



■ THE
■ RECOVERY
■ COURSE



LEADERS HANDBOOK

Small Group guide for Leaders

Most weeks there will only be time for discussing one or two questions.

Choose whichever ones may appeal to you or make up your own.

Contents Page

Session 1	Introduction – To Change or Not To Change?	4
Session 2	Out of Control?	5
Session 3	Powerless	6
Session 4	New Order: When Will The Insanity Go?	7
Session 5	New Life Or Old Life? Time to Choose	8-9
Session 6	Opening Pandora’s Box	9
Session 7	Dig for Victory	10
Session 8	Time to Confess	11
Session 9	Getting Ready	12
Session 10	The Removal Business	13
Session 11	Making Amends	13-14
Session 12	Not So Bad After All	15
Session 13	Cleaning House	15-16
Session 14	No Going Back	16
Session 15	From Liberated to Liberator	17
Verses for Session 1		18
Verses for Session 2		18-19
Verses for Session 3		19-20
Verses for Session 4		20-21
Verses for Session 5		21-22
Verses for Session 6		22-23
Verses for Session 7		23-24
Verses for Session 8		24
Verses for Session 9		25
Verses for Session 10		25-26
Verses for Session 11		26
Verses for Session 12		27
Verses for Session 13		27
Verses for Session 14		28
Verses for Session 15		29
Verses for Workshop		30-31
Verses to Beat the Devil		32-33
Twelve Step Fellowship Groups		34-35
Serenity Prayer / Lord’s Prayer		36

Session 1 – To Change Or Not To Change?

Introduction (20 minutes)

Leader: Keep this first night really light, after all it is only an introduction to the course! Encourage everyone to introduce themselves by first name only. There is no pressure on anyone to disclose their problem and on this first night it is probably best to avoid that.

As people introduce themselves ask them what they are hoping to get out of the course. Don't ask why they have come as this will pressurise them to disclose more than they may wish at this stage.

Optional - Play an ice-breaker to try and help people relax. Things such as, If Your Home Was On Fire What Object Would You Rescue? What Would You Take To A Desert Island?

Establish Credibility

Let everyone know that every single leader and helper on this course is someone who has and is struggling with an addiction. We are not here to 'fix' anyone, but to work alongside each person as a fellow struggler who God loves and is proud of.

As group leader you will encourage the guests by showing how the Twelve Step programme and your faith in Jesus has worked for you and how God has helped you through the Twelve Step programme.

Remember, we want to encourage people to come back next week so let's give them plenty of hope that there is an answer to their problem.

Discuss the issue (30 minutes)

Leader: Throw the session open to general discussion about tonight's talk. Don't allow any one person to dominate (time limit of around 2-3 minutes per person) and everyone should be given the opportunity of sharing briefly if they wish. Anyone can 'pass'. Now is a time for people to express frankly their feelings, fears and hopes. Was there anything in the talk that encouraged them and gave them hope? Was there anything in the talk that has given them cause for concern?

Questions you could ask to encourage people to contribute are things like:

"Recovery is all about change – profound, radical, personal change. Does that give rise to any concerns?"

"For God to work in us He will require us to look at ourselves at a deep and emotional level. How does that make you feel?"

"We must want to change more than we want to remain in our addictive lifestyle. Does anyone want to comment on that statement?"

"There is no alternative to God. He has the power to change me, I don't. What is your response to that statement?"

***"The Lord is close to the broken-hearted;
he rescues those whose spirits are
crushed"***

Psalm 34:18 (NLT)



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