

## Outline for Celebrate Recovery Lesson Seven

I God can bring us recovery anyway God chooses. Scripture and statistics demonstrate that God's usual method involves using the people surrounding us. Jesus brought Lazarus back to life but told the friends around him to un-wrap his grave clothes (John 11). As my friend Joe Hazel points out; that's the typical picture of recovery!

- A. Jesus empowered Lazarus' new life but his friends helped set him free to live it!
- B. Celebrate Recovery designate Sponsor's and Accountability Partners to en flesh this biblical approach of unwrapping our grave clothes.
  - 1. Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone. . . there is no help for him. . . two people can resist an attack that would defeat one person alone. Ecclesiastes 4: 9-12 (GNT)
  - 2. As iron sharpens iron, so one person sharpens another. Proverbs 27:17

II. The above biblical principles lay the foundation of why Celebrate Recovery has Sponsors and Accountability Partners.

- A. They serve as personal mirrors for those they sponsor and partner.
  - 1. Larry Crabb's book lays out a path for what he labels Christian communities (Sunday School classes, support groups such as CR, etc.) to deliver healing to their members. He says the opposite happens many times. When would-be helpers define other people as little more than choosing beings and treat them as bad decision makers who must be instructed and held accountable in good decisions, their efforts to help are only an investigation of what someone is doing wrong and an exhortation to do something right. Parental scoldings, pastoral rebukes, church and family discipline, and group accountability often fall into this category with predicable results---sometimes conformity, often rebellion, never maturity. Connecting p33.
  - 2. Crabb says change starts when: The power to change depends on insight, not pressure; self-awareness, not rules; psychological understanding, not commands. Communities that heal are communities that probe and expose, that help people to see what's going on inside them and encourage them to handle their struggles more effectively. Connecting p 34.
- B. History proves that an effective way to handle struggles includes Sponsor's encouraging regular attendance ("because your hurts, hang-ups, and habits don't take a vacation" [CR Leader's Guide], prayer, meditation and Bible study.
- C. Giving back in service or "twelve stepping" because, "service is nothing but love in work clothes" [CR Leader's Guide] is encouraged by Sponsors.

III. Sponsor's and Accountability Partners help avoid relapse.

- A. These people must be of your gender as Recovery wisdom has long shown that even when initiated with the best of intentions, cross gender partners are more likely to help you stumble than recover.
- B. Sponsor's and Accountability partners must walk the walk and talk the talk.
- C. The relationship must work for both parties.