

Find a local Support Group

Attend EVERY meeting. Locate face-to-face meetings in your area to suit your needs here:

<http://christians-in-recovery.org/db>

If you do not find a meeting in this database, contact local ministries, groups and organizations listed and they can help you to find a meeting. Look in your phone book for nationally recognized organizations with a branch in your area. Ask at local churches for information on various recovery groups. They often meet in churches. If there are no local meetings in your area, consider starting your own meeting. Contact us and we can assist you:

<http://christians-in-recovery.org/contact>

Carry a Reminder with You

Get a recovery medallion, inspirational card, key chain or stone to carry with you at all times. You will be amazed how these act as a powerful reminder of your new direction in life and help in times of need. You can see what is available here:

<http://christians-in-recovery.org/chips>

Take One Day at a Time

Don't try to tackle the rest of your life today. Stop! Take some deep breaths. Live one day at a time – one hour at a time, one minute at a time. The minutes and hours will quickly add up to weeks and years of a new life of happiness, peace of mind and fulfillment.

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. [Luke 11:9 NKJV]

Suggested 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;
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;
that I may be reasonably happy in this life
and supremely happy with you
forever in the next.*

Helpful scriptures:

For God has not given us a spirit of fear; but of power and of love and of a sound mind.

[2 Timothy 1:7]

I can do all things through Christ who strengthens me.

[Philippians 4:13]

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

[Philippians 1:6]

Blessed is the man that endures temptation: for when he is tried, he shall receive the crown of life, which the LORD has promised to them that love Him.

[James 1:12]

If the Son therefore shall make you free, you shall be free indeed.

[John 8:36]

Jesus said to them, "With men this is impossible, but with God all things are possible."

[Matt 9:26]

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.

[Galatians 5:1]

Order additional copies of this brochure:

http://christians-in-recovery.org/AboutCIR_Handouts

Day One

My first 24 hours in Recovery



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<http://christians-in-recovery.org>

Do not panic!

Do Not Be Afraid or Intimidated!

You have come to the decision that your life needs to change. You are not alone.

Millions of people have found what you are seeking: renewal, wholeness, peace of mind, health and a closer relationship with God. He loves you and will work together with you to accomplish this change:

“For I know the plans that I have for you,” declares the Lord, “plans for welfare and not for calamity, to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart. [Jeremiah 29:11-13 NASB]

Determine the problem or problems with which you need help and support. Many people have several problems that are interrelated. For instance someone who is alcoholic may also suffer from depression in which case it should be helpful to explore and attend two different support groups.

Learn All You Can about Your Problem(s). Research the Christians in Recovery web site:
<http://christians-in-recovery.org>

Read books about recovery from your local library or <http://RecoveryBooks.com>

Be Brutally Honest with Yourself, Others and God. Being dishonest with yourself, others and God is what got you into trouble in the first place. If you don't change what you have been doing in the past, nothing will change in the present. Now is the time to take action! We will give you the tools and guidance you need.

Pray!

It does not matter if you have never prayed before or if you are used to praying every day. Just do it! Talk with God. Pour your heart out to Him. Ask Him for the strength and guidance you need. You don't need fancy words or special prayers. Just be truthful. He is your Father. He loves you and wants to hear your voice, your words and what is weighing so heavily on your mind.

Rely on God's Promises in the Bible

Get a recovery Bible. We recommend:

- * Life Recovery Bible, Tyndale House
- * Serenity: A Companion for Twelve Step Recovery, by Dr. Robert Hemfelt and Dr. Richard Fowler
- * Recovery Devotional Bible
Includes 365 meditations and extensive notes, Zondorvan Publishers
- * My Spiritual Journey (Bible and Journal)
You can find these here:
<http://RecoveryBooks.com/bibles.html>

Get & Read a Recovery Devotional

Read it every day. We suggest these:

- * One Day at a Time: The Devotional for Overcomers
- * Letting God: Christian Meditations for Recovering Persons, by A. Philip Parham
- * 12 Step Life Recovery Devotional
by Stephen Arterburn and David Stoop
- * A Walk with the Serenity Prayer
- * A Day at a Time: Daily Reflections for Recovering People, Hazelden

You can see these and more suggestions here:
<http://RecoveryBooks.com/daily.html>

Learn About the 12 Steps

The 12 Steps are not for everyone. Learn about them, try them and decide for yourself. They can be an indispensable tool for achieving your goals. Take time and work the 12 Steps one Step at a time. You will find valuable worksheets on our website:

http://christians-in-recovery.org/Tools_Worksheets

Get a Sponsor

Ask for a temporary online sponsor or recovery buddy until you can find a face to face sponsor. Post your request for a sponsor in the CIR Message Boards. Be persistent!!

It takes time to find a good sponsor. You can learn more about sponsorship here:

http://christians-in-recovery.org/Tools_Sponsors

Read the CIR Message Boards and post back with your questions. Others have gone through what you are experiencing. Our members share their own experience, faith, strength and hope. Learn from them.

<http://christians-in-recovery.org/ubb>

Attend As Many CIR Chats As You Can

You can find our chat schedule here:

<http://christians-in-recovery.org/schedule>

You don't have to say a thing if you do not want to. Chats give you a chance to discover more about recovery and have your questions answered. You will learn a lot from others who are already in recovery. Each chat has its own personality so don't be discouraged if you don't feel at ease or "click" at first.

*But seek ye first the kingdom of God
and his righteousness; and all these things
shall be added unto you. Matt. 6:33 (KJV)*