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PARTICIPANT'S GUIDE

7

THE JOURNEY CONTINUES

JOHN BAKER &
JOHNNY BAKER

FOREWORD BY
RICK WARREN



Celebrate Recovery[®]

Honoring God by Making Repairs

The Journey Continues

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John Baker is the founder of Celebrate Recovery®, 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.

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.

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Making Repairs

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The Journey Continues

NEW CURRICULUM!

A recovery program based on eight
principles from the Beatitudes

JOHN BAKER & JOHNNY BAKER

FOREWORD BY RICK WARREN

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Honoring God by Making Repairs

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CONTENTS

Foreword by Rick Warren / 7

Introduction / 9

The Road to Recovery: Eight Principles
Based on the Beatitudes / 11

Twelve Steps and Their Biblical
Comparisons / 12

Serenity Prayer / 14

Celebrate Recovery's Small Group
Guidelines / 15

Lesson 12: Confess / 17

Lesson 13: Admit / 25

Lesson 14: Ready / 31

Lesson 15: Victory / 37

Lesson 16: Amends / 47

Lesson 17: Forgiveness / 57

Lesson 18: Grace / 65

Afterword / 73

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

So far in *The Journey Continues*, you have done some great work. You've taken a close look at any denial that may have snuck back into your life; you've also learned about what God's power and hope can do for you as well as committed to daily seek His will.

Then you completed another a spiritual inventory, listing all of the good and the bad that you've done and that's been done to you. Hopefully the questions in these participant's guides have taken you further down the road to recovery and helped you go deeper into identifying your issues and defects of character.

In this guide, *Honoring God by Making Repairs*, you will see how continuing to confess and admit your faults will ready you to experience more victories. Then you will be able to make any new or outstanding amends and offer the forgiveness to others that you have received from Christ through His grace.

As you begin this second to last study in *The Journey Continues*, we will be praying that God will be with you as you do your part to make repairs in your relationships.

John Baker
Johnny Baker

THE ROAD TO RECOVERY

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*

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

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.

CONFESS

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.” (Matthew 5:8)

Step 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)

Please begin your time together by reading “The Fifth Step, Day 120” from the *Celebrate Recovery Daily Devotional*.

“We Admitted to God, to Ourselves”

“For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.” (Romans 3:23–24)

This passage tells us that we have all have missed the mark. We all have done things for which we need God’s forgiveness. We’re all in the same boat. We’ve all sinned. We’ve all made poor choices. We all have hurts, hang-ups, and habits, just in different areas and degrees.

God's forgiveness takes place invisibly. What actually happens when God forgives us? How does forgiveness work?

1. God forgives instantly.
2. God forgives freely.
3. He forgives completely.

The Bible says, "Therefore, there is now no condemnation for those who are in Christ Jesus" (Romans 8:1). How great it feels to live with no condemnation, to live with the knowledge that God loves us in spite of all our faults!"

"And to Someone I Trust"

God tells us that it is absolutely essential to share our moral inventory list with another person: "Admit your faults to one another and pray for each other so that you may be healed" (James 5:16).

How does this verse say we are healed? By admitting our faults to one another. Why can't we just admit our faults to God? Why must another person be involved? Because the root of our problems is relational. We lie to each other, deceive each other, and are dishonest with each other. We wear masks and pretend we have it together.

We deny our true feelings and play games largely because we believe, "If they really knew the truth about me, they wouldn't love me." We become more isolated than ever. We keep all of the junk of our past inside, and we get sick. There's a saying: We are only as sick as our secrets. The hurts, hang-ups, and habits that we try to hide end up making us sick, but "revealing your feelings is the beginning of healing."

When you risk HONESTY with another person, all of a sudden, a wonderful feeling of freedom comes into your life.

*(Excerpted from Life's Healing Choices, John
Baker, © Howard Books 2013)*

CONFESS

C— Confess all our sins, both those of commission and omission

Confession means that we agree with God regarding our sins. Confession restores our fellowship. Remember, sins of *commission* are committed when we do the wrong thing, while sins of *omission* are committed when we know the right thing to do but choose not to do it.

James 4:17 clearly states what a sin of omission is: “If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.”

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.” (Proverbs 28:13)

O— Obey God’s direction and repent

We need to “own up” to the sins we discovered in our inventory.

“Therefore let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God.”
(Hebrews 6:1)

We cannot ask forgiveness over and over again for our sins, and then return to our sins, expecting God to forgive us. We must turn from our practice of sin as best we know how, and turn to Christ by faith as our Lord and Savior.

— Billy Graham

N— No more guilt!

We can restore our confidence and our relationships, and move on from our “rear-view mirror” way of living that keeps us looking back and second-guessing ourselves and others.

“Therefore, there is now no condemnation for those who are in Christ Jesus.” (Romans 8:1)

F—Face the truth

To continue moving forward in our recoveries requires honesty!

“But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.” (John 3:21)

E—Ease the pain

When we share our deepest secrets, we begin to divide the pain and the shame. The more often we share our story, the freer we become from our pasts. A healthy self-worth develops that is no longer based on the world’s standards but on the truth of Jesus Christ!

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:8–9)

“When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD.’ And you forgave the guilt of my sin.” (Psalm 32:3–5)

S—Stop the blame

We cannot find peace and serenity if we continue to blame ourselves or others.

“How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in

your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." (Matthew 7:4–5)

S—Start living in Christ's truth and love

To sum up the benefits of Principle 4 in one sentence, it would be this: In confession, we open our lives to the healing, reconciling, restoring, uplifting grace of Jesus Christ who loves us in spite of ourselves.

"Grace, mercy and peace from God the Father and from Jesus Christ, the Father's Son, will be with us in truth and love." (2 John 1:3)

Questions for Reflection and Discussion

"For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus." (Romans 3:23–24)

1. How do these verses apply to your life?

2. How have they affected your daily actions?

3. Tell about a sin of omission, a time when you knew the right thing to do but chose not to do it.

“Therefore, there is now no condemnation for those who are in Christ Jesus.” (Romans 8:1)

4. What does this verse say about your past?

5. How has it affected your daily actions?
6. Take some time to examine your heart to see if you are inappropriately blaming anyone for mistakes you've made. List them below.
7. How did you feel after confessing your sins to God? Be specific.

8. How have your relationships improved since you started living God's truth in love?

“Grace, mercy and peace from God the Father and from Jesus Christ, the Father’s Son, will be with us in truth and love.” (2 John 1:3)

Prayer

Dear God, thank You for Your promise that if we confess, You will hear us and cleanse us, easing our pain and guilt that keeps us locked in the past. Thank You that You always love us, no matter what. In Jesus’ name, amen.