

## Lesson 6: Action

**The most practical step in recovery occurs in Celebrate Recovery lesson 6 because you take action to prevent a vicious cycle from continuing in your life. Without this step, you might find yourself repeating your mistakes over and over again.**

Don't get stuck in a rut! Instead, embrace the changes that need to happen in this step!

If you are struggling in recovery, wondering where you will go next, you might just find the answer here because we will cover how you can take action and get unstuck.

Accept Jesus into your heart!

Celebrate Recovery lesson six is a very important lesson because it encompasses the previous lessons together and places you firmly on your pathway to peace!

This lesson goes with **Step 3** in Alcoholics Anonymous and Celebrate Recovery. Also, it corresponds with Celebrate Recovery's principle 3 of the Celebrate Recovery 8 Principles.

***If Nothing Changes, Nothing Changes!***

***Matthew 11:28-30 NLT***

***Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."***

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

**"Blessed are the meek."  
Matthew 5:5**

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**Step 3 says: We made a decision to turn our lives and our wills over to the care of God.**

Take that worry off your chest! It's time to put what we've learned into action!

***"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)***

By now, you know that Celebrate Recovery loves acronyms, so in lesson 6, we use the acronym for **ACTION**, and it tells us how to get unstuck and turn our lives over to Jesus Christ instead.

## **ACTION**

### **The Acrostics**

- **A ccept Jesus Christ as your Higher Power and Savior!**
- **C ommit to seek and follow His will!**
- **T urn it over.**
- **I t's only the beginning.**
- **O ne day at a time.**
- **N ew Life**

### **#1. A ccept Jesus Christ as your Higher Power.**

**Make the once in a life-changing decision to welcome Christ Jesus into your heart!  
Commit your life so that you can establish a personal relationship with Jesus.**

Make the life-changing decision to welcome Christ Jesus into your heart! Commit your life so that you can establish a personal relationship, something that will change your life forever. He desires this so much, and believe it or not – it will aid you in your recovery!

No one can force you to change what's inside your heart and soul; that's up to you! The important thing is that you do what's necessary for your salvation, and the best thing you can do is establish a relationship with our Lord Jesus Christ.

As mentioned, this is a life-changing moment because when you accept Jesus Christ as your Savior, you agree to follow Him. This doesn't mean you have to be perfect. That is impossible since Jesus was the only perfect man to walk this earth.

So, what does it mean to be a holy and blameless Christian?  
How can you try to be perfect when you mess up all the time?

It's simple; just put your faith in God. This means trusting Him with your life entirely. Pray and study the Bible to have a stronger relationship with God.

***If you openly declare that Jesus is Lord and believe in your heart that  
God raised him from the dead, you will be saved.  
Romans 10:9 (NLT)***

## #2. **C**ommit to seek and follow HIS will!

**We need to change our definition of willpower: Willpower is the willingness to accept God's power. We see that here is no room for God if we are full of ourselves.**

This is when you trust God and accept His power as you work to recover.  
There is no room for God if you are full of yourself.

You need to take a step back and realize that He is in control. That means stopping any needless worrying you may be going through and enjoying your life as a Christian.

So, how can you enjoy life as a Christian when you see opposition when?  
How can you give up control and allow God to do His work in your life? Follow Paul's example in Philippians. Just open up this small book of the Bible, and you'll be astounded.

Christ was working in Paul even through multiple trials. Paul was constantly in jail and beaten for being a Christian, but he continued trusting God. He even was joyful throughout his suffering because he saw it as a sign that he was doing something right!

What an example to follow!

*Rescue me from my enemies, LORD; I run to you to hide me. Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing.*  
*Psalms 143:9-10 NLT*

## #3. **T**urn it over.

**“Let Go and Let God!”**

**Turn all the big and the little things in your life over to your Higher Power Jesus. He desires a relationship with Us.**

**What burdens are you carrying that you want to TURN OVER to God?**

Our walk with our Higher Power, Jesus Christ,  
begins with this decision and is followed by a lifelong process of growing as a Christian.

As you work through your recovery, you may notice that you worry more.  
What will people think of me now? How will I fit in with my friends?

You may even be worried about relapsing or having setbacks as you try to overcome your hurts and bad habits. **Stop worrying!**

Instead, turn it all over to God. Jesus Christ wants a relationship with everyone; no one is too small. Think about the burdens you are carrying on your shoulders, and allow God to take control of your life and your worries. He has the master plan for you – whether you can see it or not.

*Trust in Him, and you will find rest!  
The more we trust the less we worry!*

*Matthew 11:28-30 NLT*

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens,  
and I will give you rest. Take my yoke upon you.  
Let me teach you, because I am humble and gentle at heart,  
and you will find rest for your souls.  
For my yoke is easy to bear, and the burden I give you is light."*

**#4. It's only the beginning.**

**In the third principle we make only the initial decision,  
the commitment to seek and follow God's will.  
Our walk with our Higher Power, Jesus Christ,  
begins with this decision and is followed by a lifelong process of growing as a Christian.**

In Celebrate Recovery lesson 3, we made the first decision – to commit to seek and follow God's will for our lives. However, our walk with Jesus Christ does not stop there. It's a lifelong process. Being a Christian takes hard work and willpower, but you CAN do it!

Just continue working each and every day to grow as a Christian. If you are willing to accept God as your Higher Power, you will find relief in your trials!

Consider improving your life with prayer. If you are unsure of how to pray, it's simple; just talk to God as you would a friend. Tell Him what is on your heart and mind. Try using a prayer journal! God wants to hear from you!

***"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)***

**#5. One day at a time.**

**Recovery happens One day at a time. If we remain stuck in the yesterday or are constantly worrying about tomorrow, we will waste the precious time of the present.**

**We can only change our hurts, hang-ups, and habits in the present.**

True recovery can only happen one day at a time. If you are stuck worrying about yesterday or tomorrow, you will not be mindful of what is going on in the present around you.

The only way to change your hurts, habits, or hang-ups is to stay in the present.

*So, don't be anxious about tomorrow,  
God will take care of your tomorrow, too.  
Live one day at a time.  
Matthew 6:34 (TLB)*

Prayer can help keep you grounded. Consider using a gratitude journal, something to help you focus on the here and now. Mindfulness, the art of focusing on the present, can be accomplished in several ways, and it's a great way to reduce stress and increase your productivity.

**Consider using the following tips to increase mindfulness:**

- **Stop multitasking.**
- **Meditate.**
- **Let your emotions out.**
- **Daydream.**
- **Journal your thoughts and feelings.**
- **Practice breathing exercises.**
- **Be yourself.**
- **Ditch the tech, and enjoy nature!**
- **Connect your mind and body.**
- **Practice empathy.**
- **Travel.**
- **Take breaks.**
- **Avoid rash decisions.**
- **Have fun!**

## **#6. 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!**

**“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)**

How do I ask Christ into my Life?

According to the Celebrate Recovery study guide, the answer is simple. Just answer a few questions. If you answer yes to all of them, you have done your part to welcome Jesus into your heart and life. This will help you establish a spiritual base for your life.

**Ask yourself if you do the following things.**

**Do You: Believe Jesus Christ died on the cross for you and showed He was God by coming back to life. 1 Corinthians 15:2-4**

**Do You: Accept God's free forgiveness for your sins. Romans 3:22**

**Do You: Switch to God's plan for your life. Romans 12:2; Mark 1:16**

**Do You: Express my desire to Christ to be the director of my life. Romans 10:9**

**If you answered yes and can do those things, pray the following Prayer:**

**Dear Father**

**I come to you now in Jesus Name,**

**and I ask you Father to forgive me of my sins.**

**I invite your Son Jesus Christ into my heart as my Lord and Savior.**

**With my mouth, I confess Jesus Christ and with my heart**

**I believe you raised him from the dead. Now according to Your Word, I'm Born again,**

**I'm Saved, All my sins, All my sins have been forgiven of me.**

**I'm yours and your mine.**

**Help me Father to live a life for you from this day forward in Jesus name.**

**Amen**

**"Every tear is washing away an old memory that hurts.**

**It's ok because this is how we let go." Tracy Malone**

**Psalms 25:5 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.**

**Teach me to do your will, for you are my God.**

**May your gracious Spirit lead me forward on a firm footing.**

**Psalms 143:10**

**What Does It Mean to Take Action?**

For the purposes of this CR lesson, action refers to getting out of a rut. You may never come out of a cycle of guilt, anger, fear, and depression if you do not take appropriate action.

Don't allow yourself to stay stuck in a rut!!

Taking action is the only way to get unstuck, get past any roadblocks, and move on to the next step!

***Matthew 17:20 NLT***

***“You don’t have enough faith,” Jesus told them.***

***“I tell you the truth, if you had faith even as small as a mustard seed,  
you could say to this mountain, ‘Move from here to there,’ and it would move.  
Nothing would be impossible.”***

***“Change your mind and your life will follow.”***

**Karen Casey**

## **How Can You Take Action If You Are Stuck?**

Taking action means putting your money where your mouth is. It means finally showing up for life and doing something about your problems. You may not want to deal with them, you may feel like there’s no hope, or you may think that you have no options.

There is always something different that you can do to change things. Even if you cannot change the circumstances or people around you, you can change your perspective and how you react to or handle certain situations. YOU can change!

***It will take a little work and you will not change overnight,  
but you can make things different by the way you act!***

## **Celebrate Recovery Lesson Six Highlights**

According to the CR literature, you can easily get stuck in a cycle of failure that involves everything from guilt to depression with fear and anger in between! It’s not fun!

The only way to get unstuck is to take action!

To get past any barriers you are facing (guilt, pride, worry, fear, or doubt) – barriers that may be keeping you from moving forward, is to take action!

As you go through these points, I want to encourage you to discuss your thoughts and questions with your small group, step study, or even with trusted friends and family.

The point is to find someone who will listen to you and allow you to express your feelings and talk through your concerns!

***“The road to recovery will not always be easy,  
But I will take one day at a time,  
Focusing on the moments I’ve dreamed about for so long.”***

**Amanda Lindhout**

**“The fact that you woke up this morning is proof that this day had already been  
predetermined in your favor.”**

**Russ Kyle**

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

**Demi Lovato**

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

It's time for me to be honest. I have graduated from the 12-step program, and I think it's only fair to give you my personal testimony as it relates to this lesson!

First, let me start by introducing myself.

I'm Michele, and I'm a grateful believer in Christ. I celebrate recovery from addictions and alcoholism. Also, I still am working on my struggles with workaholism, perfectionism, and social anxiety.

### **Having Jesus Christ as My Higher Power**

Isn't it interesting how we are often farthest from God when everything is "up" – when things are going our way?? Then, when the chips are down, we want to be as close to God as possible! Isn't that odd? I mean, I know things aren't always that way, but they often are for me.

When I am down and need God, I'm full of the fruit of the Spirit. I'm less selfish, more full of kindness, and my whole attitude changes. I know right from wrong, and I make a conscious effort to avoid bad things for myself and be a shining example to others!

If you are struggling with knowing how God fits in your life, I recommend doing some soul searching. Determine when and where you fell apart from God, what went wrong, and how things are now. You may find it easier to invite God into your life now while you are in recovery.

If you haven't accepted Christ as your Savior, what are you waiting for? The timing is never going to be perfect for something like this, but if you open your heart and mind, God is always there, waiting to be let in by you; you just have to open the door!

***If you confess with your mouth,  
'Jesus is Lord,'  
And believe in your heart that God raised Him from the dead,  
You will be saved.  
Romans 10:9 (TLB)***

### **Changes in My Willpower**

I had trouble turning over my addictions to God, but in terms of my willpower in recovery, in my study guide, I wrote the following about my changes in willpower:

*I used to think that there were things that made me feel better – things that I could use to feel less empty inside, but now I recognize those things are bad for me. I now try to avoid my addictions to those wrong things and put God in the places where I feel empty inside!*

Do you feel empty inside from time to time? What do you fill your life with? If you are a new or struggling Christian, like I was, you probably aren't filling it with God.

If you have problems with addictions, what better thing could you be addicted to?

*Consider being addicted to God instead of food, drugs, alcohol, sex, or something else!*

***In everything you do, Put God first,  
And he will direct you and crown your efforts with success.  
Proverbs 3:6 (TLB)***

### Turning It Over to God

When it was time in my recovery to turn things over to God, I fought it with all my might.

The things that kept holding me back were fear, habit, and self-control. I was afraid to give up control, which you may remember from CR Lesson 1! I'm a control freak! Ah!

Also, I formed bad habits that were tough to break. I struggled with self-control and just could not give God control of my future husband and children, which, at the time, were the most important things to me. His timing and plan for my life were just different than what I imagined.

Today, I am blessed to be married to my best friend and to have a family of 5, including pets! God gave me everything I wanted and more; I was impatient and wanted everything in my time, not His. He went above and beyond my expectations!

### God surpassed my expectations!

We've talked a lot about mindfulness in this lesson, which I'm not perfect at, but with practice, I learned to live life one day at a time, trusting that everything was going to be okay with God. Try saying something like, "Just for today, I will..."

If you look at just the moment in front of you, the task at hand can seem easy in comparison to a day's worth of tasks or a laundry list of to-dos! Think about the next 5 minutes if you need to rather than the next 5 hours. Break things into smaller chunks, and they will be more bearable!

***Commit everything you do to the Lord.  
Trust him to help you do it, And he will.  
Psalm 37:5 (TLB)***

## **Lesson 6 Questions**

- Now that you have accepted Jesus Christ as your Lord and Savior, what differences have you noticed?
- Has your definition of willpower been altered since you have entered recovery? How?
- What have you turned over to God?
- What do you still need to turn over to Him?
- Now, what is keeping you from turning these things over to Him?
- What does “Live one day at a time” mean to you?
- List the major concerns in your life.
- What is stopping you from turning those concerns over to God?