



How to Organize and Facilitate a Christ-Centered Support Group

A Quick Start Guide for New Leaders

Organizing a Christ-Centered Recovery Group

1. Begin by gathering one or two others who are willing to commit to forming a Christ-centered recovery group. Pray together and seek God's direction. We never want to meet alone, and we certainly don't want to meet without the Lord's presence guiding us.
2. Recovery in Christ Ministries began when a few believers from an AA meeting met afterward at a local restaurant. Since then, many groups have formed through recovery meetings, Bible studies, and church connections — using Recovery in Christ materials to establish Christ-centered meetings in their communities.
3. When we start a Christ-centered recovery group, we are **not** competing with or criticizing any other recovery fellowship. We are simply creating a place where Christians in recovery can freely talk about Jesus, Scripture, and spiritual transformation.
4. It is often best to meet in a church where the pastor is supportive and understands the Twelve-Step process. Pastoral covering provides spiritual protection and may open doors for referrals from those who are hurting.
5. Small groups play a vital role in the body of Christ. Deep fellowship rarely happens in large gatherings. A support group is a circle of equals who come together to love, encourage, and minister to one another.
6. Scripture calls us into this kind of healing fellowship: **“Confess your sins to each other and pray for each other so that you may be healed.” — James 5:16 (NIV)** A Christ-centered group provides a safe place for this to happen.
7. When we gather with others who understand us, we can release guilt and shame with the assurance that we will not be judged or condemned. Confidentiality is essential — many people hesitate to attend meetings at their own church because they fear gossip.
8. Transparency is a key part of recovery. Jesus said, **“You will know the truth, and the truth will set you free.” — John 8:32 (NIV)** As we share honestly and listen with compassion, God brings us out of denial and into freedom.



9. Consistency builds trust. Make sure someone is always present to start the meeting on time — every time.
10. Build a healthy foundation by inviting people who have a good attitude and the courage to be honest. It may be wise to avoid those who want to “perform spirituality” rather than pursue genuine recovery.

Facilitating a Healthy Christ-Centered Support Group

Begin every meeting by praying for God’s presence, the grace of Jesus Christ, and the leading of the Holy Spirit. These guidelines help maintain a safe, Christ-centered environment:

1. We gather to honestly share our experience, strength, and hope.
2. Avoid cross-talk — private conversations during the meeting can make others feel excluded.
3. Everyone should participate by sharing and listening.
4. Use **“I” statements** rather than “you” statements.
5. Share only about yourself and only with those who are present.
6. Let others speak for themselves; no one needs a spokesperson.
7. Do not counsel or give advice. We listen, identify, and apply what fits our own journey.
8. Do not preach. This is a fellowship, not a pulpit.
9. Do not monopolize the time.
10. Avoid profanity — it distracts from the work of the Holy Spirit.
11. Come with expectancy. God often speaks through the least likely person.
12. Maintain confidentiality. *What is said in the group stays in the group.*
13. Freely share Scripture and what Jesus is doing in your life. This is a Christ-centered meeting.



Your Primary Resource: The Leadership Guide

The **Recovery in Christ Leadership Guide** is the most complete and up-to-date resource for establishing a meeting format that truly works. It provides:

- a full year of weekly meeting templates
- Christ-centered readings
- step-based discussions
- guidance for newcomers
- special-topic meetings
- holiday and crisis templates
- leadership encouragement

Every new facilitator should keep the Leadership Guide close. It is the backbone of a healthy, consistent, Spirit-led meeting.

A Growing Library of Christ-Centered Recovery Resources

Recovery in Christ Ministries now offers a unified suite of materials designed to keep meetings fresh, biblical, and deeply transformative:

• The 12-Traditions Guide

A Christ-centered interpretation of the Twelve Traditions that protects unity, fosters humility, and strengthens the spiritual health of the group.

• Reaching Out to a Hurting World (Workbook)

A rich collection of topics, step studies, devotionals, and Scripture-based reflections for group discussion.

• Recovery Articles (Website)

New Christ-centered recovery topics are continually added to the website, giving leaders a steady stream of fresh material to keep meetings engaging and relevant.

• Video Series (24 Sessions)

Two videos for each Step, featuring believers sharing their experience with that Step — excellent for sparking discussion.

Together, these resources create a complete, Christ-centered recovery ecosystem that supports leaders, strengthens groups, and helps hurting people encounter Jesus.



Growing in Recovery and Growing Into Service

As people grow in recovery, something beautiful begins to happen: **the desire to help others awakens**. This is one of the clearest signs that God is healing a person's heart. The same tools we learn in recovery — honesty, humility, accountability, prayer, confession, listening, and surrender — become the very tools God uses to equip us to serve.

Jesus said, *"Freely you have received; freely give."* When someone begins to give back, even in small ways, it shows that the grace they've received is now overflowing to others.

Encourage people to take on simple responsibilities as they grow:

- setting up the room
- making coffee
- greeting at the door
- reading Scripture
- sharing a testimony
- chairing the meeting
- helping newcomers
- praying for others

These small acts of service are not "chores." They are **spiritual training grounds** where God shapes character, builds confidence, and teaches people how to love.

A rotation of leaders strengthens the group. It prevents burnout, protects unity, and gives everyone a chance to grow. The Twelve Traditions remind us that leadership in recovery is always shared, humble, and Spirit-led — never controlling or dominating.

As the facilitator, you are not the expert or the fixer. You are simply God's eyes and ears for the needs of those He brings. You may not share the same trauma as the people in your group, but the same spiritual principles — the Twelve Steps, the Twelve Traditions, and the gospel of Jesus Christ — bring healing to all of us.

Recovery is not about becoming strong enough to help others. It's about becoming surrendered enough for God to help others *through* us.

Stay flexible. Stay prayerful. Stay attentive to the Holy Spirit. He will guide the meeting, soften hearts, and open doors for healing in ways no human leader ever could.

And as people grow, keep pointing them toward the deeper resources that will sustain their journey:

In the end, recovery always leads to service, and service always leads us deeper into Christ. This is the heartbeat of a healthy Christ-centered support group.