

It's the beginning of even greater things

Both of us brought baggage to the marriage, childhood hurts, and in my case, childhood sexual abuse wounds that I thought I were "healed". We would continue to go thru a cycle of good, bad, and indifferent in our marriage, never seeming to keep on an even path. Some call it the "crazy train." It was unhealthy to say the least.

We didn't have a healthy way to deal with marital conflict, raising children, or unmet expectations, and so we used unhealthy ways. Anger, resentment, silence, or just ignoring it, hoping it would go away. The summer of 2014, a family crisis, and our poor reactions to it, would result in my leaving the home, and coming to Celebrate Recovery. I was desperate for a better way of living and for God's reconciliation in our lives.

Within a week, I was in a Step Study, praise God! That's where I learned that my dysfunctional childhood had resulted in codependency, people-pleasing, and low self-worth. Since all of these are easy to define, but hard to change, I had a lot of work to do.

At times, it seemed like 2 steps forward and one step back, but by the end, I felt a healing I have never know before. People knew all of me, the good, and the bad, the pain I had, and the pain I caused, and loved me anyway. And still do.

Celebrate Recovery is a great program to deal with the immediate consequences of hurts, habits, and hang-ups, but more importantly, it provides tools to use long term so that I don't fall back into behaviors I learned to cope with the consequences of my pain.

Instead, I have a new set of God-given ways that I can use when I feel like I'm slipping back into old patterns. Friday night meetings are a good way to keep focused on myself, and not fixing "the other person".

The one thing I would say is, don't stop coming. There is a point where you feel "healed" or "fixed" after completing a Step Study, but that's not the end, it's the beginning of even greater things. God will use you to speak life to others, to serve others, and it's a place to be on a Fri. Night.

Lori R.