

## Exploring the Issue of Hurts and Hang-Ups

We are so glad to have you join us. This is a group that will help you address and begin the healing process for your hurt, or hang-up. Your struggle is important to us, and we look forward to walking with you on your unique recovery journey.

### PRAYER FOR SERENITY

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



## Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one 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.

### How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups, and habits.

**Joseph Schult**  
**502-807-0416**  
**josephschult@yahoo.com**  
**Site Director**

## Celebrate Recovery

@

## Fern Creek Baptist Church



# TBA

Fern Creek Baptist Church  
5920 Bardstown Road  
Louisville, KY 40291  
(502) 239-0316

## Exploring the Issue of Codependency (Women)

Co-dependency is when a person's need for approval or validation from another person allows them to be controlled or manipulated, or a person who attempts to manipulate or control someone. They are willing to compromise their own values, choices, and behavior at the expense of their personal well-being.

**Characteristics of someone struggling with co-dependency may include, but are not limited to:**

- Having difficulty identifying or expressing one's own feelings.
- Minimizing, altering, or denying how one truly feels.
- Worrying about how others may respond to your feelings, opinions, and behavior.
- Valuing others opinions and feelings more than your own.
- Living with messages of not being good enough, valued, or loved.
- Fear of expressing different opinions or feelings from those of others.
- Over-functioning to be needed, valued, or loved.
- Judging everything you think, say, or do harshly, as never being "good enough." A perfectionist at heart.
- Fear of being hurt and/or rejected by others.

## Exploring the Issue of Substance Abuse

Have you ever thought you have a problem with drinking alcohol or using drugs? If so, you may have tried to quit on your own and found that while you can gain some level of sobriety, freedom from the compulsion to use your drug of choice has been elusive. At Celebrate Recovery we know that a relationship with Jesus Christ as our Higher Power can set us free.



## Exploring the Issue of Sexual Integrity (Men)

Our lust often begins as an overpowering desire for pleasurable relief. We may be running from an inner pain, loneliness, emptiness, or an insecurity, and find that sex is the best way to cope. Lust, pornography, sex with ourselves or with others can briefly dissolve tension. It can momentarily relieve depression, resolve conflict, and even provide the means to escape from or deal with life's seemingly unbearable situations.

However, that pleasure often brings with it more tension, depression, rage, guilt, and even physical distress. The cycle continues as we try to relieve this new pain, leading to more sex, pornography, and lust. We live in denial in order to avoid recognizing just how much our addiction controls our life. As we continue in our self destructive behaviors, sexual addiction jeopardizes our relationships, health, jobs, morals, and values. Ultimately, sexual addiction takes the place of God in our lives as a coping mechanism to deal with life's hardships.