



ONLINE DISCUSSION GUIDE - WEEK OF MARCH 16

INTRODUCTION & OVERVIEW

Thank you for joining us this week at Celebrate Recovery at Wooddale Church! During this season, we have shifted what were previously in-person meetings at our Loring Park and Eden Prairie campuses to a new online virtual format. Over the coming weeks we will continue the journey to recovery from our hurts, habits and hang-ups in a new digital format with fresh actionable content released each week! Our live broadcast will take place on Tuesdays at 7pm with an on-demand recording posted each weekend at www.wooddale.org/churchathome.

Celebrate Recovery Live Online, Tuesdays @ 7pm: <https://zoom.us/j/600413511>

Please check-in each week to keep in touch! <https://tinyurl.com/CROnlineConnect>

DISCUSSION & REFLECTION QUESTIONS

This week we heard a message from Pastor Trent, Loring Park's Celebrate Recovery Director, titled "God's Purpose for Pain." We learned that God wants to use our brokenness to bless others, but it's going to take a little work on our end! You can use these questions to grow in your recovery through personal reflection and/or discussion with your open share group, sponsor or accountability partner:

- 1) Not all pain is bad, in fact, God oftentimes uses pain to get our attention and turn us towards his healing and salvation. How did pain get your attention in recovery?
- 2) Experience doesn't make you wiser...it's *evaluated* experience that does! What have you learned from the painful situations related to your recovery so that next time doesn't have to be like last time?

- 3) Not all things are good that happen to us, or that we've caused to happen. But, God makes a powerful promise in Romans 8:28 – He can make all things work together for the good of those who love him. How have you seen God take bad things from your recovery and turn them into good? Is there something you need to surrender over to Christ's care and control for him to turn into His good?
- 4) Just like we're searching for hand sanitizers everywhere we enter, we should be Hope Dispensers in our lives and recoveries to everyone we encounter! How can you share hope this week? Who has God put into your life right now that he wants to bless through you?

ONLINE OPEN SHARE GROUPS

Open Share groups are intended for those invested in the Celebrate Recovery program, and those who joined the large group meeting.

Groups take place immediately following the CR Online Tuesday meeting, from 7:45-8:30pm.

- Eden Prairie Men: Stay tuned, log-in information to be given on Tuesday at CR Online Lg Group.
- Eden Prairie Women: Log-in at <https://us04web.zoom.us/j/9543091634>
- Loring Park Men: Log-in at <https://zoom.us/j/777995285>. Call in #: (312) 626-6799, Meeting ID: 777 995 285.
- Loring Park Women: Log-in at <https://zoom.us/j/6148831360> Call in #: (312) 626-6799, Meeting ID: 614 883 1360

OPEN SHARE LEADERS GUIDE

If you are leading an Open Share group online, please refer to the guide below to assist you in leading your group!

Hello everyone! My name is _____, I'm a grateful believer in Jesus who struggles with _____.

In our meeting, we introduce ourselves by first saying "I'm a believer" because we believe our identity is in Jesus Christ – the one and only Higher Power. You may hear each of us say a different variation, but the common thread is our identity in Jesus. If that doesn't resonate with you right now, we want you to know that you're welcome here and to feel free to skip that portion and just introduce yourself.

We go on to say “who struggles with” and state our struggle, because we believe that whatever we are struggling with is not our identity. We are each struggling with our own hurts, habits, hang-ups.

Let’s take a minute and each introduce ourselves. I’ll begin. If you would prefer to not say anything, you can simply say “pass.”

Again, my name is _____, I’m a grateful believer in Jesus who struggles with _____.

[Introductions]

I would love someone to please open us in a word of prayer. Would anyone like to volunteer?



LEADER: Feel free to ask someone you know would be comfortable if no one volunteers.

This meeting is for any life issues and for those who are exploring their own personal recovery journey.

Before we start sharing, I’d like to read our Small Group Guidelines. The intention of these guidelines is to provide a safe and productive meeting for everyone. Please listen carefully and honor these throughout the meeting as a sign of respect to each of us here today. If you struggle to keep the guidelines or are just unfamiliar with them I will gently interrupt you and invite you to refocus your sharing with the guidelines in mind.

1. Keep your sharing focused on your own thoughts and feelings. Stick to “I” or “me” statements, not “you/he/she/we/they” etc. Please limit your sharing to three minutes. To help with this, we’ll use a timer. When you hear the alarm go off, you have 1 minute to wrap-up your share.
2. There is no cross-talk please. Cross-talk is when two people engage in a conversation during the meeting. This can look like responding to what someone shares during their time, or commenting on their share after they have finished. Each person is free to share without interruptions. We also ask that phones are on silent and not brought out during the meeting.
3. We are here to support one another, and not attempt to “fix” one another. This means we don’t give advice, feedback or attempt to solve anyone’s problems during our sharing. However, we strongly encourage you support and connect with one another after the meeting, not during.
4. Anonymity and confidentiality are basic requirements that lead to trust and ultimately growth within each of us. So what’s shared in the group, stays in the group. Discussing with other group members what was shared in group is breaking anonymity. The only time someone will discuss the content of group outside of the meeting is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group, so we please ask that this is left outside our meeting.
6. If you've used any mood or mind altering substances today, we ask that you just listen.

SHARING ON CR ONLINE DISCUSSION QUESTIONS

You'll have two opportunities to share today. The first opportunity will be for those who want to share on this week's CR Online Meeting. The second opportunity will be for a Recovery Check-in. This happens about half-way through the meeting. It's a time to share about what's going on in your recovery.

Concerning this week's content from CR Online, what was meaningful or stuck out to you? Please keep your sharing focused on yourself as opposed to others. The meeting is now open for sharing.

 **LEADER:** About half way through your meeting time or when you sense people are done sharing for this portion, transition the group to Recovery Check-in Time.

RECOVERY CHECK-IN

Thank you for sharing about the message from this week. We'll now transition the meeting to a Recovery Check-in time. Sharing in group is a time to practice vulnerability and honesty by focusing inward and sharing about the ways in which God is growing us. We encourage you to focus your share on how it relates to your hurt, habit or hang-up as best as you can. When we each do this, we join with the healing work of the Holy Spirit in each of our lives. The floor is now open for sharing our Recovery Check-in.

WRAP UP

Thanks everyone for joining us and sharing today. We are out of time, but we are not out of hope! If you didn't get the chance to share, please connect with any of us after the meeting. We would be happy to connect with you and hear more of what is on your heart.

If you're not working the Steps with a sponsor, or if you don't have an accountability partner we strongly encourage you to do so. They're a key piece to this recovery program and the place where your recovery will grow and thrive. If you're interested in joining taking a next step in your recovery journey, please let me or your Celebrate Recovery Ministry Director know directly. We want to support you in any way we can!

Just as a reminder, be sure to tune in every Tuesday at 7 pm for our large group meeting online! This is one of the key ways we're keeping in touch and growing in our recovery during this unique season. **Wooddale Church also has two Sunday morning services online every Sunday morning at 8:30 am (Traditional style worship) and 10 am (Modern style worship) that we would love for you to join at www.wooddale.org/live**

Thanks for letting me serve today. We will all now say the Lord's Prayer together as we close our meeting.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,

on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the Kingdom,
the power and the glory,
forever and ever.
Amen.

POST MEETING RESPONSIBILITIES

Your goal is to facilitate a safe environment for each member.
Think of yourself as a Shepherd caring for the group.
Thank you for your leadership, care and guidance.



Please email your Celebrate Recovery Ministry Director how many individuals attended your virtual open share meeting after your adjourn the meeting.

Blessings on your week!

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