

## Frequently Asked Questions

**Q:** *How do I know if I need Celebrate Recovery?*

**A:** If you struggle with any of the following, Celebrate Recovery can help you find hope and healing: chronic use of chemical substances, alcohol, food, sex, or relationships; depression; anger; co-dependency; shame; or anything else that gets in the way of you being all that God has called you to be.

**Q:** *Who leads the groups?*

**A:** Our group leaders are compassionate volunteers who have struggled with their own hurts, hang-ups, habits or addictions, AND have found hope and healing through Celebrate Recovery. Each leader has worked through the curriculum and has maintained at least one year of abstinence and/or sobriety.

**Q:** *How does the Celebrate Recovery program differ from Alcoholics Anonymous?*

**A:** Although Celebrate Recovery is a 12-step ministry, we outwardly proclaim that Jesus Christ is our "higher power," and we firmly believe and depend upon the miracle-working power of the Lord Jesus Christ in the process of recovery.

**Q:** *Can a person overcome an addiction or behavior that they have struggled with for many years?*

**A:** We believe the answer is a resounding YES! Through prayer, the penetrating work of the Holy Spirit, a commitment to change, a system of accountability, and the surrender of our lives to the Lord Jesus Christ, we can be free of any addiction, addictive behavior, hurt, hang-up or habit.

**Q:** *What if my struggles are not related to alcohol or substance abuse?*

**A:** We believe the principles used in Celebrate Recovery are helpful for all types of addictive behaviors and anything in our lives that keeps us from being the men and women that God has called us to be.

**Q:** *I myself am not addicted, but have been deeply hurt and affected by my spouse's addictions. Can you help me?*

**A:** Absolutely. Addiction has an impact on the entire family. Celebrate Recovery is a ministry for the whole family and offers small groups that address a variety of issues for men and women that will provide support and a safe place to deal with the hurt and pain in your life.

**Q:** *I am too embarrassed to let someone know what I am struggling with. Can I just come and sit quietly?*

**A:** We will do nothing to intentionally embarrass you or shame you. We trust the safe and caring atmosphere of the group will encourage you to share your hurts. We believe that we are changed as we share our experience, strength and hope with others.

**Q:** *Will I need to find a sponsor in the group?*

**A:** Yes. We also encourage individuals to establish a team of accountability people – people who can walk with you in the process, holding you accountable for different aspects of your recovery.

**Q:** *Does Celebrate Recovery offer in-depth counseling or clinical therapy?*

**A:** Although each of our group leaders has a caring heart, they are not equipped to offer in-depth counseling or clinical therapy. In the event this type of treatment is necessary, we would be happy to refer you to a qualified Christian professional.

**Q:** *Do you have childcare available?*

**A:** We offer a great ministry designed for your children from birth through 6<sup>th</sup> grade, called Celebrate Kids. The Celebrate Kids curriculum – *Celebration Station* – is a

complement the adult curriculum and teaches kids how to deal with the hurts and disappointments in their lives.

**Q:** *Do I need to belong to Church of the Redeemer to join the group?*

**A:** You are welcome at Celebrate Recovery no matter what church affiliation you may have. If you do not have a home church, we welcome you to join us during any of our [worship services](#).

**Q:** *Are there other Celebrate Recovery meetings in the area that I can attend?*

**A:** Yes. For a complete list of ongoing meetings, please check the Celebrate Recovery website at Saddleback Church ([celebraterecovery.com](http://celebraterecovery.com)) or pick up a copy of our "Other Meetings" document at Celebrate Recovery on Friday night.