs 29:25 NLT
Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.
A person of integrity and courage is not afraid to tell the truth.***

2 Corinthians 4:7-8 NLT

We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.

*Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.
A person of integrity and courage is not afraid to tell the truth.*

Quote Unknown

Your Higher Power:

Jesus Christ loves you just the way you are!

*While we were still sinners,
Christ died for us.
Romans 5:8*

No Matter what comes your way, together you and God can handle it!

1 Corinthians 10:13 NLT

**The temptations in your life are no different from what others experience.
And God is faithful. He will not allow the temptation to be more than you can stand.
When you are tempted, he will show you a way out so that you can endure.**

Psalms 68:19 NLT

Praise the Lord; praise God our savior! For each day he carries us in his arms.

Accepting Jesus Christ as your Lord and Savior means that you are forgiven for whatever you did in your past! It's a beautiful gift that we are blessed to receive!

**“The Lord is good, a refuge in times of trouble. He cares for those who trust in HIM.”
(Nahum 1:7)**

**Remember that in the past,
You were without Christ.**

Ephesians 2:12 NLT

In those days you were living apart from Christ. You were excluded from citizenship among the people of Israel, and you did not know the covenant promises God had made to them. You lived in this world without God and without hope.

Regardless of where you are in your life and your faith journey, God is with you.
You are never alone!

Remember that not only is God with you through each step of your recovery, but He is blessing your life in ways you may not know. Have faith, and you will prosper!

What is Sanity?

According to Collins Dictionary, Sanity is a person's ability to think and behave in a normal and reasonable way. Webster's Dictionary says it's being of sound body and mind.

In the last CR lesson, we talked about the power of hope and what it can do for us. In this lesson, we learn that sanity is all about making decisions based on the truth of God's word. In fact, we receive gifts when we believe that Jesus Christ has the power to restore us to sanity!

2 Timothy 1:7 NLT

***For God has not given us a spirit of fear and timidity,
but of power, love, and self-discipline.***

What is Insanity?

Insanity occurs when you do the same thing over and over again, expecting a different result every time. I'm sure you have been in a situation with a habit or addiction where you felt that repeating that behavior would produce different results over time. Instead, you probably learned it was all pointless.

Maybe you learned a lesson from your insane behavior. You might have learned over time that doing the same thing over and over again would not give you different results. Maybe you trusted a friend with a secret, only for him or her to gossip about you. Later, you repeated this behavior expecting him or her to do something different, but they did not.

This can be quite frustrating! Don't be too hard on yourself. We've all been there. It's easy to expect others to change, but as we learned about control and powerlessness in previous lessons, we cannot control other people.

We have no power there. Our influence only takes us so far. **It's always wiser to focus inward than to think you can influence others.**

Remember to trust in God and not depend on your own understanding when you are doing insane things. If you do this, you will bear fruit, and you'll prosper rather than fail over and over again!

Proverbs 3:5-6 NKJV

***Trust in the LORD with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.***

How Can We Trust God More?

There are some simple things you can do to build a stronger relationship of trust with the Lord.

- Make an Effort.
- Join a CR step study! Women Sunday's 5pm here.
- Study the Bible!
- Join a group Bible study! 9am Sundays here.

When you study the Bible, you are listening to what God has to say to you!
This is a crucial part of communication with anyone.

Another critical part of having a relationship with God is talking to Him through prayer.

This means being humble and open. Prayer can vastly change your life for the better.

Consider implementing prayer by using a prayer journal,
or just write your prayers in a notebook!

**“Relax. Breathe. It takes time,
But there is a great joy to be had in moments of every day.
Just remember,
You're learning new steps,
A new dance.”
Lisa Frederiksen**

Lesson 4 Highlights

We've covered how to step out of denial, how to admit you are powerless, how to accept that God exists and that He loves you, and how to have hope that your faith will lead you through any battle you may be facing.

We've just talked about what it means to be insane, and we've all been there.

Trusting God is a crucial part of getting out of unhealthy patterns or routines.

As we talk through these points of Celebrate Recovery's lesson four, I encourage you to talk to your new CR friends in your step study or CR small group about each of these points, as they can provide you with direct positive feedback and encouragement!

Lesson 4 Questions

- What things have you been doing over and over again, expecting a different result each time (insanity)?
- What is your definition of sanity?
- How have your past expectations of yourself or others been unrealistic? Give examples.
- In the past, how has trusting only in your own feelings and emotions got you in trouble?
- How can your Higher Power, Jesus Christ, help restore you to make sane decisions?
How do you get a second chance?
- What areas of your life are you ready to release control of and hand over to God?
Be specific.

Principle 2 Prayer

Dear God,

I have tried to “fix” and “control” my life’s hurts, hang-ups, or habits all by myself.

I admit that, by myself, I am powerless to change.

I need to begin to believe and receive Your power to help me recover.

You loved me enough to send Your Son to the cross to die for my sins.

Help me to be open to the hope that I can only find in Him.

Please help me to start living one day at a time.

In Jesus’ name, I pray,

Amen

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

George Charkiris

