

The Program

Recovery—Through Christ promotes spiritual and emotional healing through a combination of God’s Word and the 12 steps of recovery. This effective blend teaches individuals to react to the struggles of life in a healthy way instead of suppressing, coping with, numbing, or simply avoiding reality. Through the program, participants learn how to carry their burdens (Matt. 11:28-30), retrain their thought patterns (2 Cor. 10:3-5), and overcome their own great tribulations of life (Rev. 7:13-14).

Recovery is lifelong process for many people, yet change is possible. Recovery—Through Christ is a tool that allows a new way of life to become reality. But the outcome is completely dependent on the willingness of the participant to change.

In Colossians 3:1-10, Paul called this process “being renewed.” The renewal comes from completely letting go of the old life and starting to live again. It is made possible through a new awareness of God, a better understanding of the struggles we face, and a support group that helps us stay focused on the narrow path leading home.

We understand that everyone struggles at some point in his or her life. Even though each person’s situation is different, the power to rise above comes from the same place—Jesus Christ. In Him, we have hope, peace, love, and forgiveness. And it is only through Christ that we can ever truly recover.

*“I have come as Light into the world,
so that everyone who believes in me
will not remain in darkness”
- Jesus*



A recovery program in which Jesus Christ is the higher power and the Bible is the ultimate authority.

Find support for life-controlling struggles such as:

Self-Esteem Issues

Guilt

Pornography

Shame

Alcoholism

Fear

Perfectionism

Sexual Addictions

Anxiety

Dishonesty

Substance Abuse

Anger

Codependency

Eating Disorders

What We Offer

- Biblically sound lessons.
- A safe environment that promotes healing.
- People who will support you, not judge you.
- Hope for a better tomorrow through a greater understanding of God’s love, grace, and mercy.

Meeting Details

First Steps: An intense nine-month, 12-Step program that immerses its participants into a greater understanding of God’s love, grace, and mercy. We will meet each week and walk the steps of recovery together—seeking true peace in a world filled with chaos and confusion. Each meeting has a devotional, including a time to praise and to pray. We have powerful discussion-style lessons and in-depth small group sessions. Confidentiality and anonymity are held to a high standard.

Step Zero: A weekly program that serves as maintenance for those who have completed the 12 steps and preparation for those who have not. The support group meets each Tuesday night and walks the pathway toward a new way of life. The purpose of this group is to provide an opportunity to discover yourself, and to renew your relationships with God and others without a timetable.

*“I came that they may have life, and
have it abundantly” - Jesus*

Serenity Prayer

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;

accepting hardship

as a pathway to peace;

taking, as Jesus did,

this sinful world as it is,

and not as I would have it;

trusting that You will make all things right

if I surrender to Your will;

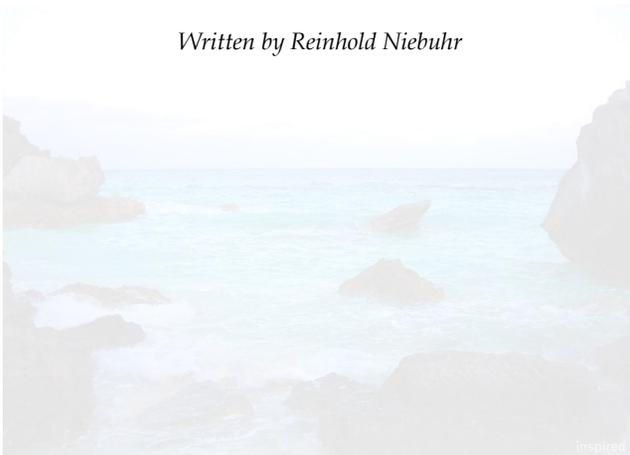
so that I may be reasonably happy in this life

and supremely happy with You

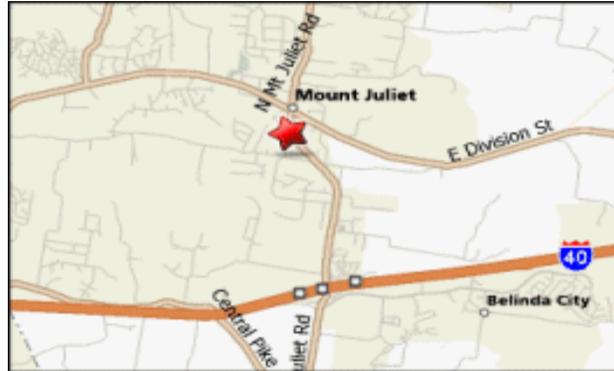
forever in the next.

Amen.

Written by Reinhold Niebuhr



Location



Mt. Juliet church of Christ is located in Wilson County just east of Nashville, TN. From Nashville, take I-40 East to Exit 226B to North Mt. Juliet Road. From areas east of Nashville, take I-40 West to Exit 226 and turn right on North Mt. Juliet Road. The church is on the left approximately 2 miles from the interstate.

Mt. Juliet Church of Christ
1940 N. Mt. Juliet Road
Mt. Juliet, TN 37122-0248
(615)758-2274

Are you ready to live?
Why wait another day?
Contact us for more information.

Recovery -
Through Christ

Website: www.recoverythroughchrist.org
E-mail: support@recoverythroughchrist.org



Recovery – Through Christ

The First Steps Toward a Changed Life

*“Come to Me all you who
are weary and heavy laden,
and I will give you rest”
- Matthew 11:28*

