

## **Lesson 5: Turn**

**An exciting part of recovery and spirituality happens in Celebrate Recovery Lesson 5: Turn, because you learn how to turn your life over to our Lord, Jesus Christ, through trusting, repenting, and understanding His place in your life.**

**Celebrate Recovery lesson five (Turn) is fantastic because you see how simple it can be to just trust God and turn problems over to Him.**

**In this lesson, you will find relief as you stop carrying such a heavy load on your back. You'll be able to do this because you trust in the Almighty One and know that HE has your back! That's really all you need!!**

**In Celebrate Recovery lesson five: Turn, we jump to Step 3 in Alcoholics Anonymous and Celebrate Recovery; we'll also move ahead to Celebrate Recovery's principle 3.**

**Don't forget to pat yourself on the back, for all the hard work you've done up to this point!**

**You have stepped out of denial, accepted you are powerless, put your hope in the Lord, and are now making decisions based on truth because of the sanity you now have!**

### **What is Celebrate Recovery Lesson 5: Turn?**

**Principle 3 is: to  
Consciously choose to commit all my life and will to Christ's care and control.  
That is so freeing!**

***Happy are the meek.  
Matthew 5:5***

**Step 3 goes with this principle, and it says:**

**We made a decision to turn our lives and our will over to the care of God.  
What a load off our shoulders – to turn it all over to Him!**

***Therefore, I urge you, Brothers,  
In view of God's mercy,  
To offer your bodies as living sacrifices,  
Holy and pleasing to God  
This is your spiritual act of worship.  
Romans 12:1***

**“You were created to be victorious.”**

**Joel Osteen**

***TURN***

***Think About It***

***How do you TURN your life over to the one and only Higher Power,  
Jesus Christ?***

If you’ve been following along, you know that Celebrate Recovery loves acronyms, so in lesson 5, we use the acronym for **TURN**, which tells us how to turn our lives over to the one and only Higher Power, Jesus Christ. This comes straight from Celebrate Recovery lesson five.

- **Trust**
- **Understand**
- **Repent**
- **New Life**

Let’s look at the acronym for **TURN**!

**Trust**

**Deciding to turn your life and your will over to God requires only trust.  
Trust is putting the faith you found in Principle 2 into action.**

The biggest thing you can do to turn your life over to God is to trust Him. You have the faith you need to believe in Him; now, it’s time to put that faith into action by trusting His plan for your life.

It can be a challenge when you don’t understand it, but that is where trust comes into play.

Read your Bible daily; seek God in all that you do,  
and you’ll see His power at work in your life.

***If you declare with your lips,  
‘Jesus is Lord,’  
And believe in your heart that God raised Him from the dead,  
You will be saved.  
Romans 10:9***

## **Understand**

**Relying solely on your own understanding got you into recovery in the first place! After you make the decision to ask Jesus into your life, you need to begin to seek His will for your life in all your decisions**

While it's easy to rely on our own understanding, your own understanding is what caused problems and is what brought you to recovery in the first place! Don't depend on yourself to overcome your hurts, hang-ups, and habits; instead, depend on Jesus! He knows the problems in your life, and He knows what's best for you if you daily turn to Him.

***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.  
Proverbs 3:5-6 NKJV***

## **Repent**

**To truly repent, you must not only turn away from your sins, but turn toward God. Repentance allows you to enjoy the freedom of your loving relationship with God.**

You will experience a new kind of freedom in your relationship with God – something you have never experienced before. Tell God: “Today, I want to turn my life over to You and repent of my bad habits, trusting Your wisdom for my life.”

***“The time promised by God has come at last!” he announced. “The Kingdom of God is near!  
Repent of your sins and believe the Good News!”  
(Mark 1:15)***

***Now repent of your sins and turn to God,  
so that your sins may be wiped away.  
(Acts 3:19)***

## **New Life**

**After you ask Jesus into your heart, you will have a New Life! You will no longer be bound to your old sin nature. God has declared you NOT GUILTY, and you no longer have to live under the power of sin!**

Now that you have opened your heart, you have new life! You are no longer a slave to sin. Instead, God has said; you are no longer guilty of those things because His Son, Jesus Christ, died on the cross to wash those sins away. Now, the power of sin has no control over your life.

***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)***

In the Celebrate Recovery curriculum, it makes a point to say that when you turn your life over to God, you have made a once-in-a-lifetime commitment, but the study guide advises you to recommit to Jesus daily and pray the **principle 3 prayer** each day. We will read it at the end of this lesson.

We are now going to talk about a word that isn't referenced to very often, Meekness.

What Does Meek Mean?

I've always understood it to mean at least in reference to Jesus' meekness as:  
**Strength with Humility.**

In the Bible verse that goes with this Celebrate Recovery principle, we hear the word "meek," but what does that mean?

Some versions of the Bible state that meekness means "gentleness" or "humble."

Being humble means that you are willing to submit yourself over to others and that you have a great deal of self-control. Being gentle means that you are willing to let God control your life.

These two traits are paramount to being a strong Christian, but they can be tough to demonstrate at times of frustration or impatience.

***Happy are the meek.  
Matthew 5:5***

Since being humble and gentle aren't natural traits, have you ever wondered how to build these things and become more "meek?"

According to Positive Psychology, humble people are gifted at making friends! This is likely because of their attitude to put others' needs before their own and their excellent listening skills!

Here are a few more tips to increase your humility:

- **Consider the needs of others above your own more often.**
- **Try a bit more modesty when dealing with your relationships.**
- **Ask others how you could be more gentle and understanding, and take their feedback as a growth opportunity!**
- **Think about how you are giving back to the world.**  
**What are you doing to make a lasting difference?**
- **Learn what your strengths are, grow from them, and add more to your toolbox!**
- **Give out compliments freely!**

- **Show kindness to others. Check out the Random Acts of Kindness Calendars.**
- **Practice meditation or mindfulness journaling.**
- **Memorize the Serenity Prayer.**
- **Connect with nature!**
- **Repeat the affirmation: I know my strengths and talents, but I'm humble and don't require recognition or to be the center of attention.**

## **What Does It Mean to Turn Your Life Over to Jesus Christ?**

In the last Celebrate Recovery lesson, we learned how to make decisions based on the truth of God's word, and we saw all the gifts we receive when we realize that God can restore us to sanity!

**In this lesson, we learn HOW to turn our lives over to God, especially if we struggle with things like control and perfectionism!**

**When you turn your life over to Jesus Christ, you let go! Worrisome attitudes fade, and you feel more at ease with Jesus on your side. It's a powerful thing! You can feel more confident in everything that you do because you know that Someone Else has your back – Someone who does miracles!!**

**To turn your life over to God means you let go of the fleshly desires – wants, cravings, passions – and instead, become a new creature in Christ. You rely on faith in Jesus Christ instead of what you feel that you gain from your fleshly desires.**

How Can We Become New Creatures?

As we continue on the road to recovery, we want to become the best versions of ourselves that we can be. How can we take what we learn in Celebrate Recovery and apply it to our Christian lives?

As you look at this list, you may be overwhelmed! Realize that you don't need to do all of this at once! Consider this more of a checklist; just do one thing at a time. When you are comfortable with one, move on to the next item and add it into the mix!

**“My favorite six words in recovery are: trust God, clean house, and help other.”**

**Matthew Perry**

## **Celebrate Recovery Lesson Five Highlights**

**So far, we have discovered:**

- **How to step out of denial**
- **How to admit we are powerless**
- **How to accept God**
- **How to have hope in your faith**
- **How to stop our insane habits**

As we talk about how to turn our lives over to God in Celebrate Recovery's lesson five, we encourage you to reach out to your new Celebrate Recovery friends, as they are able to provide you with the encouragement and understanding that you need!

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

## **Lesson 5 Questions**

1. What's stopping you from asking Jesus in your heart as your Lord and Savior?
2. If you already have, discuss your experience.
3. Specifically, how has relying on your own understanding caused problems in your life?
4. What do you think “repent” means, and what do you need to repent?
5. What does “not guilty” according to Romans 3:22 mean to you?

You now have a new life. What does that mean for you?  
What does the principle 3 prayer mean to you?

These study questions came from the Celebrate Recovery Study Guide.  
Talk about them in your small groups.

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

### **My Tips on Celebrate Recovery Lesson 5**

- Make Christian friends.
- Realize where you are making bad decisions, and change things.
- Determine where you are relying on yourself instead of God and change them.
- Talk to God through prayer. Use a prayer journal if it helps.
- Join those who are saved! Ask questions to your fellow Christians!
- Find a good church home to go to – a place for fellowship and learning.
- Go to more Celebrate Recovery meetings! Hit more than one meeting a week!
- Study your Bible and learn more about God and Jesus.

### **Principle 3 Prayer**

**Dear God,**

**I have tried to do it all by myself, on my own power, and I have failed.**

**Today, I want to turn my life over to You. I ask You to be my Lord and my Savior.**

**You are the One and only Higher Power! I ask that You help me start to think less about me and my will. I want to daily turn my will over to You, to daily see Your direction and wisdom for my life. Please continue to help me overcome my hurts, hang-ups, and habits and may that victory over them help others as they see Your power at work in changing my life. Help me to do Your will always. In Jesus' name I pray, Amen.**

## **My Story – In Regards to Celebrate Recovery Lesson Five**

I'm Dennis, a grateful believer in Jesus Christ, and I struggle with codependency, workaholism, perfectionism, anxiety, complaining and resentments.

I celebrate recovery from alcoholism and other substances.

In looking at this step, my biggest fear used to be that I didn't have any good habits or wisdom for my life as I should have. I didn't rely on God for my answers, and I suffered more than I should have because of it. As I searched for the answers to the questions that weighed heavily on my mind, I learned that most of them were related to selfishness.

I found it hard to trust God because my life hadn't gone according to my plan.

Part of the problem was that I was looking too far inward and not outward at all.

I forgot that God's plan is bigger than what we can see, and His timing is not the same as ours!

It's normal to feel frustrated when things don't go our way in life. We have a plan and expect everything to go a certain way. When it doesn't, we blame God and question Him.

Really, we should be thanking Him for knowing the best things for our life and work to understand Him better by studying our Bibles, being in community with other Christians, and praying.

Thank God for unanswered prayers!

### **My Tips on Celebrate Recovery Lesson 5**

- **Make Christian friends.**
- **Realize where you are making bad decisions, and change things.**
- **Determine where you are relying on yourself instead of God and change them.**
- **Talk to God through prayer. Use a prayer journal if it helps.**
- **Join those who are saved! Ask questions to your fellow Christians!**
- **Find a good church home to go to – a place for fellowship and learning.**
- **Go to more Celebrate Recovery meetings! Hit more than one meeting a week!**
- **Study your Bible and learn more about God and Jesus.**

How can you turn to God?



The best way to turn to God is through prayer and Bible reading. When you pray to God, you are communicating with Him, and because we are His children; He wants to hear from us! Reading your Bible will help you understand God better and learn to follow His will for your life.

**“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**