

I desperately needed Christ in my life

I am a grateful believer in Jesus Christ who is gaining victory over co-dependency and still struggling with anxiety and anger. My compulsion to fix and rescue people came naturally to me beginning as the oldest child and only daughter of a dysfunctional family of five.

Although not raised around addiction, my father suffered from depression and anxiety with anger issues and my mother was the peacemaker, a classic co-dependent in the home. I experienced constant arguing throughout my childhood coupled with severe discipline and my ultimate escape to college brought only temporary relief.

I became sexually promiscuous and sought out male attention to fill the void in me. Although I had accepted Christ as my personal Savior at the age of 13, I turned towards the sinful world for pleasure and temporary happiness as soon as I left home at the age of 18.

After graduating from college, I gravitated towards the field of Social Work and ultimately spent over 40 years working with juveniles and young adults who came under the auspices of the court system through the Probation Department.

Surprisingly, I was blindsided when the man of my dreams, my current and only husband, had addiction issues and subsequently, two of my three children now battle with addiction and mental health issues. My upbringing, education and training were ultimately utilized to try and fix and rescue ALL of them!

My first experience with a Christ based Recovery Program was when I heard Pastor Nate speak at church about Celebrate Recovery and I joined my first Step Study in 2009 when I realized my marriage was in deep trouble and my husband's drinking was causing me to be anxious and angry.

The program revealed to me that I desperately needed Christ in my life and that my life was truly unmanageable. We separated for several months and through making amends, I was freed from my guilt and shame of my negative past actions, lack of courage and poor decisions I had made during my marriage and before.

As I developed a closer relationship with Christ, it was revealed to me that I was addicted to relationships to fill the void I had in my life. I made a conscious decision to make Christ my priority through prayer, reading my daily devotional, bible reading and journaling.

My second Step Study in 2012 occurred after I realized I was relapsing in my behavior and thinking. My youngest daughter, age 24, was struggling with drug addiction, was homeless and ultimately arrested. I was deeply depressed and struggling with trusting the Lord and surrendering my will to Him.

My Step Study members encouraged me to fully trust that God had a special plan for my life and those in my family. I am now able to experience peace and serenity in the midst of chaos. Celebrate Recovery has provided me with the tools to actually grow stronger through adversity and "Let go and let GOD."

I co-lead my third Step Study in 2015 while struggling with low self esteem and still entrenched in a dysfunctional marriage. Celebrate Recovery and working the 12 steps and 8 Principles in my group helped me to show grace to others, not be judgmental and be a better listener.

I am clearer with my boundaries and am taking better care of myself and not being a "people pleaser. God brought together a wonderful group of Christian women who bonded together in an environment of trust, honesty, spiritual growth and insight. Their recovery strengthened and encouraged my own journey. I now realize that my recovery is dependent upon my faith and desire to follow Christ and His biblical teachings.

His grace has redeemed me and given me the courage to trust that He has the love and power to heal my loved ones that are struggling. My youngest daughter and I now have over FOUR years of sobriety and I encourage newcomers to have the faith that this Christ based recovery program works, if you work it!!!

S.B.