

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

### Accountability Team

Sponsor:

Accountability Partners:

### Prayer for Serenity

God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it.

Trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next.

Amen

## Gambling Addiction

# Celebrate Recovery

Green Acres Baptist Church



***Transforming Lives with  
the Truth & Power of Jesus***

**Monday  
Nights**

**6pm Family Meal  
7pm Large Group  
8pm Small Groups  
9pm Solid Rock Café**



**@CRGreenAcres**  
CelebrateRecoveryGABC.com

110 Student Center  
1505 Troup Hwy  
Tyler, TX 75701

## Exploring the issue of Gambling Addiction

If you honestly want to, but find you cannot quit gambling entirely, or if you have little control over the amount you bet, you are probably struggle with compulsive gambling. A compulsive gambler is described as a person whose gambling has caused growing and continuing problems in any department of his or her life. If so, you may be suffering from a problem which only a spiritual solution will conquer.

### Characteristics of someone struggling with Gambling Addiction may include, but are not limited to:

- My gambling makes me careless of the welfare of myself and/or my family.
- I have borrowed money, sold possessions, and/or committed an illegal act to finance gambling.
- After losing I felt the need to return as soon as possible and win back my losses or after a win had a strong urge to return and win more.
- I have lost time at work, school, home, and with friends to gamble.
- At times, I have been defensive about my gambling and justified my right to gambling, especially when trying to escape worry or stress.
- I was trapped in the illusion of “just one more time.” Or “this time it will be different.”
- When I did seek help I was only looking for the pain to go away.
- My track record shows that it is impossible for me to gamble in any form.

## How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups and habits.

### We Will Learn To

- Form an Accountability TEAM: Sponsor, Accountability Partners.
- Commit to a daily quiet time in the Celebrate Recovery Bible.
- Read about this area of recovery.
- Restore and develop stronger relationships with God and with others.
- Understanding the root of each core issue you identify with and become willing to experience grief, forgiveness, and acceptance.

## The Solution

I will come to believe there is only one solution to accept Jesus Christ as my Higher Power and follow His plan for my life by working through the 8 Recovery Principles found in the Beatitudes.

With Jesus Christ as your Higher Power, you can and will change!

### Characteristics of someone in recovery for Gambling Addiction may include, but are not limited to:

- Accept Jesus Christ as Higher Power.
- Working the 12 step recovery process diligently and consistently.
- Living without gambling one day at a time with the help of the Higher Power, Jesus Christ.
- Staying away from that first bet. If there isn't a first one, there cannot be a 10th one. And when free of gambling, life becomes much more manageable.
- Experiencing the true peace and serenity you have been seeking.
- Stop relying on dysfunctional, compulsive, and addictive behaviors as a temporary “fix” for pain.
- Apply the biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another.
- Weekly attending Open Share Group
- Learning how to serve others out of the freedom you are finding.

### What We Are

- Bible-based, Christ-centered & God-honoring
- A safe place to share
- A discipleship program
- A place for healing from life's hurts, hang-ups, and habits
- A support community

### What We Are Not

- A place for therapy, counseling, or treatment
- A place to look for dating relationships
- A place to judge, fix, or rescue others
- A place to be judged, fixed or rescued by others
- A quick fix

## Definition of Sobriety

Sobriety for compulsive gambling is defined as follows: Complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or “skill” constitutes gambling.

As you draw closer to your Higher Power, Jesus Christ, you will learn how to apply the 8 Recovery Principles and 12 Steps, designed to guide you in this journey we call “Recovery.” If you are diligent to provide willingness, integrity, consistency, and rigorous honesty, God will supply you with the courage, strength, and ability to take the necessary steps to gain freedom from unhealthy behaviors.