

RECOVERY

SESSION 5, SANCTUARY COURSE FOR CATHOLICS

OPENING PRAYER: PSALM 42:8

By day the Lord commands his steadfast love, and
at night his song is with me, a prayer to the God
of my life.

PLANS FOR NEXT STEPS

- Begin the 1st cohort after the end of the course.
 - Need a team (at least 3-4 people) and permission of pastor
 - RCAN will help you devise a plan and provide needed training.
 - Monthly meetings for those involved in the ministry.

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- 2nd Cohort would look to start in October/November.
 - 5 session training offered more specifically for parish teams.
 - 4 sessions online and 1 regionally.
 - Sanctuary Course offered in English and Spanish, Fall, 2022

INTRODUCTION

- In this session you will:
 - 1. Redefine your understanding of recovery
 - 2. Examine the stages of recovery
 - 3. Explore the relationship between healing and recovery

THE PSYCHOLOGICAL PERSPECTIVE

- “Recovery is a self-determined and holistic journey that people undertake to heal and grow. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities...” I
- “Recovery is the personal process that people with mental health conditions experience in gaining control, meaning, and purpose in their lives. Recovery involves different things for different people. For some, recovery means the complete absence of the symptoms of mental illness. For others, recovery means living a full life in the community while learning to live with ongoing symptoms.”

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- **HOPE** The journey of recovery includes discovering and cultivating hope for the future.
 - **IDENTITY** The journey of recovery includes establishing a positive sense of identity.
 - **RESPONSIBILITY** The journey of recovery includes taking personal responsibility for building a meaningful life.
 - **EDUCATION** The journey of recovery includes pursuing the education and information needed for self-advocacy and self-care.
 - **COMMUNITY** The journey of recovery includes developing support systems and engaging in community.

VIDEO

- Today you will be meeting Augustina, who lives with depression. This film is not graphic, but it does reference suicidal thoughts.
- **DISCUSSION QUESTION** What elements of recovery can you identify in Augustina's story?

THE THEOLOGICAL PERSPECTIVE

- 1. **MIRACLE:** Healing can refer to an instantaneous and supernatural recovery. This form of healing is a wonderful gift, but it is different from the concept of recovery outlined in this session.
- 2. **CURRENT PROCESS:** Healing can also refer to the natural processes and resources that God has given to humanity. Broken bones and broken hearts are designed to mend over time. The process of recovery is best understood as another example of this form of continuous healing.
- 3. **FUTURE PROMISE:** Like healing, recovery is a current process available as a gift from God. While it is good to embrace this gift and encourage individuals with mental health problems to utilize every available resource in their recovery journeys, it is also important to cherish the future hope offered to us in Christ. This hope can be a great source of strength to those who are battling feelings of fatigue and discouragement in their recovery.



GRACE IN THE MIDST OF SUFFERING

- Many Christians living with mental health problems have discovered unexpected gifts and graces in the midst of their suffering. These may include:
 - greater compassion for others (2 Corinthians 1:3-4)
 - greater dependency on God (2 Corinthians 12:7-10)
 - greater trust in God (Job 13:15; Habakkuk 3:17-18)
 - a deeper understanding of, and association with, Christ's suffering
 - the ability to offer up personal suffering as a prayer for others
 - a deeper revelation of the fragility of life (Isaiah 40:6-8; 2 Corinthians 4:16-18)
 - the cultivation of patience and humility (Romans 5:3-4)
 - experiential knowledge of spiritual realities

DISCUSSION QUESTION

- Have you ever received an unexpected gift during a season of suffering?

FINAL PRAYER

- In the comfort of your love, I pour out to you, my Saviour, the memories that haunt me, the anxieties that perplex me, the fears that stifle me, the sickness that prevails upon me, and the frustration of all the pain that weaves about within me. Lord, help me to see your peace in my turmoil, your compassion in my sorrow, your forgiveness in my weakness, and your love in my need. Touch me, O Lord, with your healing power and strength.