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PARTICIPANT'S GUIDE

8

THE JOURNEY CONTINUES

JOHN BAKER &
JOHNNY BAKER

FOREWORD BY
RICK WARREN



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The Journey Continues

PARTICIPANT'S GUIDE 8

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.

Celebrate Recovery[®]

Living Out the
Message of Christ

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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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Living Out the Message of Christ

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This title is also available as a Zondervan ebook.

Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

ISBN 978-0-310-13152-6 (softcover)

ISBN 978-0-310-13153-3 (ebook)

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Cover design: *Brand Navigation*

Cover photography: *123rf.com*

First Printing May 2016 / Printed in the United States of America

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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

Don't stop now!

In the final lessons of *The Journey Continues*, you will continue on the road to recovery and live out the rest of your life. This is so much more than maintenance! As in *The Journey Begins*, you'll focus on what God wants to do through you now that you've found even more victory over your hurts, hang-ups, and habits.

In the next few weeks you'll strengthen some healthy habits you began developing in *The Journey Begins*. You'll reinforce the habits of daily time spent with God through journaling, Bible reading, and prayer, as well as taking a daily inventory—and see how these habits can help you build a strong relapse prevention plan.

You'll also take a close look at what God wants to do through you to help other people find the freedom and victory you have found. By giving back to God and saying “yes” to service, you'll have the opportunity to become a Celebrate Recovery leader to help other people go through *The Journey Begins* and *The Journey Continues*.

This is an exciting time in recovery! Get ready, God is about to do some amazing things in, and through, your life as you complete *The Journey Continues*.

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.

HABITS

Principle 7: Reserve a daily 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.

Step 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)

Please begin your time together by reading “The Tenth Step, Day 270” from the *Celebrate Recovery Daily Devotional*.

In Celebrate Recovery, we often talk about breaking bad habits. But recovery is more than stopping old, negative behaviors; it’s also about starting new, healthy ones. In Principle 7, we see how we are to begin living out our lives; we “reserve a daily 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.”

Principle 7 is all about the daily habits we form so that we can walk in step with God for the remainder of our lives. We’ve done some great work in dealing with the pain in our pasts, and have continued in the process of doing our part to make our relationships healthy. Now we see how we can do what Jesus told us to do in John 15:5: “I am the vine; you

are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

Principle 7 gives us three daily habits that help us remain in Jesus.

Habit #1: Self-examination

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” (Psalm 139:23–24)

Just because we have completed a moral inventory doesn't mean we don't still need to examine our motives and our actions. As we will see in the next lesson, a daily inventory is vital to our continued growth. The best tool for self-examination is a journal. A journal helps us remember where we have been and to see what God is doing in our lives. It allows us to go back in time and clearly recount all of the ways we have changed.

In *The Journey Begins* you were introduced to the idea of journaling and even had a seven-day challenge to help you kick-start this habit. If you completed that exercise and kept at it, congratulations! You have undoubtedly recorded great insights and growth. You have learned things about yourself and seen things in writing that you may not have realized were true. If you were less successful in that first attempt, make this the time to get started! There are so many ways to do this daily habit. You can pick up a *Celebrate Recovery Journal*, a spiral-bound notebook, or any one of the many journaling apps available. It doesn't matter how you journal; the important thing is that you do it!

If you are struggling with this habit, go back to Lesson 19 of *The Journey Begins* for helpful tips on how to get started.

“Look to the LORD and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced.” (1 Chronicles 16:11–12)

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

Habit #2: Bible Reading

*“Your word is a lamp for my feet, a light on my path.”
(Psalm 119:105)*

Going to God’s Word daily is one of the most important habits any follower of Jesus can build into his or her life. The Bible has been called God’s love letter to us and God’s instruction manual for life. The Bible is a firsthand account of what God can do in the lives of those who trust in Him. Again, this is a habit you may have already formed. If so, keep it up. If you haven’t, begin today. Start by reading for a few minutes a day and see how God speaks to you through His Word.

Just as with journaling, there are many tools to help you start, or grow in, this daily habit. You can use the *Celebrate Recovery Bible*, a different Bible, or an app like YouVersion. Again, the important thing is to make daily reading God’s Word a part of your life.

*“But grow in the grace and knowledge of our Lord
and Savior Jesus Christ. To him be glory both
now and forever! Amen.” (2 Peter 3:18)*

*“I reach out for your commands, which I love, that I
may meditate on your decrees.” (Psalm 119:48)*

Habit #3: Prayer

*“Devote yourselves to prayer, being watchful and thankful.”
(Colossians 4:2)*

Many people have the wrong idea about prayer. They think praying is all about talking. They begin their time praying, asking God for His will and for His answers, and say “amen” without taking the time to listen for His response! Imagine if we treated each other like that! How would you feel if you had a friend who called you on the phone, talked for twenty minutes, and then hung up before you had a chance to speak? Chances are you wouldn’t expect that friend to know you very well.

When we talk to God in prayer, we need to make sure we are giving Him time to talk back to us. Now, God may never talk audibly to you (He never has to me—Johnny), but He may speak to you through a feeling (you sense what He wants you to do) or through leading you by His Spirit. The point is: go to God in prayer, daily, asking Him to meet your needs, thanking Him for what He’s done, and asking Him for His will. Then make sure you take the time to allow Him to speak back to you! His answer may not be immediate; He may even speak through a friend or accountability partner, so we need to continue to go to Him with an open heart and listen for His guidance.

“Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.” (Psalm 4:1)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6)

“I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.” (Psalm 17:6)

There are other habits to form that will help us live out our recovery journey and continue on the pathway Jesus has set before us, but these three habits are a good place to begin. This week, try to begin building, or continue building, these three habits into your life. As you do, take note of what God is doing in your life through these habits.



Questions for Reflection and Discussion

1. Which one of these habits is strongest in your life? How did you go about building and growing this habit?
2. Which of these habits is the weakest in your life? What steps do you need to take to build it up?
3. Do you currently journal? If not, how will you get started? If you do journal, what are some lessons you have learned about your recovery through this habit?

4. Do you have a daily time reading God's Word? If not, how will you get started? If you do, what is the last thing God showed you through His Word?

5. Have you ever memorized a Bible verse? What's the last verse you committed to memory, and how has it been meaningful to you?

6. How often do you pray? When you pray, do you regularly slow down long enough for God to speak?

7. What's the last thing you "heard" from God? (Remember, this may not be an audible voice.)
8. How would daily implementing these habits affect your recovery?
9. Will you commit to building, or strengthening, these habits this week?
Who will you ask to keep you accountable?

Prayer

Father, thank You that Celebrate Recovery isn't just about breaking bad habits, but it's also about starting new, healthy ones. Help me this week as I continue building these habits into my life. Show me ways to journal, read my Bible, and pray more this week. I ask that these three habits would strengthen my recovery, but more importantly that they'd draw me closer to You. In Your name I pray, amen.