



In Step 2 of Celebrate Recovery they go more in depth with the following “serenity robbers,” that Shawn talked about. These spell out in the acrostic POWERLESS.

Pride

Ignorance + power + pride = a deadly mixture!

“Pride ends in a fall, while humility brings honor.” (Proverbs 29:23, TLB)

Only ifs

Our “only ifs” in life keep us trapped in the fantasy land of rationalization!

“Whatever is covered up will be uncovered, and every secret will be made known. So then, whatever you have said in the dark will be heard in broad daylight.” (Luke 12:2–3, GNB)

Worry

Worrying is a form of not trusting God enough!

“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” (Matthew 6:34, TLB)

Escape

By living in denial we may have escaped into a world of fantasy and unrealistic expectations of ourselves and others.

“For light is capable of showing up everything for what it really is. It is even possible for light to turn the thing it shines upon into light also.” (Ephesians 5:13-14, PH)

Resentments

Resentments act like an emotional cancer if they are allowed to fester and grow.

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Ephesians 4:26-27)

Loneliness

Loneliness is a choice. In recovery and in Christ, you never have to walk alone.

“Continue to love each other with true brotherly love. Don’t forget to be kind to strangers, for some who have done this have entertained angels without realizing it!” (Hebrews 13:1-2, TLB)

Emptiness

You know that empty feeling deep inside. The cold wind of hopelessness blows right through it.

Jesus said, “My purpose is to give life in all its fullness” (John 10:10, TLB)

Selfishness

We often pray: “Our Father which art in heaven; give me, give me, give me.”

“Whoever clings to his life shall lose it, and whoever loses his life shall save it.” (Luke 17:33, TLB)

Separation

Some people talk about finding God – as if He could ever get lost!

“For I am convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels won’t, and all the powers of hell itself cannot keep God’s love away... Nothing will ever be able to separate us from the love God demonstrated by our Lord Jesus Christ when he died for us.” (Romans 8:38 – 39, TLB)