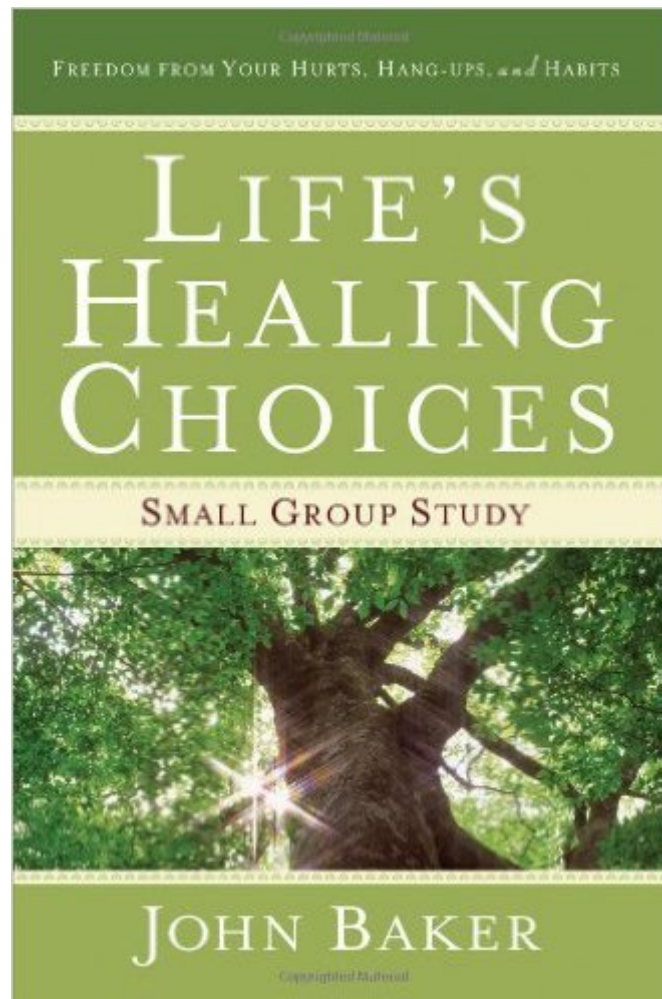


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# Life's Healing Choices Small Group Study: Freedom From Your Hurts, Hang-ups, And Habits



## Synopsis

The perfect guide for small groups teaches readers how to handle their hurts, hang-ups, and habits, finding strength in numbers and compassion from others. Thousands of churches around the country have small group studies, and this book focuses on the eight concrete, well-defined choices that are the foundation of Life's Healing Choices. This guide is specifically designed to help small groups study the principles in more detail, such as Admitting Need, Getting Help, and Letting Go.

## Book Information

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## Customer Reviews

I bought this along with the hardcover book with the intent of running a study group for the purpose of garnering potential initial leaders for a full blown celebrate recovery at our church, and it worked beautifully for this goal. It is laid out as a workbook to be written in during 8 small group discussion sessions and so it is best paired with the hardcover book Life's Healing Choices as it assigns homework reading out of that book before each session. John Baker does a wonderful job of laying out the recovery principles based on the beatitudes from the sermon on the mount and driving home their application to any of life's hurts, habits, and hangups. When you get Jesus involved in your recovery, true healing begins. I can also recommend the DVD version of this study that has its own workbook to go along with it. It is the same material in a different format which may work better for some groups/circumstances.

My church has used this short eight chapter study to present a "taste", if you will, of the Celebrate Recovery program that is ongoing. I found that it made for a very easy transition into the 12 step

program for CR. There are many naysayers who find "problems" with the CR program. I, for one, was very skeptical until I met others with "hurts, habits and hangups" and became involved with the program. Only God could have made the changes in Christian lives that were achieved through this study. If a person wants to bash the program, there is little I can do to change it. However, I am a different person than I was a year ago, and I have God to thank for the change. This study was the start of a journey that I will continue until the Lord takes me home!

John Baker's book *Lifes Healing Choices* is a wonderful journey to discovering the truth that we all struggle with some hurt, hang-up, or habit and that there is hope for all of us in our one true Higher Power, Jesus Christ. The use of testimonies brings the eight principles of recovery, the same principles that are the basis of *Celebrate Recovery*, alive, makes them understandable and real... something anyone can understand and more importantly, it presents them in a way all can relate to --- real human struggles and the hope that is available to us all as demonstrated in these snapshots of victories in the lives of people just like us. I have bought several copies as I keep giving them away - a great way to say 'I see your hurting and I care'. I highly recommend *Lifes Healing Choices* for everyone for their personal growth and as a tool to reach others who are hurting, to reach them with 'real' help, the only answer for every problem, Jesus Christ. Buy it!!! Read it!!! And, then give it away!!

My friend and I are enjoying this book and study guide so much and want to encourage others to study them along with the Bible. Really gets to the heart of things within us. We want to help with *Celebrate Recovery* at a church near our homes. Thanks for having them available for sale.

I would recommend this book to anyone needing healing from their past hurts. Its simple, straight forward advice and techniques are easily incorporated in your everyday living. Its so helpful if you have an accountability partner. I think highly of the author.

This is a companion to the hardback book *Life's Healing Choices* and is a tool God has used to change my life!

This is an excellent personal study to be done along with the book of the same title.

Awesome material along with the DVD and the workbook! My small group and I really have been

able to use the tools provided and heal from our hurts, hangups and habits~! Highly recommended!

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