

THE LANDING



Mondays 6:30pm
The Father's House
Vacaville Campus

Email: CRLanding@tfh.org

THE LANDING - Parent/Guardian Information

"The vision of **Celebrate Recovery** is for the church to provide **a safe place where families can find healing and restoration**. A safe place where mom, dads and kids of all ages can find freedom from their hurts, habits and hang-ups." - John Baker (CR Founder)

What is the Landing?

It is the student ministry component of Celebrate Recovery. We provide a safe place for students to find healing, restoration and freedom from their hurts, habits and hang-ups. The Landing uses the *8 Principles* and Christ-centered *12 Steps*, which combine traditional recovery concepts with deep scriptural truth. *The 12 Steps* provide an action plan, while the *8 Principles* offer a strong spiritual foundation, making the program relevant for anyone.

Purpose of the Landing?

- Create a safe place rooted in trust & connection
- Engage students in meaningful dialogue
- Provides tools to process emotions, address past and present hurts and live emotionally and spiritually healthy lives
- Ultimately, point students towards the freedom found in Jesus Christ

Value of The Landing?

- Speak into student's lives during their formative years
- Addresses addictions and dysfunctions that start forming early in life
- Safe environment to process challenges alongside peers

How does it work?

- Ongoing, year-long program, that students may join at anytime
- Not lecture-style; designed to get students talking, exploring new ways of thinking and listening to their peers
- Small groups focus on questions related to the night's lesson and are led by an adult facilitator to promote thinking and talking about healthy ways to deal with life's stressors

Why is it called the Landing?

It serves as a safe "landing" spot for students to find hope and healing from their struggles, much like a physical landing is a place to arrive safely. It's a place where students can process life's hurts, hang-ups, and habits in a supportive, judgment-free environment with the guidance of trained leaders.

Format of a TFH The Landing night: (6:30PM – 8:30PM)

- **Connect Time** (10-15 min): Games and activities to have fun and build friendships between leaders and students
- **Worship Time** (10-15 min): Time to connect with and rest in God
- **Teaching Time** (30-35 min): Leaders present biblical truths and recovery principles in an engaging way
- **Small Groups** (30-45 min): Gender-specific groups that walk through a series of questions, to help students process and personalize the recovery principles they are learning
- **Fellowship Time** (10-15 min): Time for students and leaders to connect and build relationships and continue processing the lesson.

Landing Lessons

We follow the adult CR lesson sequence, because recovery is a family journey. When students and parents hear the same themes each week, it creates a shared language for healing at home.

Curriculum

- The Bible
- The Landing Leader Guides
- Approved Landing Resources (CR Bible, Devotionals)

The curriculum is a structured program delivered consistently and faithfully.

Small Group Format

- Welcome and opening prayer
- Introductions
- Review of Small Group Guidelines
- Guided sharing using questions from the Leader's Guide
- Wrap-up and closing prayer

Small Group Guidelines: Central part of CR; lay the groundwork for safety and healing, and provide structure to the group.

1. Focus on your own thoughts and feelings when sharing in the group.
2. Please avoid all cross talk.
3. We are here to support one another, not fix one another.
4. We value and protect anonymity and confidentiality*.
5. Avoid offensive language; it has no place in a Christ centered group.

Safety is a Priority - We all have background checks

Guideline #4 states “We value and protect anonymity and confidentiality*.” We strive to maintain strict confidentiality, however, we cannot promise complete confidentiality, recognizing that there may be situations in which a student’s safety is at risk. Leaders are expected to defer and communicate any serious issues to Landing Senior Leadership.

Requirements for Landing Leaders: F.A.I.T.H.

- **Faithful** – Keeps commitments, is dependable, and is a faithful follower of Jesus
- **Available** – Commits to year-round ministry and show up consistently
- **Integrity** – Demonstrates good character and serves as a Godly role model
- **Teachable** – A lifelong learner who is willing to grow and learn about recovery
- **Heart for the Youth**: Displays genuine desire to serve students

Things We Are and Things We Are Not

"The Landing" is a supportive environment where students are **not** "fixed" by leaders, but are taught recovery principles and are encouraged to support one another through a curriculum of biblical teaching and sharing in small groups. Students are encouraged to lean on Jesus and find hope, truth, and joy, and are **not** expected to have all the answers but to be on a journey to find them.

Things We Are

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- A place where respect is given to each member
- A place where confidentiality is highly regarded
- A place to learn
- A place to grow and become strong again
- A place where you can take off your mask
- A place for healthy challenges and healthy risks
- A possible turning point in your life

Things We Are Not

- A place for control
- A place for therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix

CELEBRATE RECOVERY'S 8 PRINCIPLES

- 1. Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.** (Step 1)
“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Matthew 5:3 NIV
- 2. Earnestly believe that God exists, that I matter to Him and that He has the power to help me recover.** (Step 2)
“Blessed are those who mourn, for they will be comforted.” Matthew 5:4 NIV
- 3. Consciously choose to commit all my life and will to Christ's care and control.** (Step 3)
“Blessed are the meek, for they will inherit the earth.” Matthew 5:5 NIV
- 4. Openly examine and confess my hurts, hang-ups and habits to myself, to God, and to someone I trust.** (Steps 4 and 5)
“Blessed are the pure in heart, for they will see God.” Matthew 5:8 NIV
- 5. Voluntarily submit to any and all changes God wants to make in my life and humbly ask Him to remove my character defects.** (Steps 6 and 7)
“Blessed are those who hunger and thirst for righteousness, for they will be filled.” Matthew 5:6 NIV
- 6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, except when to do so would harm them or others.** (Steps 8 and 9)
“Blessed are the merciful, for they will be shown mercy.” Matthew 5:7 NIV
“Blessed are the peacemakers, for they will be called children of God.” Matthew 5:9 NIV
- 7. Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.** (Steps 10 and 11)
- 8. Yield myself to God to be used to bring this Good News to others, both by my example and my words.** (Step 12)
“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.” Matthew 5:10 NIV

CELEBRATE RECOVERY'S 12 STEPS

- 1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**

“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.”
Romans 7:18 NIV

- 2. We came to believe that a power greater than ourselves could restore us to sanity.**

“For it is God who works in you to will and to act according to his good purpose.” Philippians 2:13 NIV

- 3. We made a decision to turn our lives and our wills over to the care of God.**

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” Romans 12:1 NIV

- 4. We made a searching and fearless honest inventory of ourselves.**

“Let us examine our ways and test them, and let us return to the Lord.” Lamentations 3:40 NIV

- 5. We admitted to God, to ourselves, and to another human being the exact nature of our hurts, hang-ups and habits.**

“Therefore confess your sins to each other and pray for each other so that you may be healed.” James 5:16a NIV

- 6. We were entirely ready to have God remove all these defects of character.**

“Humble yourselves before the Lord, and he will lift you up.” James 4:10 NIV

7. We humbly asked Him to remove all our shortcomings.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 NIV

8. We made a list of all persons we had harmed and became willing to make amends to them all.

“Do to others as you would have them do to you.” Luke 6:31 NIV

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” Matthew 5:23-24 NIV

10. We continued to take personal inventory and when we were wrong, promptly admitted it.

“So, if you think you are standing firm, be careful that you don’t fall!” 1 Corinthians 10:12 NIV

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

“Let the word of Christ dwell in you richly.” Colossians 3:16a NIV

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

“Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted.” Galatians 6:1 NIV