

There is a Solution!

The purpose of Whitewater Crossing Christian Church's Celebrate Recovery is to fellowship and celebrate God's healing power in our lives. We open the door by sharing our experiences, strengths, and hopes with another. In addition, we become willing to accept God's grace in solving our life problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the principles and the steps, we discover our personal, loving, and forgiving Higher Power—Jesus Christ. We will no longer have to rely on our dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for our pain.

Hours and Contact

Location:

Whitewater Life Center
Phone: 513-738-7500
5771 State Route 128,
Cleveland, OH 45002

whitewater crossing  **christian church**

Meeting Information:

Wednesday Evenings: 7-9pm
Large Group Worship: 7pm
Small Share Groups: 8pm
(Men's & Women's Groups)

Come early for fellowship and refreshments.

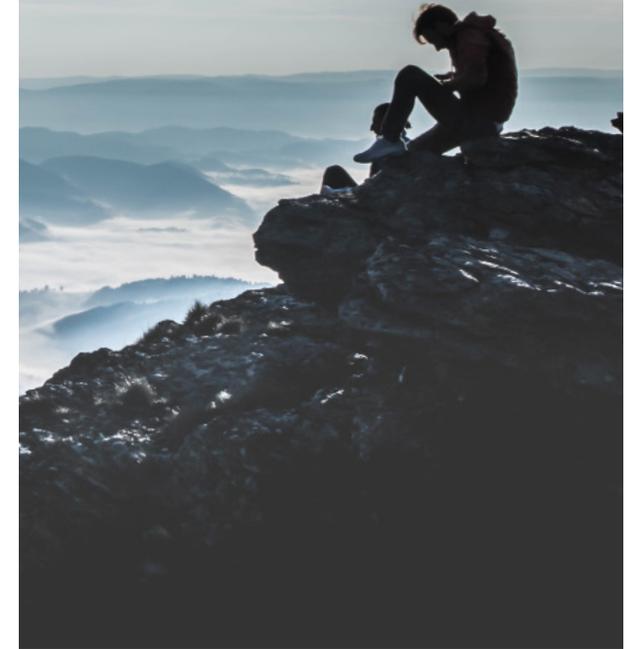
Doors open at 6:30pm



Anger

Celebrate Recovery®

"A safe place to share hurts,
hang-ups & habits!"



The Problem

ANGER is one of our basic, God-given emotions. This emotion can be conservative or destructive -- depending upon our response. The focus of this group is on giving Jesus time to help us use all of our emotions according to God's design for our lives, and to appropriately change our pattern of relating to others and our responsibilities.

When most of us think of an "angry" person, we think of someone who destroys themselves and their relationships through uncontrollable outbursts of rage. We usually picture someone who goes around slamming doors, yelling loudly, and making life miserable for everyone, including themselves. Yet this is only one part of anger, as anger has many faces.

Equally as damaging and destructive is anger that is suppressed, or "stuffed," as it will only continue to destructively influence our behaviors and attitudes. Ultimately, even suppressed anger erupts from deep within the heart.

Ask Yourself

Do you suffer from a toxic anger? How many of these statements apply to you?

1. I become impatient easily when things don't go according to my plan.
2. I tend to have critical thoughts toward others who don't agree with my opinions.
3. When displeased with someone, I may shut down communication with them or withdraw entirely.
4. I get annoyed easily when friends and family do not appear sensitive to my needs.
5. I feel frustrated when I see someone else having an "easier" time than me.
6. I do not easily forget when someone "does me wrong."
7. When someone confronts me with a misinformed opinion, I am thinking of my comeback even while they're speaking.
8. I find myself becoming aggressive even while playing a game for fun.
9. I struggle emotionally with the things in life that "aren't fair."
10. Although I realize that it may not be right, I sometimes blame others for my problems.
11. I may act kindly toward others on the outside, yet feel bitter and frustrated on the inside.

**Do four or more of these apply to you?
If so, you might have trouble with anger.**

The Solution

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject.

Celebrate Recovery does not promise to solve your life's problems, but we can show you how we are learning to live with the help of our Higher Power—Jesus Christ. When we are free from the past, we find life is much more manageable with Christ's power.

Recognizing and accepting responsibility for toxic patterns of behavior is the first hurdle to overcome when heading towards freedom from anger. Walking through the recovery process with Jesus Christ as our Higher Power allows us to admit our powerlessness to control our anger, as well as trust He will help us to overcome our destructive habits.