

SMALL GROUP SHARING GUIDELINES

- KEEP YOUR SHARING FOCUSED ON YOUR OWN FEELINGS. PLEASE LIMIT YOUR SHARING TO 3-5 MINUTES
- THERE WILL BE NO CROSS TALK. CROSS TALK IS WHEN TWO INDIVIDUALS ENGAGE IN A DIALOG, EXCLUDING ALL OTHERS. EACH PERSON IS FREE TO EXPRESS THEIR FEELINGS WITHOUT INTERRUPTION.
- WE ARE HERE TO SUPPORT ONE ANOTHER NOT FIX ANOTHER.
- ANONYMITY AND CONFIDENTIALITY ARE BASIC REQUIREMENTS. WHAT IS SHARED IN THE GROUP STAYS IN THE GROUP.
- OFFENSIVE LANGUAGE HAS NO PLACE IN A CHRIST CENTERED RECOVERY GROUP, INCLUDING GRAPHIC DESCRIPTIONS.



Tuesday Night Program

6:00 p.m. Tailgating, Fellowship & Food
6:45 p.m. Large Group Teaching/Testimony
7:30 - 8:30 p.m. Small Group Sharing
8:30 - 9:00 p.m. Cross-Talk Café'
Youth & Childcare Programs available



Are you struggling with Hurts, Hang-ups, or Habits and in need of.....?

Christian companionship to grow and become strong?

Supportive, respectful, and confidential sharing?

A place to learn, and to grow spiritually?

Finding a turning point in your life?

A safe haven of refuge, and caring?

Then Celebrate Recovery is a place for you.

The Purpose of Celebrate Recovery

The purpose of First Baptist Church of Lexington's Celebrate Recovery ministry is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles." This experience allows us to "be changed." By working and applying these Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others. As we progress through the program we discover our personal, loving and forgiving Higher Power - Jesus Christ, and principles for healing and overcoming our past.

CELEBRATE RECOVERY



Men or Women

Depression

The Problem
and Solution

CELEBRATE RECOVERY

Depression

The Problem

*Most of these ideas are from the book, *Moving Beyond Depression* by Gregory Jantz, PhD

Symptoms:

Thoughts - having trouble concentrating or making decisions, apathetic or unable to improve negativity about self, life, or the future for more than two weeks. Experience an ongoing sense of being unlovable and without value, or unappreciated by others.

Feelings - Feeling sad, numb, powerless, pessimistic, hopeless, worthless, or discouraged for longer than two weeks. Note: Anyone with suicidal thoughts should seek immediate help from a qualified mental health professional.

Behavior: Significant changes in appetite lasting longer than two weeks, resulting in weight loss or weight gain. Sleep disturbances, fatigue, and loss of energy for an extended period of time. You have an ongoing loss of interest or motivation in usual activities or experience changes in libido.

Causes:

Losses in life: unresolved grief from the loss of a loved one, a divorce, or changes in friendship; changes in position, health, or job; unresolved trauma; low self esteem; internalized or disowned anger.

Distorted thinking: (self-talk),

A distorted view of reality: life appears worse than it really is and a molehill quickly becomes a mountain.

We lose sight of options available to us in our circumstances.

There is a tendency toward thinking in black/white or all/nothing when in reality the situation is a shade of gray and not completely hopeless.

We tend to take situations personally and blame ourselves for the poor behavior of another person or we overreact to situations or people who appear insensitive.

Premature predictions often lead to self-fulfilling prophecies about the future because they are based on limited information.

God's attributes and His power over the world and in our lives are forgotten and we lose hope.

We let feelings and not facts determine what is true about us or our situation.

Isolation: We try to manage life on our own and in our own power.

Brain or body chemistry imbalances: Some people need medication such as antidepressants to help them overcome the symptoms of depression. See a family physician or psychiatrist to see if this will help.

The Solution

-There is no easy solution or quick fix for depression. Seek professional assistance if signs of depression last longer than two weeks or you are feeling despair and having thoughts of suicide.

-Practice self-care with a eating a healthy diet, getting adequate rest, exercise, and see a medical professional, as needed. Avoid alcohol.

-Use slow, deep breathing exercises to ward off feelings of anxiety.

-Watch what you think! Our feelings follow our thinking. Pay attention to your self-talk. If it is negative, distorted or full of self-contempt or catastrophic, seek a spiritual advisor/counselor that can help with identifying patterns that are causing distorted thinking, irrational beliefs or uncover any unresolved grief, repressed anger, guilt or shame.

-Intentionally seek pleasure each day through one of five senses:

-Avoid isolation and reach out for connection with other people.

-Tackle at least one thing that will bring a sense of accomplishment each day.

-Begin a journal. Write about your feelings and what trigger them. Consider starting a gratitude list.

-Practice forgiveness to self and others. Say aloud: I forgive myself for ... Stand in front of a mirror and repeat it three times or until you integrate a sense of forgiveness for the matter.

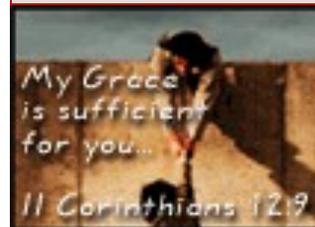
-Give yourself permission to accept forgiveness from yourself and God and move beyond it. Let it go.

-Pay attention to distorted thinking: all or nothing, the use of the words always, never, should, shouldn't, can't and replace them with words that imply options: wish, hope, plan, prefer, or are more accurate: sometimes, occasionally, or often

-Read a book that deals with your struggles, especially ones that offers hope and encouragement.

-Let go of unrealistic expectations of perfection or yourself or others.

-Practice 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."



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