

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Powerless

....not having ability to resist

Step 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 have the desire to do what is good, but I cannot carry it out." Romans 7:18

Principle 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.

"Happy are those who know they are spiritually poor." Matthew 5:3

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.

Acrostic for POWERLESS: (further studying on the following acrostic may be found in the CR Participant's Guide #1)

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|---------------------|---|
| P ride | Ignorance + power + pride = a deadly mixture! |
| O nly If | How reluctantly the mind consents to reality! |
| W orrying | Worrying is a form of not trusting God - enough! |
| E scape | By living in denial many have escaped into a world of fantasy & unrealistic expectations. |
| R esentments | Resentments act like an emotional cancer if they are allowed to fester and grow. |
| L oneliness | Loneliness is a choice. In recovery and in Christ, you never have to walk alone. |
| E mptiness | You know that empty feeling inside...the cold wind of hopelessness blows right through. |
| S elfishness | We often pray: "Our Father who are in heaven; give me, give me, give me." |
| S eparation | Some people talk about finding God - as if He could ever get lost! |

LARGE GROUP REFLECTION:

Did the Speaker or Lesson trigger some areas that I need to take a look at?

I heard part of myself in the Lesson or Testimony when _____?

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. Is there a attitude, addiction or way of life that I have been defending?
2. In what ways have I tried to avoid pain? What are some healthy ways to deal with pain?
3. Have my hurts, habits or hang-ups left me with a hole or void? How can I fill this hole or void?
4. What area of my life is causing me the most sadness?
5. What area of my life do I experience the strongest need to be in control?
6. What have been the results of doing things my way? Does my pride keep me from looking for help?
7. What excuses do I give for my out of control behavior.

Celebrate Recovery ®

SMALL GROUP PRAYER REQUESTS

(please pray for your small group during the week - use your phone list and make some calls)

NAME

PRAYER REQUEST

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PRAYER: Today I ask for help with my recovery. I feel a little lost and am very unsure of myself. Denial has kept me from seeing how powerless I am and how unmanageable my life has become. I need to learn and remember that I cannot manage my life or the lives of others. I also need to remember that the best thing I can do right now it to let go. I admit that I am powerless and that my life is unmanageable. I pray for God's direction for my life. In Jesus' name AMEN

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|-------------------------|----------------|----------------|-------------------|
| VERSES TO STUDY: | Proverbs 29:23 | Luke 12:2-3 | Ephesians 4:26-27 |
| | Matthew 6:34 | Hebrews 13:1-2 | Matthew 6:24 |

RECOVERY THERMOMETER:
 Am I avoiding meeting new people?
 Do I have a small group phone list so I can get connected?
 Have I noticed anyone yet that can be my accountability partner?
 Have I scheduled a time to meet a friend at the fellowship time?

MY PERSONAL RECOVERY GOAL FOR THIS WEEK:

ANY REMINDERS FOR NEXT WEEK?