

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Relapse

...to fall back into a former practice or habit; backslide

Step 11: We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

"Let the word of Christ dwell in you richly." Colossians 3:16

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.

Note to the Newcomer: Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Make a commitment to attend the large group and small group time regularly
2. Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team.
3. Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible.
4. Set a personal goal to become involved in a step study group.

The best way to prevent relapse can be summarized in the acrostic RELAPSE. (more information can be found on this topic in lesson #21 in CR Participant Guide #4)

Reserve a daily quiet time to know God and His will for my life and gain the power to follow His will.

Evaluate your physical, emotional, relational and spiritual health.

Listen to Jesus in order to slow down and hear His direction

Alone and quiet time will give you the opportunity to hear God.

Plug into God's power through prayer and ask for his perfect will.

Slow down long enough to hear God.

Enjoy your growth and share your victories - no matter how small.

Here are a few suggestions for preventing relapse:

1. Pray and read your Bible daily. Establish a specific time of day to have your "quiet time".
2. Make attending your recovery meeting a priority. Stay close to your support team.
3. Spend time with your family (if they are safe). If they are not, spend time with your church family.
4. Get involved in service. Volunteer!

LARGE GROUP REFLECTION:

Did the Speaker or Lesson uncover a new area that I need to take a look at?

I could relate to the Speaker or Lesson in the following ways: _____.

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. What are some of the tools that I have developed in my recovery to prevent relapse?
2. What do I do when I am hurting?
3. How do I handle being exhausted?
4. How often do I feel tense? Why?
5. Do I spend more time listening or talking? Which do I need to work on?
6. What do I do to celebrate my recovery?

