



## Change Is Possible: The Eight Principles of Celebrate Recovery

Since the beginning of time, men and women have searched for happiness — usually in all the wrong places, trying all the wrong things. But there's only one place where we can find tested-and-proven, absolutely-gonna-work principles that will lead to healing and happiness. These principles come in the form of eight statements from the truest of all books — the Bible — and from the most revered Teacher of all time — Jesus Christ. Jesus laid out these principles for happiness in the Sermon on the Mount in the gospel of Matthew, chapter 5. Today we call them “the Beatitudes.”

Change, Jesus says, can be ours, but the pathway to change and happiness may not be exactly what we're expecting. From a conventional viewpoint, most of the following eight statements don't make sense. At first they even sound like contradictions. But when you fully understand what Jesus is saying, you'll realize these eight statements are God's pathway to wholeness, growth, and spiritual maturity.

- “Happy are those who know they are spiritually poor.”
- “Happy are those who mourn, for they shall be comforted.”
- “Happy are the meek.” “Happy are the pure in heart.”
- “Happy are those whose greatest desire is to do what God requires.”
- “Happy are those who are merciful.”
- “Happy are those who work for peace.”
- “Happy are those who are persecuted because they do what God requires.”

The power to change comes only from God's grace. In Principle 1 we start working and living this program in earnest. When we admit we're powerless, we go on to recognize that we need a power greater than ourselves to restore us. That power is the one and only true Higher Power, Jesus Christ.

The first step of the Christ-centered 12 Steps relates to Principle 1:

**Step 1:** We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

*“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7: 18)*