

Celebrate Recovery

A Christ-centered recovery program.

BAYVIEW WESLEYAN CHURCH • TRAVERSE CITY, MI

find
FREEDOM from
anger

find
FREEDOM from
**chemical
dependency**

find
FREEDOM from
codependency

find
FREEDOM from
**relationship
addiction**

find

FREEDOM from ALL OF LIFE'S

HURTS

HABITS

HANGUPS

WHAT EXACTLY ARE HURTS, HABITS, AND HANG-UPS?

A HURT, HANG-UP, or HABIT
is something that hinders your
walk with God.

The feeling of being HURT is an emotional
reaction to another person's behavior or to a
disturbing situation such as abuse, abandonment,
codependency, divorce, relationship issues, etc.

A HABIT is an addiction to someone or something,
Examples include alcohol, drugs, food gambling, sex,
shopping, smoking, pornography, to name a few.

HANG-UPS are negative mental attitudes that are
used to cope with people of adversity. Some examples
include: anger, depression, fear, and forgiveness.

Beginning Jan. 18, 2019
JOIN US!

EACH FRIDAY NIGHT
and find Freedom through CHRIST

This is our schedule...

6:30 - Opening prayer and worship

6:50 - Large Group Begins (both men and women listen to the
night's lesson and/or testimonies)

7:25 - Small Group Open Share Time • Men and Women are in
separate groups

8:25 - Closing & Fellowship - a good time to swap contact information

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