



**SOUTH PARK CHURCH**  
**Journey Class 04/11/21**  
Nick Powell

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“In the past year, COVID has caused people to experience more loneliness, loss, anxiety, and stress than ever before. This week we will be looking at what happens when people try to fill the empty spaces in their lives with alcohol, overeating, binge watching TV, or anything other than Jesus”

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**Table 1.** Survey of Mental Health Symptoms During the COVID-19 Pandemic

Symptoms	% Individuals Reporting Experience
■ One or more negative mental or behavioral experiences	40.9
■ Anxiety/depression	30.9
■ Trauma symptoms related to COVID-19	26.3
■ Suicidal thoughts	10.7
■ New or increased substance use	13.3

\*Centers for Disease Control and Prevention survey taken by 5412 adults during June 24-30, 2020

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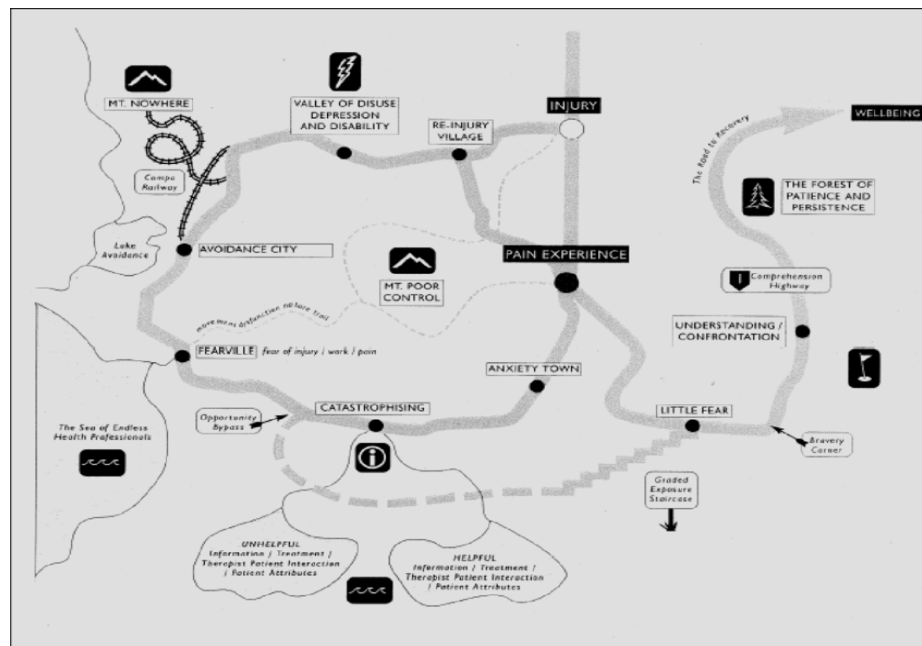
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**“What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace?”**

**This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself”**

French 17th-century philosopher and mathematician Blaise Pascal

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In a nutshell –

CR is for anything that comes between you and God, or you and man

“The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free”

Luke 4:18

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**CELEBRATE  
RECOVERY**  
A Christ-Centered Recovery Program

**If you are in need of healing or recovery from...**

Addiction	Enabling
Anger	Overspending
Codependency	Perfectionism
Eating Disorder	Anxiety
Food Addiction	Depression
Love & Relationship Addiction	Guilt
Physical/Sexual/Emotional Abuse	Need to Control
Alcohol / Drug Addiction	Drugs
Sexual Addiction	Grief / Loss
Gambling Addiction	Divorce
Relational Pain	Self Destruction
Insecurity	Unforgiveness

**Celebrate Recovery can help.**

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### **6 uniques of Celebrate Recovery**

1. Celebrate Recovery is based on God's Word, the Bible.
2. Celebrate Recovery is forward-looking.
3. Celebrate Recovery emphasizes responsibility.
4. Celebrate Recovery emphasizes spiritual commitment to Jesus Christ.
5. Celebrate Recovery utilizes the biblical truth that we need each other to grow spiritually and emotionally.
6. Celebrate Recovery addresses all types of hurts, hang-ups, and habits.

- Pastor Rick Warren

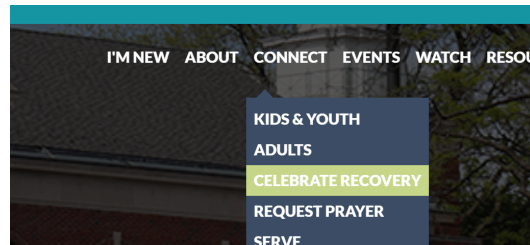
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<https://www.southparkchurch.org/>

CONNECT / CELEBRATE RECOVERY

### **Monday Large Group Meeting**

followed by Men and Women's  
Open Share groups



**Doors open at 6:30 p.m. for in-person meetings and we'll start promptly at 7 p.m. Meetings will also continue to be streamed live via Zoom. All are welcome to attend!**

Please email Celebrate Recovery at South Park Church for more info and meeting details at [southparkchurchcr@gmail.com](mailto:southparkchurchcr@gmail.com)

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## **Open Share groups vs Step Study groups**

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### **The 5 small group guidelines**

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 people 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” one another. This keeps us focused on our own issues
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

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"The Two Roads" - the road of Pleasing God that leads to the "Room of Good Intentions", vs the road of Trusting God that leads to the "Room of Grace"



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"There are two paths you can go by, but in the long run..."



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- Our part is to be willing to let God change us, and keep showing up
- We are designed to do life, and recovery, together in Christian community
- "We bear one another's burdens, and we confess our sins to one another, and pray for each other, so that we may be healed" - James 5:16

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**Matthew 5:3-10 GNT**

- 3 - Happy are those who know they are spiritually poor; the Kingdom of heaven belongs to them!
- 4 - Happy are those who mourn; God will comfort them!
- 5 - Happy are those who are humble; they will receive what God has promised!
- 6 - Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!
- 7 - Happy are those who are merciful to others; God will be merciful to them!
- 8 - Happy are the pure in heart; they will see God!
- 9 - Happy are those who work for peace; God will call them his children!
- 10 - Happy are those who are persecuted because they do what God requires; the Kingdom of heaven belongs to them!

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**R**ealize 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 that they are spiritually poor." Matthew 5:3a

**E**arnestly believe that God exists, that I matter to Him and that He has the power to help me recover

"Happy are those who mourn, for they shall be comforted." Matthew 5:4

**C**onsciously choose to commit all my life and will to Christ's care and control

"Happy are the meek." Matthew 5:5a

**O**penly examine and confess my faults to myself, to God, and to someone I trust

"Happy are the pure in heart." Matthew 5:8a

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**V**oluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.

"Happy are those whose greatest desire is to do what God requires" Matthew 5:6a

**E**valuate 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

"Happy are the merciful." Matthew 5:7a; "Happy are the peacemakers" Matthew 5:9

**R**eserve 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

**Y**ield myself to God to be used to bring this Good News to others, both by my example and my words

"Happy are those who are persecuted because they do what God requires." Matthew 5:10

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- Will you live behind a mask... isolating yourself in your struggle? Or will you take the mask off?
- Will you keep working to sin less so God will love you? Or will you trust that you're already a delight to him. And then you can work together on it?
- Will you focus on pleasing God? Or will you rejoice in the cross... trusting it's wonderful effect?
- Are you willing to trust you are who God says you are... in Christ?

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#### **The 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

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