

An acrostic for Relapse Prevention and/or Recovery:

Remember What You Already Know – A good place to start is to go back to the basics you have already learned in your recovery journey and the Biblical foundations that undergird the 12-Steps, 8-Principles and additional Scripture lessons you have received that can enable you to move forward in your recovery.

Engage Your Support Network – Accountability Partners, Open Share Group, Friends and Family who are Safe. It's Your Recovery – Own It. But You Can't Do It Alone!

Lean into Your Higher Power, Jesus Christ, through Prayer, Bible Reading, Meditation and Consistent, Regular Fellowship with Other Faithful Followers. God Loves You, He Is Faithful, And He Will Never Leave You or Forsake You!

Attend Recovery Meetings Regularly and Frequently – Celebrate Recovery Large Meetings, Open Share Group Meetings, Step Study Group and other Recovery Fellowships that are Focused on your issues.

Pray without Ceasing – Increasing Your Conscious Contact with God (Pray through the Psalms, Use the CR Daily Devotionals to Help Start You as Needed; Find a Trusted AP to Serve as a Prayer Partner, Recite the Serenity Prayer and the Disciple's [Lord's Prayer], Journal Your Thoughts and Feelings as Written Prayers to God.

Stay in Regular, Consistent Honest Contact with Your Sponsor, at least weekly if not more frequently as needed and possible. Be Open, Honest and Confess Your Struggles, Sins, and Shortcomings – God promises healing and forgiveness when we confess.

Exercise Daily in Step Work and Service to Others – actively work the steps, principles and traditions of Celebrate Recovery and other recovery fellowships, practice taking a daily inventory, and give back in service to others; we increase what we have in recovery by giving it away!

Wes Shaffer, June 23, 2020.