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PARTICIPANT'S GUIDE

5

THE JOURNEY CONTINUES

JOHN BAKER &  
JOHNNY BAKER

FOREWORD BY  
RICK WARREN



Celebrate Recovery<sup>®</sup>

Moving Forward in  
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*The Journey Continues*

PARTICIPANT'S GUIDE 5

**John Baker** is the founder of Celebrate Recovery<sup>®</sup>, a ministry started at Saddleback Church. It is estimated that over the last 25 years more than 1.5 million people have gone through this Christ-centered recovery program. There are currently over 27,000 churches that have weekly Celebrate Recovery meetings.

John has been on staff since Celebrate Recovery started. He has served as the Pastor of Membership, the Pastor of Ministries, and is currently the Pastor of Saddleback Church's Signature Ministries. He is also serving as one of the nine Elder Pastors at Saddleback. John is a nationally known speaker and trainer in helping churches start Celebrate Recovery ministries.

John's writing accomplishments include Celebrate Recovery's *The Journey Begins* Curriculum, *Life's Healing Choices*, the *Celebrate Recovery Study Bible* (general editor), and *The Landing* and *Celebration Place* (coauthor). John's newest books are *Your First Step to Celebrate Recovery* and *The Celebrate Recovery Devotional* (coauthor).

John and his wife Cheryl, the cofounder of Celebrate Recovery, have been married for more than four decades and have served together in Celebrate Recovery since the beginning. They have two adult children, Laura and Johnny, and five grandchildren.

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**Johnny Baker** has been on staff at Celebrate Recovery since 2004 and has been the Pastor of Celebrate Recovery at Saddleback Church since 2012. As an adult child of an alcoholic who chose to become an alcoholic himself, Johnny is passionate about breaking the cycle of dysfunction in his family and helping other families find the tools that will lead to healing and openness. He knows that because of Jesus Christ, and by continuing to stay active in Celebrate Recovery, Maggie, Chloe, and Jimmy—his three children—will never see him drink. Johnny is a nationally recognized speaker, trainer, and teacher of Celebrate Recovery. He is a coauthor of the *Celebrate Recovery Daily Devotional*, *Celebration Place*, and *The Landing*, and is an associate editor of the *Celebrate Recovery Study Bible*. He has been married since 2000 to his wife Jeni, who serves alongside him in Celebrate Recovery.

Celebrate Recovery<sup>®</sup>

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God's Grace

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*The Journey Continues*

A recovery program based on eight  
principles from the Beatitudes

JOHN BAKER & JOHNNY BAKER

FOREWORD BY RICK WARREN

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# FOREWORD

The best known ministry at Saddleback Church — that is going to last for easily 100, maybe 200 years — started when a guy, who was a drunk, came to me with a 13-page letter. And that ministry is called Celebrate Recovery®.

Now, let me just put this in perspective. This may be Saddleback's greatest contribution to the world. Over 20,000 people have completed the step studies at Saddleback's Celebrate Recovery. Over three and a half million people worldwide have gone through a Celebrate Recovery step study.

Right now, around the world, 27,000 churches are using Saddleback's ministry called Celebrate Recovery — 27,000 churches! It is so successful that Celebrate Recovery is the official recovery program in 44 state and federal prison systems. It has been translated into 20 different languages.

Do you think John Baker, when he came to see me in my office many years ago and said, "I've got an idea for a ministry, Pastor Rick," imagined it would be affecting three and a half million people in 27,000 churches? No. You have no idea what God wants to do through you. You may have the next big ministry idea. You may have the next Celebrate Recovery dwelling in you — a ministry that could be started and reproduced to bless the whole world. One guy, out of his own pain, starts a ministry that now affects tens of thousands of churches and millions of people.

Rick Warren

*(Excerpted from Pastor Warren's talk at Angel Stadium on Saddleback's 35th anniversary)*





# INTRODUCTION

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*See, I am doing a new thing! Now it springs up;  
do you not perceive it? (Isaiah 43:19)*

Welcome to *The Journey Continues!*

We are so excited for you as you continue to grow on the road to recovery! If you are starting *The Journey Continues*, it means a few things about you. First, it means you are ready to take the next step on your recovery journey and take your recovery to the next level. It also means that you have already completed at least one *The Journey Begins* (the original Celebrate Recovery® Participant's Guides 1–4) step study group. Last, it means that you have had some time, probably at least six months since completing that study, to begin applying the Biblical Principles of Recovery to your life.

Here in *The Journey Continues* you will build on what you learned about Christ and yourself in *The Journey Begins*, grow deeper in your faith, and strengthen your recovery. You'll find brand new acrostics, new questions, and of course, hundreds of Bible verses. Just as in *The Journey Begins*, you'll grow closer to Christ and the other members of your group as you dig deeper into your life and find freedom in new areas.

To begin *The Journey Continues*, you will see if DENIAL has snuck back into your life in any way and, if so, what to do about it. Since you learned what you give up when you admitted your powerlessness in *The Journey Begins*, here you will explore what God's POWER can do in your life and will see how keeping your HOPE in God can maintain your SANITY. Because you have already turned your life over to Christ, in or before you completed Principle 3 of *The Journey Begins*, you will focus here on the daily ACTIONS you need to take to turn your WILL to Him.

Make sure you take the time to write out your answers before you meet with your group each week. The more you put in to this study, the more you'll get out of it. We will be praying for you as you continue your recovery journey.

“The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand ” (Psalm 37:23–24).

In His steps,  
John Baker  
Johnny Baker

# THE ROAD TO RECOVERY

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## Eight Principles Based on the Beatitudes

By Pastor Rick Warren

1. **Realize** I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Step 1)  
*"Happy are those who know that they are spiritually poor."*  
(Matthew 5:3)
2. **Earnestly** believe that God exists, that I matter to Him, and that He has the power to help me recover. (Step 2)  
*"Happy are those who mourn, for they shall be comforted."*  
(Matthew 5:4)
3. **Consciously** choose to commit all my life and will to Christ's care and control. (Step 3)  
*"Happy are the meek."* (Matthew 5:5)
4. **Openly** examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 and 5)  
*"Happy are the pure in heart."* (Matthew 5:8)
5. **Voluntarily** submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6 and 7)  
*"Happy are those whose greatest desire is to do what God requires."* (Matthew 5:6)
6. **Evaluate** all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others. (Steps 8 and 9)  
*"Happy are the merciful."* (Matthew 5:7)  
*"Happy are the peacemakers."* (Matthew 5:9)
7. **Reserve** a 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. (Steps 10 and 11)
8. **Yield** myself to God to be used to bring this Good News to others, both by my example and my words. (Step 12)  
*"Happy are those who are persecuted because they do what God requires."* (Matthew 5:10)

# TWELVE STEPS AND THEIR BIBLICAL COMPARISONS\*

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1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable. I know that nothing good lives in me, that is, in my sinful nature.

*“For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)*

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 in order to fulfill his good purpose.” (Philippians 2:1)*

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

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper of worship.” (Romans 12:1)*

4. We made a searching and fearless moral inventory of ourselves.

*“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*

6. We were entirely ready to have God remove all these defects of character.

*“Humble yourselves before the LORD, and he will lift you up.”  
(James 4:10)*

7. We humbly asked Him to remove all our shortcomings.  
*“If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*
8. We made a list of all persons we had harmed and became willing to make amends to them all.  
*“Do to others as you would have them do to you.” (Luke 6:31)*
9. We made direct amends to such people whenever possible, except when to do so would injure them or others.  
*“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.” (Matthew 5:23–24)*
10. We continued to take personal inventory and when we were wrong, promptly admitted it.  
*“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)*
11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.  
*“Let the message of Christ dwell among you richly.”  
(Colossians 3:16)*
12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.  
*“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.” (Galatians 6:1)*

\* Throughout this material, you will notice several references to the Christ-centered 12 Steps. Our prayer is that Celebrate Recovery will create a bridge to the millions of people who are familiar with the secular 12 Steps (we acknowledge the use of some material from the 12 Suggested Steps of Alcoholics Anonymous) and in so doing, introduce them to the one and only true Higher Power, Jesus Christ. Once they begin that relationship, asking Christ into their hearts as Lord and Savior, true healing and recovery can begin!

## SERENITY PRAYER

*God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time ;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
this sinful world as it is,  
not as I would have it;  
trusting that You will make all things right  
if I surrender to Your will;  
so that I may be reasonably happy in this life  
and supremely happy with You forever in the next.  
Amen.*

Reinhold Niebuhr

# CELEBRATE RECOVERY'S SMALL GROUP GUIDELINES

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The following five guidelines will ensure that your small group is a safe place. They need to be read at the beginning of every meeting.

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.





# DENIAL

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**Principle 1:** Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

*"Happy are those who know they are spiritually poor."  
(Matthew 5:3)*

**Step 1:** We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

*"I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." (Romans 7:18)*

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**Please begin your time together by reading "The First Step, Day 1" of the *Celebrate Recovery Daily Devotional*.**

As we begin *The Journey Continues*, we each need to start off by answering this one question: "Have I put on the mask of denial again"?

Before you can make any further progress in this exciting new step study, you need to face your denial. It doesn't matter how long you have been in recovery—you may have been working the steps and principles for years—denial can rear its ugly head and return at any time! You may trade addictions, begin new compulsive behaviors, or be on the road to relapse without even knowing it. By removing your mask of denial, you can take your recovery to the next level, or your recovery can even begin

again! Even if you feel that you haven't actively stepped back into denial, denial is something you must be on guard against.

We need to begin *The Journey Continues* by searching our hearts to see if we have allowed any denial back into our recovery. So let's get this new exciting journey started!

## **DENIAL**

### **D—Disrupts our progress in our recoveries**

Hiding our feelings, returning to denial, freezes our recovery and binds our progress.

*“Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.” (1 Timothy 4:15)*

*“Would not God have discovered it, since he knows the secrets of the heart?” (Psalm 44:21)*

### **E—Enables old hurts, hang-ups, and habits to return**

As we continue to go through this program, we learn that it is only in the present that positive change can occur. The return of old hurts, hang-ups, and habits makes us unable to live and enjoy God's plans for us in the present.

*“As a dog returns to its vomit, so fools repeat their folly.” (Proverbs 26:11)*

### **N—Negatively affects the repair work we have done on our relationships**

As we slip back into denial, we again start to isolate from those close to us. We start to destroy the new trust and fellowship we have been given by them.

*“My friends and companions avoid me because of my wounds; my neighbors stay far away.” (Psalm 38:11)*

*“All this I saw, as I applied my mind to everything done under the sun. There is a time when a man lords it over others to his own hurt.” (Ecclesiastes 8:9)*

*The guilty man is the one who wants to be alone; the man who is right with God does not. . . . The final curse of a disobedient soul is that it becomes a separate, self-conscious individual.*

—Oswald Chambers

## **I— Interrupts our daily walk with God**

As we slip further into our denial, it is harder for us to maintain our closeness to God. We think we are fooling everyone, even God. But we are only fooling ourselves.

*“Anyone who runs ahead and does not continue in the teaching of Christ does not have God; whoever continues in the teaching has both the Father and the Son.” (2 John 1:9)*

*“Whoever is not with me is against me, and whoever does not gather with me scatters.” (Luke 11:23)*

## **A— Allows risk of possible relapse**

As we decrease our closeness to God and others, the more we increase the chance of relapse.

*“This is what the LORD says: Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’” (Jeremiah 6:16)*

## **L—Loss of valuable time**

The longer we keep our denial hidden, the more time we are wasting that could be spent on continuing to grow. We need to ask God to help us break free from our denial and continue our forward journey in recovery.

*“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.” (Hebrews 12:1)*

*“If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.” (James 4:17)*

*The greatest wasteland in all of our earth ... our waste of the time that God has given us each day.*

—Billy Graham

## **Questions for Reflection and Discussion**

1. Have you noticed that your recovery has been stalled? In what ways has your joy and serenity faded? Describe in detail.









