

YOUR
RECOVERY
MATTERS

call toll free
844.843.8624



© 2017 TN24 Recovery Ministries, Inc.

BREAKTHROUGH the *Brokenness*

Support for Persons on the Other Side
of Those Struggling with Addictive Agents



*Providing a Safe Place for Discussion
and Sharing by Christians Who Suffer
from Codependency and the Effects of
Having Spouses, Family or Friends
Who are Engaging in Addictive Agents.*

*They shall come with weeping, and with supplications I will lead them, I will cause them to walk by the rivers of waters in a straight way in which they shall not stumble; FOR I AM A FATHER to Israel, and Ephraim is My firstborn.
— Jeremiah 31:9*

Ephraim meaning fruitful – because “God has caused me to be fruitful In the land of my affliction” — Gen. 41:52

BREAKTHROUGH the *Brokenness* MEETING GUIDELINES

(To Be Read Before Each Meeting)

This is a recovery fellowship group of Christians who have suffered the effects of living with or loving a person who is or was addicted to alcohol or other addictive agents. We may have experienced how overwhelming it can be to try to fix the other person, to fix ourselves, or stop the pain. Many of us have become sick ourselves trying to control the people that hurt us. Our freedom, recovery, and all the good things that God has in store for our life depends on our letting go of that person and focusing on ourselves. We cannot control another person. We cannot fix them or change them. We can however, have courage to change ourselves with the help of our very loving God who wants us well. We can own up to our part in relationships.

Meetings will be based on the 12 Steps of Recovery and Bible Scriptures.

In order to have a safe place to share, and an atmosphere of trust . . . we practice anonymity. No names or stories are shared outside these meetings.

We are not professional counselors, nor do we tell other people what to do. We are here to share our stories, struggles, feelings, strengths, weaknesses, and experiences. We are here to let go of secrets and shame so we can begin to heal. We are also here to celebrate the good things that God is doing in our life . . . giving us all hope!

If someone is suffering physical abuse, please get professional help. If someone here needs professional counseling, please seek that help.

Although there will be someone to host each meeting, no one is a boss or ruler. We do need guidelines but there is only one Ruler, One Authority, One Higher Power, and that is our very loving God.

For the benefit of all here, the time allotted for each person to share must be limited to no more than five minutes. Everyone's story is important. God can use our stories for His glory. He gives beauty for ashes. He may use anyone here sharing an experience or revelation to strike us to our very core and help us heal.

Each meeting will begin and end with prayer.

SERENITY PRAYER: God, grant me the SERENITY to accept the things I cannot change, COURAGE to change the things I can, and the WISDOM to know the difference.

Note: Newcomers or those in extreme stress may need to get further information regarding other helpful recovery meetings.

MISSION: A "safe place" recovery group meeting for discussion and sharing by Christians who suffer from codependency and the effects of having spouses, family or friends who are engaging in addictive agents.

GUIDELINES: By utilizing the 12 Steps of Recovery, Bible scriptures, prayer and developing an intimate relationship with God, we can surrender to His will, let go of secrets and shame, and allow God to heal us.

FOCUS: Focus always on ourselves and not the other person, alcoholic or addict. Always owning up to our part in relationships, and practicing anonymity.

LOCATION: **Next Level Church** - 5015 Darlington Rd., Holiday, Fl. 34690

DATE & TIME: Every Monday 7:00 pm

THE TWELVE STEPS

1. We admitted we were powerless over others and their addictions that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves; God, could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God.
4. Made a searching and fearless written moral inventory of ourselves.
5. Admitted to God, to ourselves and to another person, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening, as a result of taking these steps, we tried to carry this message to others and to practice these principles in all our affairs.