

RECOVERY MILESTONE CELEBRATIONS

A PRACTICAL GUIDE
TO MARKING YOUR
VICTORIES - BIG
AND SMALL



BY
KRISTEN
ALDERMAN

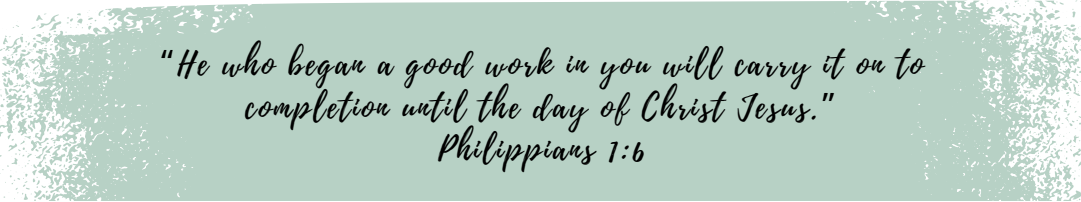
Introduction

Celebrating Grace Over Perfection

Recovery is not a straight line — it's a story of falling and getting back up, of grace showing up in the most unexpected places. Some days, it's victory and gratitude. Other days, it's survival and surrender. And that's okay. Every step counts.

The world might tell you to celebrate only when you've 'made it,' but God celebrates every act of obedience, every hard choice toward healing, every moment you choose hope over despair. You don't have to wait for perfection to celebrate progress.

You may not be where you want to be yet, but you're not where you were. That's grace worth celebrating.



*"He who began a good work in you will carry it on to completion until the day of Christ Jesus."
Philippians 1:6*

Reflection Prompt:

Where has God brought me from — and what am I most thankful for today?

Recognizing Your Milestones

Sometimes we miss the miracles because we're looking for something dramatic. But recovery is full of quiet victories — moments of courage, restraint, and surrender that no one else sees. God sees them all.

Here are some milestones worth celebrating:

1. **Firsts:** your first week, month, or year of sobriety
2. **Healing Moments:** offering forgiveness, asking for it, or reconciling with someone
3. **Steps Forward:** getting a job, securing housing, finishing a program
4. **Spiritual Growth:** joining a church, attending Bible study, sharing your testimony
5. **Personal Wins:** choosing honesty, setting boundaries, resisting old patterns
6. **Simple Graces:** showing up when it's hard, staying when you want to run, resting when you used to numb



*"The Lord has done great things for us, and
we are filled with joy.
Philippians 1:6*

Reflection Prompt:

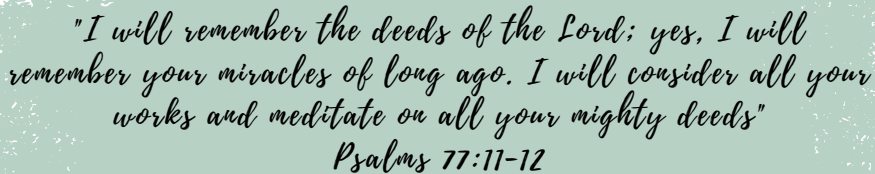
1. Write down 3 milestones you've already reached — big or small.
2. Write one goal you're praying toward next.

Christ - Centered Ways to Celebrate

Celebration doesn't have to be expensive or extravagant — it can be sacred, simple, and deeply meaningful. Each milestone is a reminder of God's faithfulness, and celebration becomes a way to give Him glory for what He's done.

Here are some ideas for focusing on Him in your celebration:

1. **Write a Letter to God:** Tell Him what this milestone means to you.
2. **Create a 'Stones of Remembrance' Jar (Joshua 4:7):** Each time God helps you overcome something, write it on a small stone or paper.
3. **Take Communion:** Mark your milestone with prayer and remembrance of His sacrifice.
4. **Host a Gratitude Gathering:** Invite your recovery sisters or support group to celebrate together, and share what God has done.
5. **Share Your Story:** Tell someone still struggling how God met you in your brokenness.
6. **Mark Your Bible:** Write the date next to a verse that carried you through.



*"I will remember the deeds of the Lord; yes, I will
remember your miracles of long ago. I will consider all your
works and meditate on all your mighty deeds"*
Psalms 77:11-12

Reflection Prompt:

1. What kind of celebration would remind me most of God's faithfulness?

Reflection & Growth Tracker

Use this space to record your progress and reflect on what God's doing in your story.

My Latest Victory

What milestone am I celebrating today?

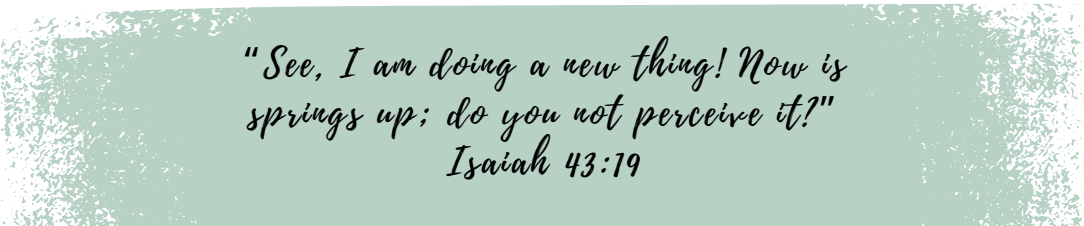
What did God teach me through it?

How do I want to thank Him?

Where I See God Working Next

What's one area of my life He's still shaping?

What verse will I hold onto as I move forward?



*"See, I am doing a new thing! Now is
springs up; do you not perceive it?"
Isaiah 43:19*

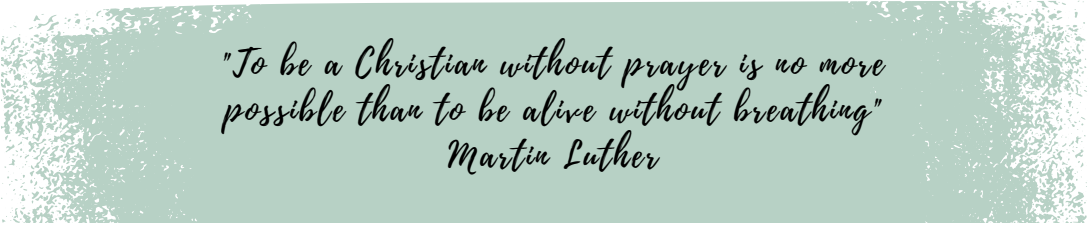
Prayers for Each Milestone

Early Days of Sobriety

Father God, thank You for bringing me through one more day. Give me the courage to stay close to You when cravings, memories, or fear creep in. Teach me to trust Your strength instead of my own. Today, I choose Your will and ways. In Jesus' name, Amen.

Reconciliation and Healing

Father God, thank You for the chance to make things right. Help me walk in forgiveness — giving it and receiving it freely. Heal what I can't fix. Restore what only You can. Let Your grace fill the gaps. In Jesus' name, Amen.



"To be a Christian without prayer is no more possible than to be alive without breathing"
Martin Luther

Continuing the Journey

Father God, I celebrate Your faithfulness today. Thank You for what You've done and for what You're still doing. Keep my heart humble and my spirit steady. Help me to remember — You're not done with me yet. In Jesus' Name, Amen.

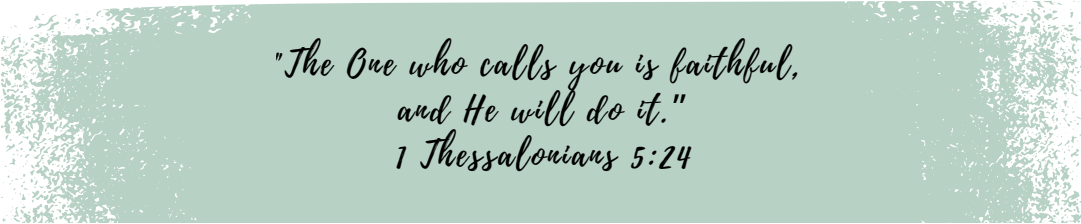
When You Feel Stuck

Father God, I'm tired of feeling like I should be further along. Help me to see progress through Your eyes, not mine. Remind me that faithfulness in the small things matters to You. Give me patience to keep walking when I can't yet see the finish line. In Jesus' Name, Amen.

Closing Words

You don't have to wait until you're 'done' to celebrate. Every single day that you choose truth over lies, recovery over relapse, grace over guilt — that's victory.

Your story isn't about perfection; it's about progress. And God delights in your progress. Keep marking the moments, keep celebrating the grace that brought you here, and keep walking toward the promise of who He's still shaping you to be.



*"The One who calls you is faithful,
and He will do it."
1 Thessalonians 5:24*