



Empowering
lasting recovery
through healthy
life rhythms



Rhythms of Recovery



Contact Us

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UNBOUND GRACE
MINISTRIES

Key Rhythms of Lasting Recovery

CORPORATE WORSHIP

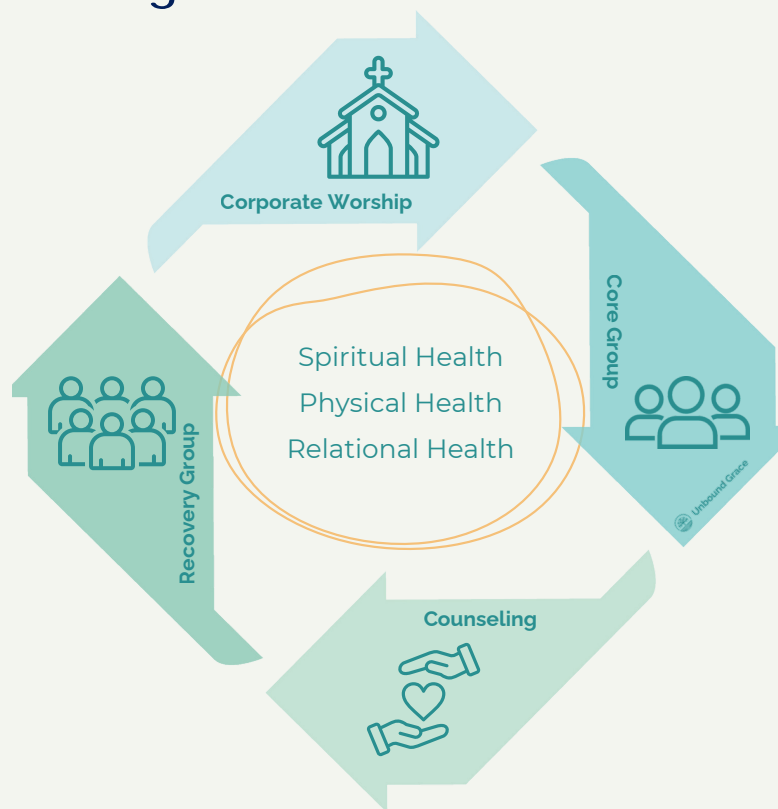
Discovering God's greater story

Corporate worship invites us to enter into the grand narrative of God's story. Through the Biblical preaching of God's Word, we are reminded of His faithfulness and challenged to live out our faith together as a community. As we genuinely worship God alongside our fellow believers, our hearts are encouraged, our minds are enriched, our faith grows, and our connection deepens. As we grow in Christ, our desire to **serve others** grows and becomes a natural part of our lives.

CORE GROUP

Intertwined with God's greater story

In a core group, our personal narratives become intertwined with God's greater story. We are surrounded by a trustworthy group of individuals who spur us on to follow God in every aspect of our lives.



The Core of Recovery

Spiritual Health - Daily following Christ's example of surrendering ourselves to God, and abiding in God's love for us.

Physical Health - Caring for your mind and body through regular exercise, good sleep, and healthy dietary choices.

Relational Health - Exerting effort to rebuild trust, prove you are trustworthy, practice grace, and demonstrate patience.

ONE-ON-ONE COUNSELING

Embracing your personal story

Through one-on-one counseling, we are invited to unveil and embrace our personal stories. A counselor serves as a guide walking alongside us, shining light into the darkness, and helping us to gain awareness of ourselves in order to grow personally. Ultimately, understanding our own story helps us to empathize with and encourage others as we walk alongside them.

RECOVERY GROUP

Sharing our stories and struggles together

In a recovery group, we come together to share our stories and struggles. In doing so, we acknowledge our common struggles and hold each other accountable as we embrace a new life in recovery. With guidance and support, we find our way toward a brighter tomorrow.

Healthy recovery moves from selfish isolation to honesty, freedom, connection, and belonging.

