

Welcome To
Celebrate Recovery
Amends
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Celebrate Recovery Amends

"Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others." Principle 6

A. introduction

"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. **Then come and offer your sacrifice to God.**" (Matthew 5:23)

"And so, dear brothers and sisters, I plead with you to give your **bodies** to God because of all he has done for you. Let them be a living and holy **sacrifice**—the kind he will find acceptable. **This is truly the way to worship him**". Romans 12:1

B. "A" stands for "Admit the hurt and harm".

C. "M" stands for "Make a list".

D. "E" stands "Encourage one another".

"Think of ways to encourage one another to outbursts of love and good deeds."
(Hebrews 10:24).

"Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand."
(Isaiah 41:10)

E. "N" stands for "Not for them".

"Do your part to live in peace with everyone, as much as possible." (Romans 12:18)

F. "D" stands for "Do it at the right time".

"There is a time for everything, a season for every activity under heaven."
(Ecclesiastes 3:1)

"Teach us to make the most of our time, so that we may grow in wisdom".
(Psalm 90:12)

G. "S" stands for "Start living the promises of recovery".

Philippians 1:6

"And I am sure that God, who began a good work within you, will continue his work until it is finally finished on that day when Christ Jesus comes back again."

Philippians 2:13.

"For God is working in you, giving you the desire to obey him and the power to do what pleases him."

Philippians 4:13

"For I can do everything with the help of Christ who gives me the strength I need."

James 4:10

"When you bow down before the Lord and admit your dependence on him, he will lift you up and give you honor."

James 5:16

"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and wonderful results."

Romans 12:2

"Don't copy the behavior and customs of the world, but let God transform you into a new person by changing the way you think. Then you will know exactly what God wants you to do, and you will know how good and pleasing and perfect his will really is."

Psalms 139:23-24

"Search me, O God, and know my heart; test me and know my thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life."

1 John 1:9-10

"But if we confess our sins to him, he is faithful and just to forgive us and cleanse us from every wrong. If we claim we have not sinned, we are calling God a liar and showing that His word has no place in our hearts."

Isaiah 41:10

"Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand."

An example of “Selective Isolation”

Let’s say that in the past you were a serious alcoholic. And while you were in this condition, you abused your family. You withheld love, you were cold and distant, and you may have even abused them physically.

Finally they couldn’t take it anymore, and they left. And today they are no longer a part of your life.

Time has passed. You have gotten into a Christ centered rehab program, and, for the first time in your life, you are clean and sober. Your life has changed, and you now feel deep regrets and shame and loss and sorrow over what happened in your past relationship with your family.

You have reached a point where you want to make amends, but every time you think about doing that, the pain is too great and you shrink back.

So you ask God to help implement the process of “Selective Isolation”. You ask Him to help you isolate the actual events from your emotional reaction to them. You create two lists.

The first list contains a record of what you did and the people you impacted. You prepare this list carefully and prayerfully. Here’s what you find:

1. You ignored your wife during most of your marriage.
2. You were insensitive to her emotional needs.
3. You did very little with your kids.
4. You did not participate in family functions including vacations.
5. You spent most of your time working.
6. You spent a great deal of your time with your friends at the bars.
7. You became isolated and remote.
8. You refused to get help.

Your second list describes your feelings and emotions as they relate to the incidents identified in the first list. Again you collect this information prayerfully and carefully. Here’s what you come up with:

1. You felt inadequate and inferior.
2. This was a problem you have had all your life.
3. You felt you could not be emotionally involved with anybody.

4. You were scared of intimacy.
5. You withdrew and your isolation caused you more pain.
6. You drank to deal with the pain.
7. Today you have recurring feelings of shame and regret.

As you compile these lists you talk regularly with your Sponsor.

You decide the time has come to make things, “right”. You decide to admit your wrongs and ask for forgiveness. So you implement the following plan:

1. “At the “right time”, you will contact all the wounded parties on your first list and offer to make amends. You will ask for their forgiveness and discuss how you can make things right.
2. What is the “right time”? Only God knows. Pray and listen for His direction, and He will let you know.
3. Ask God to help you deal with what is on the second list.
4. This is part of your recovery (Step 5). Ask Him for forgiveness. Ask Him for healing. Ask Him for strength. Ask Him to help you in any way that’s needed.