

# CPR

## celebrating pastors in recovery

### **WHAT IS CPR?**

It is simply a Celebrate Recovery 12-step group exclusively for pastors, church staff, and their spouses. CPR groups operate independently of any one church's CR ministry but are always supportive. A CPR group provides a much-needed safe environment for pastors to share life in community with one another.

As ministers, we are all "wounded healers," as Henri Nouwen would say. But, our effectiveness as "healers" is greatly affected by the extent to which we have been healed ourselves. Without experiencing Christ's healing, we're just wounded. CPR 12-step [studies](#) are a wonderful tool that God uses to bring healing to pastors and their spouses.

### **FAQ'S:**

#### **WHY DO PASTORS NEED AN EXCLUSIVE GROUP?**

I wish I could say that every church is a safe place for pastors to openly share their hurts, habits, and hang-ups without fear of some kind of reprisal or even termination. But, unfortunately, that is not the case. That's the reason CPR was begun- to provide a safe place where pastors can find healing and hope as they walk through the 12 steps in community with one another.

#### **WHAT'S THE DIFFERENCE BETWEEN CPR AND CR 12-STEP STUDY?**

CPR groups use the same curriculum as regular CR 12-step studies. Otherwise, there are two differences. First, obviously, is the exclusive nature of CPR groups being limited to those in vocational ministry. Second, the group functions as a hybrid of a typical 12-study and a support group. CPR groups allow time for needed "crisis support." One of the unique aspects of a CPR group is that often there is well over 100 years of ministry experience among the group. So, when a group participant encounters a crisis in their church, there is an opportunity to ask fellow participants for help in navigating through it. In CPR we call that, "invited fixing."

#### **IS THERE CPR FOR WOMEN? (SPOUSES AND WOMEN IN MINISTRY)**

Yes! Jeni Baker (Johnny's wife) is leading the development of CPR for women. You can contact her at [jenibaker@me.com](mailto:jenibaker@me.com)

#### **DOES CPR FOLLOW THE CR SMALL GROUP GUIDELINES?**

Yes! Anonymity and confidentiality are always emphasized. As per #4 of the guidelines, the only exception is when someone threatens to injure themselves or others. CPR is never for the purpose of church discipline, but only for the redemptive recovery of the participant.

#### **ARE PARTICIPANTS REQUIRED TO HAVE CR AS A MINISTRY OF THEIR CHURCH?**

No. Of course, it's always encouraged, but not required.

#### **DO I HAVE TO HAVE BEEN THROUGH A CR 12-STEP STUDY TO LEAD A CPR GROUP?**

No. We can help you make your way through the process at any point where you may have questions or feel "stuck."

#### **DOES EVERYONE IN THE GROUP NEED TO BE IN THE SAME DENOMINATION?**

No. It's helpful to have a denominational mix as well as a mix of both Sr. Pastors and Staff pastors.

#### **SHOULD I LEAD MY STAFF THROUGH CPR?**

It is not recommended. It is not the kind of study that should be required of anyone. You should only do a group with a fellow staff member if you are completely comfortable with doing so in terms of trust and confidentiality and on a voluntary basis only.

#### **HOW DO I GET A CPR GROUP STARTED IN MY AREA?**

Let's talk about it! Again, we want to help in any way we can! Go to [CPRpastors.com](http://CPRpastors.com) and click on "contact us" at top right corner. Complete and submit the form or give us a call at the number you'll find there.

**A few statements of testimony from  
CPR participants...**

*I am in my second CPR study, and grateful to say that I am experiencing “clean time” from bitterness and resentments in ministry. This study has helped me become more of the pastor God has called me to be, and I love the community of pastors that I am doing this recovery journey with! CPR is a gift to the church’s health, and I believe if more and more pastor’s do the CPR step study, we will become the church Christ intended us to be for the world.*

**-A Pastor in Oklahoma**



*You can trust this! You can trust the Holy Spirit’s leadership. You can trust the process. You can trust the guys in the group. The healing is real, the experience is life changing!*

**-A Pastor in Arkansas**

*I was very reluctant to participate in a CPR study at first, but I am amazed at how quickly it became the highlight of my week! I cannot even begin to express how much God has used CRP to shape my life and ministry. What a difference it made to have a place where I could finally be honest about the places in life where I was struggling.*

**-A Pastor in Oklahoma**

*For the first time ever in my ministry, I finally had a safe place where I could share real concerns and struggles without fear of exposure or condemnation or misunderstanding. Before, as a pastor, I never felt like I could trust anyone in our previous churches. The minute you let your guard down, it seemed you and your family got hurt. In CPR I found a place where confidentiality was at a premium, and healing was the goal. I found a deeper understanding of who I was in Christ, and who He wants me to become.*

**-A Worship Pastor**

*As a pastor’s wife I felt at a disadvantage when it came to discussing the real hard and very deep things that people experience. I felt that I couldn’t share the ugly stuff for fear that people would view me or my husband differently than the position that we held. I needed to look like I held it together at all times. But the truth was that I faced all sorts of struggles and trials. I found that being a part of a CPR step study group for pastor’s wives was truly a blessing. I discovered that my struggles aren’t isolated to just me. And most of all, through the study with these women, I was heard! I got to share without feedback or fear.*

**-A Pastor’s wife**

*The pastor’s group is phenomenal. A small group with folks going through similar vocational issues all the while holding one another accountable in a journey to healing and wholeness.*

**-A Pastor in Maryland**