



MENTOR'S GUIDE

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WELCOME TO RE:GENERATION MENTORSHIP AT GRACE CHURCH!

You have been asked to partner with a current participant in our recovery ministry as a mentor because of the trust and respect the participant has in you. We are thankful for your heart to serve God and love your friend by walking alongside them as they work through the steps within the re:generation curriculum.

Re:generation recovery is a Christ-centered twelve-step discipleship program. Our desire is to introduce (or re--introduce) Jesus Christ to those seeking hope at a time when they desperately realize how much they need God. Over the course of the ministry year, re:generation participants work through a process of twelve steps, following the biblical message of regeneration: salvation, confession, repentance, forgiveness, amends, reconciliation, intimacy with God and The Great Commission. These groups are a safe place for participants to be authentic, bear one another's burdens and help each other experience intimacy with the LORD, as they transform to become fully-- devoted followers of Christ.

A re:generation mentor is a guide outside of the re:generation group who is granted authority by the participant to speak into his or her life for the sake of spiritual growth and recovery. The only requirements for mentorship are that the person be a committed Christian of the same sex who has a biblical foundation for life and a clear understanding of the gospel. You will not be expected to fix or bring healing to the participant's life. We leave that up to God through His Holy Spirit. All you need to do is encourage, support and show Christ--like love to the participant as they work through the steps.

We praise the Lord for the work He has done in you to prepare you for this journey. Galatians 6:2 tells us to "Bear one another's burdens, and thereby fulfill the law of Christ." As a mentor, you will have the privilege of seeing God bring greater hope, freedom, and joy as He works in your friend's life. Our job will be to equip you with the information specific to re:generation as you pray, listen and point to Christ. You are welcome to attend any large group sessions that you desire. They are held weekly on Tuesday nights at 6:30pm in the Student Center at 2801 Pelham Road.

It's an honor to be asked to mentor a re:generation participant. It means the participant is willing to trust you with some of the deepest parts of their lives and that they see Christ already at work in your life. The most effective mentors are those who spend time on their knees for their participant, themselves and the re:generation ministry. They serve from the overflow of joy in their hearts, trusting God to bring healing to the participant's life and leaning on group leaders and the participant's recovery partners for support.

You are welcome and encouraged to contact either of the group co-leaders or the church staff if you have questions throughout the re:gen group.

Thank you for answering God's call to step out to encourage, support and love your friend.

Sincerely,

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RE:GENERATION OVERVIEW

Mission

To call all people to be fully devoted followers of Christ.

Vision

To be an authentic community of Christ-followers, relentless in helping each other experience intimacy with the LORD.

Strategy

re:generation is a biblical, 12-month, community-based discipleship program to experience abundant life in Christ. Participants develop a relationship with the LORD through self-led daily lessons, while group leaders facilitate weekly community, including confession of sin, encouragement and counsel. Upon completion, participants in-turn disciple others in re:generation and other ministries.

Values

Christ-centered, discipleship, daily relationship with God, community, reconciliation with others.

Issues

Idolatry/misplaced worship is the heart issue of every sin. As such, re:generation in Christ provides a new life and discipleship for those experiencing sexual, substance abuse, mental, spiritual, relational, financial, physical, and emotional struggles.

The Name

Literally, “to be born again,” regeneration declares the new life available to everyone in Christ. Also meaning “complete moral reform,” regeneration conveys the progressive sanctification that is normal in the life of a believer. The type treatment of “re:” communicates “regarding.” In this case, regarding the “generation(s),” spoken of in Isaiah 61:4. New life in Christ is reconciliation to God, but also reconciliation to generations via discipleship and restored relationships.

Foundational Scriptures

What God did for us: Titus 3:3-7

“For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when the kindness of God our Savior and His love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life,”

What God wants to do with us: Isaiah 61: 1-4:

“The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives and freedom to prisoners; to proclaim the favorable year of the LORD and the day of vengeance of our God; to comfort all who mourn, to grant those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified. Then they will rebuild the ancient ruins, they will raise up the former devastations; and they will repair the ruined cities, the desolations of many generations.

THE 12-STEPS¹ OF RE:GENERATION AND BIBLICAL FOUNDATIONS

Step 1, Admit: We admit we are powerless over our addictions, brokenness and sinful patterns—that in our own power our lives are unmanageable.

Step 2, Believe: We come to believe that God is the one whose power can fully restore us.

Step 3, Trust: We decide to trust God with our lives and wills by accepting his grace through Jesus Christ.

Step 4, Inventory: We make a searching and fearless moral inventory of ourselves.

Step 5, Confess: We confess to God, to ourselves, and to another human being the exact nature of our sins.

Step 6, Repent: We become entirely ready to turn away from our patterns of sin and turn to God.

Step 7, Follow: We humbly ask God's Spirit to change our hearts and minds in order to follow Christ fully.

Step 8, Forgive: We forgive those who have harmed us and become willing to make amends to those we have harmed.

Step 9, Amends: We make direct amends whenever possible, submitting to God, his Word and biblical counsel.

Step 10, Continue: We continue to take personal inventory and when we sin promptly confess and turn to walk with Christ.

Step 11, Intimacy: We seek to deepen our relationship with God daily and depend on his power to do his will.

Step 12, Regenerate: Experiencing regeneration in Christ, we carry God's message of reconciliation to others and practice these biblical principles in every aspect of our lives.

¹ See Appendix A for permissions

Foundation 1: "For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out." (Romans 7:18)

Foundation 2: "Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's." (Psalm 103:2-5)

Foundation 3: "But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved" (Ephesians 2:4-5)

Foundation 4: "Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart." (Psalm 51:6)

Foundation 5: "But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:7-9)

Foundation 6: "So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart."
(2 Timothy 2:22)

Foundation 7: "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-- control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit." (Galatians 5:22-25)

Foundation 8: "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children." (Ephesians 4:32-5:1)

Foundation 9: "Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all." (Romans 12:17-18)

Foundation 10: "Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy." (Proverbs 28:13)

Foundation 11: "And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work that you gave me to do." (John 17:3-4)

Foundation 12: "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation." (2 Corinthians 5:17-18)

MENTORSHIP TOP 10

Modeling a Christ-centered Life

1. Pointing to Christ and the gospel: helping them know how to have a relationship with Christ (1 Corinthians 15:3-4, Romans 6:23), and that a daily relationship with Jesus brings new life and freedom (John 15:1-5, Romans 8:13).
2. Living out your own discipleship authentically: modeling authentic Christ-following (1 Corinthians 11:1), including: confession of sin, biblical community, forgiveness and amends (1 Timothy 4:12, Hebrews 13:7-8, James 5:16).
3. Praying with and for the participant (Ephesians 3:14-21, Romans 1:11-12).

Establishing an Honest Healthy Relationship, while Pointing the Participant to Christ and Scripture

4. Knowing and supporting the participant through struggles, providing encouragement and love in order to share burdens (Galatians 6:2). A mentor won't try to fix a participant but will direct him or her to God through scripture (Hebrews 4:12).
5. Setting expectations/boundaries about the frequency of mentor/participant communication and expectations for curriculum updates (daily, weekly, long-term).
6. Loving with truth and grace (Ephesians 4:15, Proverbs 28:23, 1 Corinthians 13:1).

Engaging in the Participant's Recovery Process – Step by Step

7. Accountability: encouraging the participants to church participation, re:generation participation and homework, 24 hour sobriety and plans of care (Hebrews 3:13).
8. Helping with inventory, confession, repentance and amends: Because each step builds on previous steps it is essential each step be completed. You play a critical part in the completion of Steps 4, 5 and 6 (Romans 8:1, Hebrews 10:24-25). When a participant gets stuck, mentors will spend time with participants to complete steps even if the group moves on.
9. Helping with conflict: if needed, partnering with fellow participants or leadership of re:generation to help work through conflict in a biblical manner (Matthew 18:15-17, Proverbs 6:1-5). In the Appendix, you will find a Conflict Resolution Guide that can help guide you through the resolution process.
10. Communicating with re:generation group leadership, as needed, how to best love the participant through each stage of recovery (provide cell and email).

ACCESS TO THE WEEKLY LEADER VIDEOS

Leader training videos are designed for small group leaders of re:generation. As a mentor, you also have access to these videos. They may be useful for you to understand what the participants are learning and the processes they are going through in the curriculum. Each video is 3--5 minutes and gives an overview of each lesson, important things to remember, possible questions to focus on, and encouragement for the participants and for you. These videos are produced by Watermark Church. They are guides but do not reflect all of the teaching and testimonies that our participants are receiving.

You can access these training videos/audio at the regeneration website: www.regenerationrecovery.org

- Click on the Resources tab
- Scroll down and select Mentor Resources Login
- Enter the username and password Username: mentors Password: newlife
- Click on Weekly Leader Videos in the margin (videos are available for every week of curriculum)

You can access the Grace Church re:generation teachings on our webpage gracechurchsc.org/regen

RECOVERY FOUNDATIONS

The Gospel

Why We All Need re:generation

The Problem | Sin

Romans 3:23, "For all have sinned and fall short of the glory of God."

Sin is any attitude or action that violates the standard of God (holiness, perfection, etc.). Each one of us enters the world, and leaves the world, a sinner. Sin is a universal problem and it separates us from God.

The Penalty | Death

Romans 6:23, "For the wages of sin is death,..." See also: Romans 5:12

God's standard for us is perfection. This standard is non-negotiable, and He would not be just if he did not judge us for our sin. Our sin is so offensive to God that it breaks our relationship with Him and He judges sin with death. Death is, in effect, the wage for the work (sin) that we have done. We have earned it. Biblically, death is equivalent to eternal separation from God.

The Solution | Jesus Christ

Romans 5:8, "But God demonstrates His love toward us, in that while we were still sinners, Christ (Jesus) died for us." See also: 2 Corinthians 5:21; 1 John 4:10

Jesus lived on earth being both fully God and fully man. He lived a life free from any sin, and then He died for our sins so that when we trust in Him for forgiveness of sins we will have a restored relationship with God. His sinless life uniquely qualified Him to be our substitutionary sacrifice. Jesus literally took the sins of the world (past, present, and future) on Himself, paying the penalty and accepting the wages we deserve.

The Salvation | By Grace Through Faith

Acts 15:11, "...it is through the grace of our Lord Jesus (God) that we are saved," See also: Ephesians 2:8

The substitutionary death of Jesus allows us to be reconciled to God. When we trust that Jesus is the only possible provision for forgiveness of our sins, we are saved—reconciled with God. When we trust Jesus for the forgiveness of our sins, we are agreeing with God that sin is wrong; we are changing our minds about sin and committing to turn to God as the authority for our lives. Our sins are forgiven when we trust Jesus in this manner, we have a restored relationship with God, and we have assurance of eternal life.

By Grace Through Faith | Not By Works

Ephesians 2:8-9, "For it is by grace you have been saved, through faith...not by works, so that no one can boast." See also: 1 Peter 3:18; Titus 3:5; 2 Timothy 1:9; Hebrews 9:25-26

To say that salvation is "by grace" demands that salvation is not earned or merited by any human effort. It is the gift of God's grace which yields for us eternal life. John 3:16, "For God so loved the world that He gave His one and only Son (Jesus), that whoever believes (trusts) in Him shall not perish but have eternal life."

Re:generation Beliefs and Practice

Our Beliefs

- The Trinity: one God eternally exists in three persons: Father, Son and Holy Spirit (Matthew 28:19).
- The Bible: the inspired word of God, useful for teaching, reproof, correction, training in righteousness, so we may be complete and equipped for every good work (2 Timothy 3:16).
- Life Change: God transforms lives, not a program. Salvation is a gift through faith in Christ alone. Full devotion to

Christ brings freedom (John 4:14). Sobriety is only a marker on the journey to full recovery.

- **Authentic Community:** The Body of Christ (via local church) should be the place of healing for hurting people in a broken world (Matthew 11:28-30). A truthful, safe, loving Christ--centered community is critical for the health of individuals, the Church and society (Galatians 6:2).
- **Discipleship:** a commitment to help people heal, move out of isolation into a healthy Body of Christ and equip them to fulfill God's call on their lives.

Our Practice

- **Practice the 12-steps of re:generation:** modified steps reflect biblical sanctification: salvation, confession, repentance, forgiveness, amends, intimacy with God, reconciliation and discipleship.
- **Connect with God Daily:** daily lessons provide opportunities to know God more each day of recovery.
- **Grow Together in Community:** authentic mixed--issue groups focus on recovering hearts from the idols which lead to sinful behavior patterns and restoring hearts to worship Christ alone.
- **Memorize Scripture and Pray:** spiritual discipline critical to leadership and participant transformation.
- **Live in the Light:** a safe environment to share but not a safe harbor for unrepentant sin. Groups openly confess sin, speak the truth in love, do justice, love mercy and guard against gossip as they handle conflict biblically (Matthew 18:15-17).
- **Make Disciples:** Christ frees us to know, love and glorify God (Isaiah 61:1-6). Living out The Great Commission as the result of a changed life is integral to full recovery.

Grace Church Foundational Doctrines

God

There is one true God (YHWH) who always was, who presently is, and who forever will be. He is knowable only because He has revealed Himself to mankind in a way that is comprehensible for our limited capacities. Both His written revelation (Holy Scripture) and His general revelation (creation) tell us of His eternal power, invisible attributes, and unfailing love. He is eternal, self-existent, immutable (unchanging), all-powerful, and perfect. He exists in three persons: Father, Son, and Holy Spirit. These three persons are of the same essence. They are in unity with one another in their true essence, and yet they are each distinct in personality and role. They are co-eternal in being and nature, and they are co-equal in power and worth. They exist together in perfect and unbroken fellowship as one essential being (Deuteronomy 6:4,13; Matthew 4:10; Hebrews 1:1-2; Romans 1; Colossians 1; 2 Corinthians 13:14).

Jesus Christ

Jesus Christ, the second person of the Trinity, is the eternal only begotten son of God. He is fully man and fully God. Jesus was the agent of creation and the creator of all things. He was before all things and holds all things together. He is the visible image of the invisible God, who became like man in every respect except for sin. He was conceived by the Holy Spirit and born of the virgin Mary. He lived a perfect, obedient life and died on a cross as the penal substitute for mankind. Absorbing the complete righteous wrath of the Father towards sin, He simultaneously upheld God's justice and love. Through His death, man can be freed of guilt and reconciled to God. After being dead and buried for three days, Jesus' body was physically raised from the grave, overcoming death and its power. Through His resurrection, Jesus validated His deity, His life, and His mission. He ascended and now sits at the right hand of the Father and serves as the perfect mediator between God and man (John 1; Ephesians 1; Colossians 1; Hebrews 1; Romans 5:8; 8:32; 2 Corinthians 5:19-21; Philippians 2:5-8).

Holy Spirit

The Holy Spirit, the third person of the Trinity, is co-equal with the Father and Son for all eternity. He is a helper, adviser, strengthener, encourager, ally, and advocate. He is a person, distinct from the Father and Son. He enlightens, regenerates, indwells, baptizes, seals, empowers, transforms, and gifts all believers in Christ at the point of faith in Christ. He helps believers understand, interpret, and apply God's Word to their lives. He is the proxy on earth for the resurrected and ascended Jesus Christ. He is the seal and the down payment for the believer's future inheritance. He indwells believers, convicts them of sin, and enables them to be conformed to the image of Christ (Matthew 28:19;

John 3:3-7; John 16:7-15; Titus 3:5; I Corinthians 6:19; Romans 8:9, 15-17; I Corinthians 2:12; 3:16-17; 12:13; Ephesians 1:13-18; 4:30; 5:18; Galatians 3:14; Galatians 5:16).

The Scriptures

The Scriptures (39 books of the Old Testament and 27 books of the New Testament) are the inspired Word of God. In their original form they are without error in all they proclaim. They are completely sufficient and authoritative because of the Spirit who breathed them out and because of the true story they tell. They are to be read, studied, proclaimed, and applied by the Church as a foundation and guide in all of life. They are the canon “rule” by which all theology, wisdom, mission, and vision should be measured (2 Timothy 3:16; 2 Peter 1:21; Psalm 33:6; Psalm 119; Romans 15:4; I Corinthians 10:11; I Timothy 5:18).

Man

God made humans, both male and female, in His own image with the purpose of glorifying Himself through enjoyment and fellowship with man. Tempted by Satan, man rebelled against God and fell from his sinless state. Being severed from the Creator and subject to His divine wrath, man finds himself depraved and utterly hopeless with no remedy to help himself. The depravity of man finds every human alienated, from his God and from his fellow man, and unable to be restored to his original state without a divinely initiated, radical intervention by the Triune God (Romans 2:2-3, 5; Ephesians 2:8-9; Genesis 1:27; 9:6; Romans 3:23; 5:12; Ephesians 2:1).

Salvation

Salvation is the free gift of God, by grace alone and through faith alone in the person of Jesus Christ and His work on behalf of mankind. Man’s response to God is founded in the eternal working of the triune God who predestined, called, justified and glorified all believers. All who believe are declared righteous in Christ, completely forgiven of the debt of their sin, adopted as children of God, and made co-heirs with Christ for all eternity. Biblical faith is marked by repentance and a changed life. Union with God initiates a reorientation of one’s affections away from self and toward God and others (Ephesians 2:1-10; Romans 5:15; 6:23; 8:30-31; Hebrews 9:15-20; Galatians 3:15-4:7).

Male and Female as Image Bearers and the Implications for Marriage

God creates each person as male or female, as two distinct, complementary genders who together reflect the image and nature of God (Genesis 1:26-27). These distinctions are divinely inspired and are essential to fully understanding the nature of God. However, we are fully fallen – physically, emotionally, and psychologically – and this brokenness can affect our personal understanding and expression of gender.

But by God’s sovereignty and through His grace, gender is also being redeemed from the pathway of self-determined expression to God’s intended design of male and female as image bearers. We believe that this redemptive process is full of hope and healing. Conversely, disagreement with one’s biological sex or God’s boundaries for sexual expression leads to spiritual confusion and emotional chaos (Romans 1:26-32, I Corinthians 6:9-11).

We believe that marriage is originally and continues to be defined by God in Scripture as the uniting of one man and one woman in a single, exclusive, covenant commitment for a lifetime (Genesis 2:18-25). Furthermore, it is God alone who has ultimate authority to prescribe and describe the marital relationship (Matthew 19:1-9, Mark 10:1-12).

It is through this marital union that God provides a framework for intimate companionship, the channel for sexual delight according to Biblical standards, the means for procreation, and the foundation for raising godly children. We believe that God intends sexual intimacy to occur only between a man and a woman in the sacred context of marriage (I Cor. 6:18; 7:2-5; Hebrews 13:4; Malachi 2:15). Sexual immorality, defined by any sexual activity outside the boundaries of this relationship, is clearly and expressly prohibited by the Lord (Matthew 15:19, I Corinthians 6:9-11, I Thessalonians 4:3, Hebrews 13:4).

Ultimately, this marital covenant is a representation of Christ’s relationship with His church. As such, the husband and wife, though equal in value and worth before God, have been entrusted with complementary roles within the marital relationship. A husband has been entrusted with the responsibility to lead his wife and to love her sacrificially—giving

himself up for her, just as Christ loved and sacrificed Himself for the church. A wife is to respect her husband, to be his helper, and to submit herself graciously to the leadership of her husband, just as the church willingly submits to the headship of Christ (Ephesians 5:21-33; Colossians 3:18-19).

CARING FOR HURTING PEOPLE

WHEN AN INDIVIDUAL HAS EXPERIENCED SEXUAL ABUSE

There is an abuse supplement as part of the curriculum

Victims of abuse can find this truth very hard to accept. After the harm they've suffered, some victims wonder if God really exists or cares. Or, sometimes they doubt God could still love them after what they've done. Abuse is awful proof we are sinful hurting people surrounded by sinful hurting people.

Abuse is widespread among men and women across cultures. For many reasons, (lack of understanding, denial, repressed memories, etc.) people might not even realize their abuse. Victims often carry feelings of false guilt and shame because abusers try to convince victims that the abuse was their fault. But, someone who is abused is NOT responsible for their own abuse.

Much of the re:generation curriculum focuses on the brokenness we experience in this world and our role in contributing to it (especially Steps 1 and 4). While victims of abuse are NOT responsible for their abuse, they ARE they responsible choices and behaviors in response to abuse—even if their responses come out of the damage of the past. Because of the misunderstandings, lies and feelings associated with abuse, victims often find it very difficult to determine on whom the responsibility for sin rests.

Please look over the definitions of abuse below if you suspect or know of abuse in your past. Ask your re:generation leadership about the availability of a supplemental version of the re:generation curriculum to bring clarity and sensitivity to the issues of abuse as you work through the 12-steps.

If you have been abused, know that God hasn't forgotten you. He understands your pain wants to heal you. He can restore the years laid waste by the pain of abuse. God loves you deeply.

"The LORD is near to the brokenhearted and saves the crushed in spirit." (Psalm 34:18)

"For [God] delivers the needy when he calls, the poor and him who has no helper...From oppression and violence he redeems their life, and precious is their blood in his sight." (Psalm 72:12, 14)

"[God] turns a desert into pools of water, a parched land into springs of water." (Psalm 107:35)

Definitions of Abuse

Abuse: Any action that intentionally harms or injures another person. Also, a pattern of behaviors used to manipulate or control another person. Abuse can be emotional, mental, physical or sexual in nature.

Sexual Abuse: ANY sexual activity (verbal, visual, emotional, physical) engaged in without consent* (approval), which uses one person in order to meet another person's sexual or emotional needs. This activity may be accomplished through force, intimidation, coercion, deception or influence of authority.

**Note: A person does not "consent" if he or she cannot reasonably accept or refuse sexual advances. A victim's age, circumstances, understanding and dependency/relationship to the offender may limit ability to consent.*

WHEN AN INDIVIDUAL TALKS ABOUT SUICIDE

If you are concerned someone is suicidal (i.e. they make a comment like, “life is not worth living,” “I can’t go on,” etc.) or they make a specific suicidal threat (“I am thinking about committing suicide,” “I want to kill myself,” etc.), and you are on the phone, you should first get their name, address, and phone number. Next:

Ask These Two Questions:

1. Are you having suicidal thoughts? (Do not fear you are planting the idea of suicide in his or her mind).
2. If they say “YES,” then ask,
Do you have a plan to take your life?

If they say “NO,”

- Encourage them in the truth of God’s word, pray with them, set up a time for them to come to the office or church (depending on when they call) to meet with you and another staff member. Meanwhile, ask them to commit that they will not harm themselves between now and your meeting time.
- When you meet, develop a plan to care for them. Your goal is to set up a support system so that they are not solely dependent on you. You want to encourage them to take steps to begin living biblically--being encouraged by scripture, stepping out of isolation, etc. The plan would include:
 - Making a phone list of people for the individual to call in times of struggling with suicidal thoughts.
 - Getting them connected with people to reach out to.
 - Have them make a verbal or written commit to you that they will:
 - Call 911 if they are in danger of harming themselves.
 - Call the list of people when they are not in danger of harming themselves but having thoughts of suicide.

If they say “YES” to both questions one and two, immediately call 911.

- Tell them that because we care about them, we have to call 911. Not only do we have a legal responsibility to call 911 when someone has a plan to take their life; more importantly, we do not want to take a chance with anyone following through with the threat.
- Ask the individual to make a commitment to you NOT to take any harmful action.
- If you are on the phone, tell them you are going to hang up, call 911, and call them right back.

If you are physically with them, try to keep them with you until help arrives.

Remember, God is in control. You do not have the power to prevent someone from taking his or her life. Your role is to:

- Point them or introduce them to Christ.
- Help set up a plan of support
- PRAY

STEP OVERVIEWS

Step One Overview - ADMIT

Foundation 1: “For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.” Romans 7:18

Step 1: We admit we are powerless over our addictions, brokenness and sinful patterns—that in our own power our lives are unmanageable.

Memory Verse: 1 John 1:8

Key Theme: Realize your need for help.

Remember: There is hope for you—even in your brokenness—because God loves you, and the Bible has a plan for your healing.

Week 1:

Day 1: Realize There is Hope

Day 2: Step Out of Hiding

Day 3: Face the Damage of Sinful Choices

Day 4: Admit You Are Powerless to Manage Sin

Day 5: Accept Help

Week 2:

Day 1: Realize the Disease of a Sinful Nature

Day 2: Recognize a Broken World

Day 3: Created With Purpose

Day 4: Recognize God’s Voice

Day 5: Rely on God for “Today”

Possible Discussion Topics and Curriculum Questions:

- How well they are doing in keeping up with curriculum? Have they established a regular time and place to do their re:gen lesson?
- For this step, what has been especially meaningful? What has been challenging?
- Week 1, Day 3, Question 6: Describe the tipping point or bottom that brought you to recovery?
- Week 1, Day 2, Question 4: Did your family have secrets? How did they keep secrets from being exposed?
- Week 2, Day 1, Question 5: What desires have led you down a path of sin towards death?
- Week 2, Day 3, Question 1: What in this world have you looked to for meaning and purpose apart from God?
- Step 1 Footprint: Letter to Self
 - Describe what life was like when you decided to come to re:generation. Write down what you were powerless to manage on your own and how these things affected your life. Then, write what you hope will be different one year from now. If you are not certain God exists, or if he cares about you write a brief prayer asking him to reveal the truth about himself to you.

Step Two Overview - BELIEVE

Foundation 2: “Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.” Psalm 103:2-5

Step 2: We came to believe that God is the power greater than ourselves who can restore us.

Memory Verse: Jeremiah 29:13

Key Theme: “Believe” that God can.

Remember: There is hope—because God is real, you matter to him and he is powerful to restore you.

Week 1:

Day 1: Understand “Belief”

Day 2: Explore the God of Your Understanding

Day 3: Realize What Makes a Belief True

Day 4: Investigate Questions About God

Day 5: Believe God’s Own Word

Week 2:

Day 1: God of the Bible: All-powerful, All-knowing, All-present Creator

Day 2: God of the Bible: Perfectly Good

Day 3: God of the Bible: Allows Suffering

Day 4: God of the Bible: Just, Loving

Day 5: God of the Bible: His Desire, His Dilemma, His Pursuit

Possible Discussion Topics and Curriculum Questions:

- The focus of this week shifts from self to God and guides the participant to honestly explore their beliefs and questions about God.
- Week 1 explores the participant’s belief in the Bible as God’s word. If struggling with belief, resources are listed to help in investigation of its claims in Week 1, Day 4.
- Participants are encouraged to discuss Day 2 and Day 4 questions with their mentor. Examples include:
 - Week 1, Day 2:
 - If God asked you why you should be allowed into heaven, what would your answer be?
 - On a scale of 1 to 10, how certain are you that you would go to heaven if you died today?
 - Week 2, Day 4 asks the participant to write out some of the ways you justify actions that you know are wrong and share them with your mentor.
- Step 2 Footprint: Prayer to God
 - Tell him the ways that you’ve misunderstood him or chosen to disregard him. Confess to him the things you’ve trusted more than him along with any doubts, fears or questions that you have. Tell him what you’ve come to believe about him now. Then, ask him to help you truly understand and believe what he claims about himself so that you can fully experience his freedom and goodness.

Step 3 Overview - TRUST

Foundation 3: “But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved.” Ephesians 2:4-5

Step 3: We decide to trust God with our lives and wills by accepting His grace through Jesus Christ.

Key Theme: Decide to trust God’s grace through Christ.

Remember: There is hope—God understands your pain, has paid for your sins and offers you the gift of recovery through Christ.

Week 1:

Day 1: An Important Decision

Day 2: God Will Provide a Way

Day 3: Hoping for Different Kind of Savior

Day 4: Who is Jesus?

Day 5: Jesus’ Message and Mission

Week 2:

Day 1: God’s Love for You Through Jesus’ Birth

Day 2: God’s Love for You Through Jesus’ Message

Day 3: God’s Love for You Through Jesus’ Death

Day 4: Believe Christ is the Risen Savior for Your Life and Recovery

Day 5: Receive the Grace of God Through Christ

Possible Discussion Topics and Curriculum Questions:

- Step 3 is the high point of the process! No true recovery exists apart from trusting Christ! The steps build on each other. If someone is struggling to accept Christ, they may need to do more work on Steps 1 or 2. Reach out to the co-leaders if anyone is not ready.
- Many Christians have entrusted lives to God for eternity but haven’t yet entrusted their wills to him on a daily basis. If we really believe that God’s will and ways are best then we need trust his character, wisdom and direction daily, not our own thought/feelings.
- Week 1, Day 1, Question 4: Is it difficult for you to accept that eternal life is only available as a gift of grace (unearned, undeserved and free)? Why or why not?
- Week 1, Day 3, Question 3: Did you come to recovery for relief from current suffering or circumstance (whether a result of your own sin or the sins of others affecting you), or to know God so that he can change you?
- Step 3 Footprint: Declaration of Dependence on Christ
 - Record the day you accepted Christ as your savior and the day you decided to trust him daily with your life and will. List the struggles, fears and brokenness that you are now entrusting to Christ. Write down the things you’ve relied on in the past that you will no longer trust as you depend on Christ going forward. Then write a prayer asking God to change your will to align with his will daily for the rest of your life.

Step Four Overview – INVENTORY

Foundation 4: “Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.” Psalm 51:6

Step 4: We made a searching and fearless moral inventory of ourselves.

Memory Verse: Romans 12:2

Key Theme: Realize God’s grace and what he wants to change in you

Remember: You are new creation. Take off the old nature and live by the new nature in Christ.

Week 1:

Day 1: A New Creation

Day 2: A Captured Heart

Day 3: The Value of Inventory

Day 4: How to Complete an Inventory

Day 5: Ask for God’s Help

Week 2: Resentments & Fears Inventories

Week 3: Harm to Me & Harm by Me Inventories

Week 4: Sexual & Recovery Issue Inventories

Week 5: Wrap-up Inventory Work

Week 6:

Day 1: Inventory Insight: You Matter to God

Day 2: Inventory Insight: Patterns of the World

Day 3: Inventory Insight: a Captive Heart

Day 4: Inventory Insight: Love and Gratitude

Day 5: Inventory Insight: Buried and Raised with Christ

Possible Discussion Topics and Curriculum Questions:

- Pray for and encourage the participant often during this time. Ask them what fears they have of going through this process.
- This may be the first participants may’ve thoroughly looked at the breadth and depth of their rebellion from God. Encourage them that a thorough inventory is a picture the price Christ paid to redeem them. Embrace the new identity in Christ that God has given you (Galatians 2:20)
- Week 6, Day 1, Q4: In light of your inventory, have you gained a different understanding of how much God loves you? If so, how has your understanding changed?
- Week 6, Day 2, Q3: Which response shows up most often in each of the inventories? Day 3, Q3:
- Week 6, Day 3, Q2: What things of value show up most often within each inventory?
- Step 4 Footprint: Gratitude List
 - Make a gratitude list of ways God has loved and blessed you despite your sin. Then write a thank you letter to God, recalling all of the sin listed in your inventory and realize the price that Christ paid to ransom your soul

Step Five Overview – CONFESS

Foundation 5: “But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:7-9

Step 5: We confess to God, to ourselves, and to another human being the exact nature of our sins.

Memory Verse: James 5:16

Key Theme: By faith, confess sins and receive God’s grace and healing.

Remember: When you confess, you agree with God about your rebellion, realize your need for God’s mercy and receive God’s grace through Christ.

Week 1:

Day 1: Agree with God

Day 2: The Problem of Pride

Day 3: Acknowledge Sin to Yourself

Day 4: Confess Sin to God

Day 5: Confess Sin to Someone You Trust

Week 2:

Day 1: How to Confess Inventory

Day 2: Confess Your Resentments, Hurts and Fears

Day 3: Confess the Exact Nature of Your Sin

Day 4: Confess Your Pride and Idolatry

Day 5: Celebrate a Clean Heart

This is the step where you take time to listen to your participant’s inventories.

- Begin with prayer.
- Your role is to listen, and seek to understand, not to counsel or give advice. Listen without unnecessary interruptions. Ask questions when clarification is necessary, but avoid distractions whenever possible.
- Keep sharing focused on the Inventory Worksheet. Help keep the participant on track by avoiding questions that take the focus off of the Inventory.
- Notice patterns. Take notes to share later or ask the giver to highlight certain things that you will revisit at the end.
- Listen for what’s not shared. Take note and mention it if the giver does not include both parents, any siblings, their spouse (if applicable), themselves and even God.
- Offer suggestions for the giver to consider on a particular event. (i.e. taking too much responsibility for an abusive event. You could say something like, “You might want to consider writing something else there.” “My Part” in the case of abuse is “Not Guilty.”)
- Ask if anything has been omitted. Give them the opportunity to review their worksheets and share what may have been omitted.
- Close in prayer and God’s Word. “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) Remind that God is the giver of grace and forgiveness.

Step Six Overview – REPENT

Foundation 6: “So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.” 2 Timothy 2:22

Step 6: We become entirely ready to turn away from our patterns of sin and turn to God.

Memory Verse: Acts 3: 19

Key Theme: Respond to God’s grace by turning from sin towards him. Remember: Freedom comes when we leave sin behind and pursue God.

Week 1:

Day 1: Respond to God’s Grace

Day 2: Redirected: Confession and Repentance

Day 3: The Way of Christ is Good

Day 4: Consider the Cost of Following Jesus

Day 5: Entirely Ready to Turn Towards a Good God

Week 2 and 3: Work on Personal Repentance Plan for 3 Areas (sin patterns and idols)

Possible Discussion Topics and Curriculum Questions:

- Participants can feel well after confession, but lasting freedom comes from turning from sin to follow Christ.
- Repentance Plan is developmental work. Studying sinful nature, God’s will, setting up boundaries and a plan of action for when you are tempted.
- This is only a tool to help make changes in life. Don’t stress if you can’t fill out every box.
- This tool help people identify what needs to change and to help them take real steps of obedience. Examine sinful patterns. Understand God’s direction. Set boundaries. Plan godly response.
- Heart change is infinitely more important that behavior modification.
- Week 1, Day 1, Q4: In what ways do you struggle to believe that God’s plan offers the best life for you? What are some ways you’ve accepted this belief?
- Week 1, Day 3, Q4: What fears do you have about where God’s path will lead?
- Week 1, Day 4, Q4: What areas of life do you not want God to interfere with? Why?

Step 7 Overview - FOLLOW

Foundation 7: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.” Galatians 5:22--25

Step 7: We humbly ask God’s Spirit to change our hearts and minds in order to fully follow Christ.

Memory Verse: John 15:5

Key Theme: Respond to God’s grace by relying on him for change.

Remember: You are chosen by God. He will heal, strengthen and restore you if you rely on him and fully follow him.

Week 1:

Day 1: Facing Christ; ready for change

Day 2: Who changes me?

Day 3: Who am I?

Day 4: What is my purpose?

Day 5: Humbly ask God to change you.

Week 2:

Day 1: Follow Christ: a personal God

Day 2: Follow Christ: focused on Jesus

Day 3: Follow Christ: daily dependence

Day 4: Follow Christ: love God, trust and obey

Day 5: Follow Christ: love others

Possible Discussion Topics and Curriculum Questions:

- Week 1, Day 6, Q5: write down any confessions or encouragements to share with the group this week.
- Week 2, Day 2, Q6: List any “boats” that God wants you to step out of, or any circumstances distracting you from walking by faith focused on Christ.
- Week 2, Day 5, Q4 - List three people in your life who don’t have a relationship with Jesus. What loving act can you do for each to show and tell of Christ’s love?
- Step 7 Footprint: Mission Statement
 - Day 4 of Week 1 asked about personal mission statements. A mission statement is a brief declaration of purpose. If you’ve never written a personal mission statement for your life that aligns with God’s purpose for your life, write one on the next page. If you’ve done this already, write down that mission statement. Then, below your statement write a prayer of reliance on God. Ask him to give you everything you need to carry out his purpose for you as you follow Christ.

Step 8 Overview - FORGIVE

Foundation 8: "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children." Ephesians 4:32-5:1

Step 8: We forgive those who have harmed us and become willing to make amends to those we have harmed.

Memory Verse: Colossians 3: 12-13

Key Theme: We forgive others because God forgave us through Christ.

Remember: Forgiveness is a decision to obey God, give him our hurts and trust him to repay the debts of sin against us.

Week 1:

Day 1: Blessed are the peacemakers

Day 2: Forgiveness, amends and reconciliation

Day 3: Forgiveness; giving God justice

Day 4: Misunderstanding forgiveness

Day 5: Reasons Christians forgive

Week 2:

Day 1: Pray for a heart of forgiveness

Day 2: Who and what do I forgive?

Day 3: How do I forgive?

Day 4: Forgive others

Day 5: Become willing to make amends

Possible Discussion Topics and Curriculum Questions:

- Process and pray with and for the participant in areas they may feel stuck. Consider the following questions from the curriculum.
- Week 1, Day 6, Q4: Who are the three people you think you might not have fully forgiven (listed on Day 3, Take Action)? Beside each name list why you think this.
- Week 2, Day 6, Q3: Who, if anyone, are you struggling to forgive?
- Week 2, Day 6, Q4: Who, if anyone, are you unwilling to make amends with.
- Step Eight Footprint: Two Crosses
 - Pictures of two crosses are included on two separate pages. Forgiveness is entrusting your claims for justice to God by transferring the debt of sins against you to him. Justice for your sufferings is paid by Christ's blood (for offenders who receive Christ) or will come on God's day of wrath. Entrust sins against you to Christ by writing them on the cross. Start with your top three resentments and top three harms to you. Every hurt written on the cross is a surrender of your claim for justice to God and a declaration that Christ's blood is enough to pay the debt you're owed. As you write sin on the cross, ask to God forgive any offender who receives Christ as Savior. Thank Jesus for receiving the burden of your sins and the burden of sins against you – they are no longer yours to carry.

Step 9 Overview - AMENDS

Foundation 9: "Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all." Romans 12:17-18

Step 9: We make direct amends whenever possible; submitting to God, his word and biblical counsel.

Memory Verse: Romans 13:8

Key Theme: Initiate peace with others out of love and obedience to God.

Remember: Making amends is a step of faith to honor God, live in his truth, repair the damages of sin, and share the love of Christ with others.

Week 1:

Day 1: Love Life and Seek Good Days

Day 2: Understand Amends

Day 3: Why We Make Amends

Day 4: Characteristics of a Biblical Amends

Day 5: Submit to God, His Word and Biblical Counsel

Week 2:

Day 1: Prepare for Amends

Day 2: With Whom and For What Should I Make Amends

Day 3: Plan to Make Amends Part 1

Day 4: Examples of How to Make Amends

Day 5: Plan to Make Amends Part 2

Week 3:

Day 1: Begin Making Amends

Day 2: Continue Amends

Day 3: Continue Amends

Day 4: Continue Amends

Day 5: Continue Amends

Possible Discussion Topics and Curriculum Questions:

- A meeting should be scheduled during Week 3 of this step to discuss the amends plan that the participants will develop over the next two weeks.
- Week 1, Day 5, Q4: Have you withheld anything from inventory or confession? If so, list them below, inventory them and confess them to your mentor.
- Week 1, Day 5, Q5: Are there any uncertain amends you should postpone, waiting and praying for circumstances that are more favorable? List them below and share them with your mentor.
- Week 2, Day 4, Q3: When considering others harmed by your sin, who comes to mind first? Ask God to bring him or her peace through your amends.
- Week 2, Day 4, Q4: What restitution do you fear? Write it below. Then ask God for courage to be faithful and for him to make a way for full amends
- Step Nine Footprint: Three Prayers
 - Write out three short prayers for amends: two for amends with your closest family members or friends, one for your most difficult amends. First, thank God for his forgiveness of your sin through Christ. Then ask God to heal those who have been hurt by your sin. Pray that God would give you peace and soften the hearts of those with whom you seek forgiveness. Pray that God would carry you through any consequences for sin and that Christ would be glorified as you follow him.

Step 10 Overview - CONTINUE

Foundation 10: "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" Psalm 139:23-24

Step 10: We continue to take personal inventory and when we sin promptly confess and turn to walk with Christ.

Memory Verse: James 4:7-8

Key Theme: Remain in God's Grace

Remember: Your life of freedom in Christ is rooted in daily living by God's grace. Continue to realize your need for God's grace, receive his grace and respond to his grace in all areas of life.

Week 1:

Day 1: A Daily Life of Freedom

Day 2: Maintain Your Spiritual Health

Day 3: Continue to Realize Your Need for God's Grace

Day 4: Continue to Receive God's Grace

Day 5: Continue to Respond to God's Grace

Week 2:

Day 1: A Heart That is Well

Day 2: Practice Steps 1, 2 and 3

Day 3: Practice Steps 4, 5 and 6

Day 4: Practice Steps 7, 8 and 9

Day 5: Practice Steps 1 Through 9

Possible Discussion Topics and Curriculum Questions:

- Week 1, Day 3, Question 3: What thoughts tempt you regularly?
- Discuss Week 2, Day 5 lesson: Realizing need for God's grace, Receiving God's grace, Respond to God's grace
 - Celebrate with participant victories in Christ and discuss how they can continue to grow in Christ
- Step Ten Footprint: Celebrate, Recognize, Ask & List
 - Celebrate the victories God has given you through Christ! Praise God for the changes that he is making in you. Then, recognize ways you need to continue to grow. Finally, ask God to change you where you need to grow, then list the daily steps you will rely on to fully follow God's will.

Step Eleven Overview – INTIMACY

Foundation II: “And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.”
John 17:3

Step II: We seek to deepen our relationship with God daily and depend on his power to do his will.

Memory Verse: Matthew 5:6

Key Theme: Delight and grow in God’s grace.

Remember: Grow daily in your relationship with God: fully experience his love, strength, and joy in the journey he has planned for you.

Week 1:

Day 1: Grow in God’s Grace

Day 2: Home Is Where The Heart Is

Day 3: Glorify God—The Greatest Good

Day 4: Worship in Spirit and Truth

Day 5: Intimate Prayer

Week 2:

Day 1: A Mind and Heart United With God

Day 2: See Yourself Through God’s Eyes

Day 3: Growing Together Through The Church

Day 4: Gifted for God’s Glory

Day 5: A Servant’s Reward

Possible Discussion Topics and Curriculum Questions:

- Ask participant about their extended prayer experience
- Discuss the participants answers to the questions from Week 2, Day 1 lesson regarding Psalm 19
- Talk to the participant about their SHAPE form and discuss what you would add to the list
- Step Eleven Footprint: Spiritual Life Action Step
 - List three ways that God is calling you to deepen your relationship with him through what you learned in Step II. For the parts of your spiritual life which need to grow, write an action step that you will take to enrich your relationship with God (for example: I need to grow in my prayer life, so I will practice ongoing daily prayer; I need to understand how am I gifted spiritually, so I will take a spiritual gifts test; I am disconnected from The Church, so I will join a local church). Then, write a prayer to thank God for how he is growing your relationship with him. Ask God to deepen your relationship with him through these disciplines.

Step Twelve Overview – REGENERATE

Foundation 12: “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.” 2 Corinthians 5:17-18

Step 12: Experiencing regeneration in Christ, we carry God’s message of reconciliation to others and practice these principles in every aspect of our lives.

Memory Verse: 2 Corinthians 1:3-4

Key Theme: Call all people to be fully devoted followers of Christ.

Remember: Unite with God in his purpose for your life and participate in his plan for the world.

Week 1:

Day 1: God’s Plan of Regeneration

Day 2: The Great Commission

Day 3: Remember Where You Began

Day 4: God Is Transforming You

Day 5: God’s Story of Your Recovery in Christ

Week 2:

Day 1: The Ministry of Reconciliation

Day 2: Your Role in Biblical Reconciliation

Day 3: When to Pursue Reconciliation

Day 4: God’s Story of Your Recovery in Christ

Day 5: re:generation Recovery Guide

Week 3:

Day 1: The Battle for Freedom

Day 2: Practice Intimacy with God

Day 3: Practice Recovery in Christ Daily

Day 4: Practice the Ministry of Reconciliation

Day 5: New Identity, New Purpose, New Life

Step Twelve Overview – REGENERATE (continued)

Possible Discussion Topics and Curriculum Questions:

- Step 12 is very important. It is five weeks. Encourage the participant to finish strong. Below are the key areas to talk through with your participant.
 1. Understand the gospel, how to share it and why we share it.
 2. Build your re:generation testimony.
 3. Learn reconciliation, how to confront sin and handle conflict and build reconciliation plans.
 4. Practice taking the message to others new to recovery as “recovery guides*”.
 5. Build a plan to practice re:generation in every aspect of life (See next page, Step 12 Footprint: My Re:generation Plan).
- Step 12 is living out God’s purpose for our lives to fully experience all God offers us. God saved us, healed us and freed us for a purpose. We are a part of his rescue plan.
- The leader guide have more details about each of these weeks.
- Recovery Guides: Participant will need approval from you as their mentor to be a “recovery guide” for participants who are just beginning the re:generation process. See the role of a Recovery Guide at the end of this packet.
 - Their life does not have to be perfect to be a recovery guide. God will continue to reveal sin and recover them throughout their life. If a sin issue is still controlling them, however, spend the next two group meetings working on that issue with them. Their spiritual health is more important than becoming a recovery guide.
 - If you believe that they are not ready to be a recovery guide, have a conversation with them to let them know why.
- Commencement Celebration: As a mentor, you are invited to attend this time with the re:generation groups who have finished the program. It is a time to celebrate God’s work as a group and in other lives at REGEN. Participants will receive a commission, commemoration & charge to carry God’s message of reconciliation to others.

STEP 12 FOOTPRINT: MY RE:GENERATION PLAN

My Identity in Christ: *(copy your description from Q2 of Step 12, Week 5, Day 5 below)*

My Mission Statement: *(copy your statement from the end of Step 7 below)*

My Story of re:generation: *(record your statements from Step 12, Week 2, Day 4 below)*

How I Will Practice Recovery in Christ Daily (Step 10): *(see plans on pages 113-114)*

Practical steps to continue realizing my need for God's grace (Steps 1-3):

Practical steps to continue receiving God's grace (Steps 4-6):

Practical steps to continue responding to God's grace (Steps 7-9):

How I Will Practice Intimacy with God (Step 11): *(see plans on pages 11-112)*

Prayer and Bible Intake:

Christ-Centered Community and Service:

How I Will Practice of The Ministry of Reconciliation (Step 12): *(Commit to continue the steps with people you are struggling to forgive, with whom you have unfinished amends, or with whom you are not reconciled because of unaddressed sin in his or her life. List these people to discuss next steps with godly counsel.)*

People I Am Struggling To Forgive:

People With Whom I Need To Make Amends:

People With Whom I Am Not Reconciled Because Their Sin Has Not Been Addressed:

How I Will Carry The Message Of Reconciliation To Others: (See Step 12, Week 5, Day 4. List the Top 10 people for whom you will pray, list how you will initiate in Places of Influence, and in areas of Interest, Experience and Gifts)

My Top 10	My Places of Influence	My Interests, Experiences, & Gifts
1.	1.	1.
2.		
3.	2.	2.
4.		
5.	How I Will Initiate	How I Will Initiate
6.	1.	1.
7.		
8.		
9.	2.	2.
10.		

The Message of Reconciliation: (Commit to know the message of reconciliation)

Romans 3:23 "For all have sinned and fall short of the glory of God,"

Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

Romans 5:8 "But God shows his love for us in that while we were still sinners, Christ died for us."

Romans 10:9 "Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

EXAMPLES: RESENTMENTS INVENTORY

Who/What I am resentful towards:	The Cause The cause of my resentment is:	My Response How I responded:	The Nature of My Response My response was:	What I Value (Possible Idol) My response valued:	Notes/Comments
List the person, group, institution, etc.	What happened? Why am I angry or bitter?	Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc.	What was hurt/threatened? What was your response protecting? (examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
My boss	My boss confronted me publicly about being late for work. He questioned my commitment and work ethic in front of everyone.	In the moment, I felt embarrassed. I gave an excuse, apologized and promised to do better. I've stayed quiet about my hurt feelings and humiliation. I've never followed-up. I'm often critical of my boss' leadership and decisions. Sometimes I share my criticism and make fun of my boss to others.	Dishonest (I didn't have a good excuse) Fearful Shameful Self-protective Spiteful Critical Prideful Vengeful Divisive	My boss' respect My co-workers' respect My career My income/job My self-esteem/self-worth A peaceful work place My ego My pride Others' opinions of me	
The church I grew up in	Legalistic and judgmental without much love	At first, I blindly accepted it. Then I became judgmental. Then I eventually left the church.	Critical of the church. Cynical toward all churches. Later, I blamed the church for problems. "If only they had done better I wouldn't have done what I did."	God's grace. God's standard. A safe place for my family. I should have been safe to work through problems. My pride led to blame.	
My husband	Financial mismanagement: he lost all our savings on risky investment	I started working. I created a secret bank account of my own. I regularly check our bank account for any strange balance swings.	Fearful Secretive Distrustful Self-protective	Being provided for. Financial security over oneness. My ability to stay home vs. contribute to family.	

EXAMPLES: FEARS INVENTORY

Who/What	The Cause	My Response	The Nature of My Response	What I Value (Possible Idol)	Notes/Comments
I am fearful towards:	The cause of my fear is:	How I responded:	My response was:	My response valued:	
Examples: being alone, failure, rejection, my boss, etc. (be specific)	What happened? Why am I afraid?	Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc.	What was your response protecting? Was an expectation not met? What desire, dream or hope was lost/hurt/threatened?	
Public speaking	Once in grade school I had to present a report in class. I froze when it was my turn to speak. I couldn't say a word. I got teased a bit by the kids. I failed the report.	I held my emotions until I got home then went to cry in my room. My other grades were good enough to give me a good overall grade so my parents never knew. For a while I thought everyone saw me as dumb. I decided to avoid public speaking at all costs to school or job.	Fearful Shameful Self-protective Deceptive Insecure Judgmental Controlling Prideful	Being in control. My ego. My success. Others' perception of my intelligence. My comfort. My pride.	
Job failure	I'm afraid I'm unworthy or not skilled enough for my job. I've lost jobs in the past. I often feel incompetent.	I stay silent when uncertain of something. I'm afraid to answer or ask questions for fear of appearing incompetent.	Fearful Prideful Self-protective Selfish! Sometimes wise	My reputation with others. Pride. My identity as competent. I want honor through my job more than I want to honor God.	
I won't get married or ever have children	I had a broken engagement. I'm almost 40. "My biological clock is ticking." My abortion may have damaged my body.	My standards for who I date have lowered. I get depressed after I spend time with my nieces, feeling guilt/shame/self-hatred. I do not deserve love or to be a mother.	Fearful Selfish Distrustful Shameful Self-condemning	My dreams for happiness over God's plans for me. Finding my worth in worldly relationships instead of God. My opinion over God's grace.	

EXAMPLES: HARMS TO ME INVENTORY

Who/What	The Cause	My Response	The Nature of My Response	What I Value (Possible Idol)	Notes/Comments
Who/what hurt me:	The cause of my hurt is:	How I responded:	My response was:	My response valued:	
List the person, group, institution, etc.	What happened? Why am I hurt?	Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc.	What was hurt/threatened? What was your response protecting? (examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
Jim my ex-husband	He committed adultery	I withdrew for months feeling depressed, worthless, rejected and a failure. I vowed to never be hurt like that again. I reminded Jim of his failure often and would use it to justify hurting him. I wouldn't respond Jim's to advances for intimacy. I just couldn't forgive Jim.	Self-protective Shameful Controlling Vengeful Spiteful Fearful Selfish Unforgiving	Jim's opinion of me My emotional security Trust of my spouse Faithfulness of my spouse My control My comfort My pride	
Mark, the dent repair guy	He lied to me, took my money without finishing the job and then won't return my calls or texts. He is willfully deceiving me and now avoiding me.	Eventually I stopped following up. I was afraid that he might do further damage. I have ongoing thoughts of hatred, frustration, resentment. I start to daydream about how I could get revenge.	Vengeful Spiteful Unforgiving Unmerciful Hateful Fearful	Money Justice Trusted lost resources more than what God could provide. Safety over confrontation	
My dad	He was preoccupied with his work, serving at church, and special need sibling. He wasn't present or investing except for birthdays/holiday. No training or nurturing.	I sought attention and affirmation outside the home in harmful ways. Boyfriends, clubs, respected adults. Felt had to figure out life on my own. Continued pattern into adulthood.	Needy Independence Shameful Low self-worth Angry Resentful	My value as a child and woman. A relationship with my dad. Trusting external affirmation over God's opinion of me. Safety. Pride (I can figure it out).	

EXAMPLES: HARMS BY ME INVENTORY

Who/What	The Cause	My Response	The Nature of My Response	What I Value (Possible Idol)	Notes/Comments
Who/what I harmed:	The caused harm when:	Ways I responded to the harm I caused:	My response was:	My harmful behavior and response valued:	
List the person, group, institution, etc.	List the ways you have caused harm (be specific)	Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc.	What did you hope to gain that caused harm? What was your response protecting? Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
My brother	I took \$10 to buy music without asking him. I intended to repay it but haven't. He hasn't noticed.	I have kept it a secret. "What he doesn't know won't hurt him." I dismiss it as unimportant, tell myself, "I'll get to it someday" and justify my actions because "he owes me anyway."	Selfish Dishonest Fearful Dismissive Judgmental Self-righteous	Music Money Peace My brother's trust/opinion of me	
My employees	I often demand long hours from employees and sacrifices of family time to be successful. I can be overbearing with timelines and demands. I do not trust that anyone will perform to levels of excellence without being pushed. I am quick to fire underachievers.	I distance myself personally and emotionally from employees so I can easily let them go. I do not trust anyone to get their work done. I punish those who do not or cannot rearrange schedules when needed. I do not like myself. I feel empty. I only feel good when I complete a deal.	Self-serving Prideful Distrustful Judgmental Controlling Inconsiderate Successful Fear of failure	Business success over developing people and relationships. Winning. My career and financial success. My goals over God's plan.	
My wife	My parents offered to take us on a trip. My wife is sensitive to taking big gifts from family. Without discussing it with my wife, I agreed and they purchased tickets. We had discussed a vacation for just us that year, but by the time I told my wife the trip was already booked.	I didn't want to disappoint my parents and selfishly wanted to go on a big vacation with their money. I was afraid of my wife's response, so I kept it a secret for a few days then tried to convince her it was a better option for us. She was hurt that I said yes without her input.	Fearful of saying no to parents and wife Poor leadership Selfish Secretive Dishonest Isolated Discounted wife's opinion/counsel	A big trip Saving money vs. vacation with my wife My parents and wife's approval Peace My desires over my wife's desires	

EXAMPLES: SEXUAL INVENTORY

Who/What Who/what I experienced:	The Cause I went outside of God's plan when I:	My Response Ways I responded to the experience:	The Nature of My Response My response was:	What I Value (Possible Idol) My harmful behavior and response valued:	Notes/Comments
List the person, group, institution, etc.	Describe the event that went beyond God's boundaries for healthy sex	Describe actions you took and choices you made in response to the sexual encounter (be specific) and your feelings	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc.	What did you hope to gain that caused harm? What was your response protecting? (Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
"Jane" a co-worker	I entertain sexual fantasies about "Jane." I mostly view her sexually rather than as a co-worker. I look over her body when she is unaware.	I have kept my thoughts a secret. I haven't told anyone - my wife included. Sometimes I catch myself fantasizing and stop, but other times I just indulge the fantasy. I've tried to catch her eye. I wonder if she thinks of me the same way.	Selfish Fearful Secretive Lustful Demeaning Dangerous Inconsiderate to my wife	I get pleasure from the fantasy. Peace: I do not want to hurt my wife's feelings. Opinions of others: I do not want to tell anyone because I do not want them to think I'm perverted. A wish to be desired by a beautiful woman. Jane's beauty over her personality.	
Old girlfriend	We dated for a year. Engaged in pre-marital sex and sexual activity.	At the time I didn't know it was wrong or would cause harm. She was willing. I would manipulate her sometimes for sex. I used sex to feel close when we weren't emotionally close.	Selfish. Ignorant of God's will. Dishonored and hurt intimacy for future spouses. Escape relationship problems. Spiritually harmful.	My pleasure. A desire to be loved and served by a woman. My will over God's will. Pleasure over intimacy. Immediate gratification over giving all of me to my spouse.	
Excessive masturbation	I masturbate regularly - sometimes multiple times a day. I often fantasize about porn or past sexual relationships, but sometimes I just want pleasure or to relax.	I use masturbation for pleasure, comfort, escape from stress and to fall asleep. Sometimes I use it as a substitute when my spouse and I aren't intimate, I'm afraid my sexual advances will be rejected, or I'm too lazy to pursue my spouse.	Selfish. Isolated. Escape from reality. Fearful. Escape relationship issues. Lazy. Harmful to intimacy with spouse. Spiritually harmful.	My pleasure. Provide my own comfort/escape rather God and his provision. Immediate gratification over marital oneness. My body as my own rather than also belonging to God and my spouse.	

EXAMPLES: RECOVERY ISSUE INVENTORY

Who/What My issue of harmed	The Cause I caused harm when:	My Response Ways I responded to the harm I caused:	The Nature of My Response My response was:	What I Value (Possible Idol) My harmful behavior and response valued:	Notes/Comments
List the recovery issue and who/what was harmed	List the ways you have caused harm (be specific)	Describe actions you took and choices you made in response to the cause (be specific) and your feelings	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, angry, etc.	What did you hope to gain that caused harm? What was your response protecting? (Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
Drinking: My Mother	I crashed her car while drunk. I used guilt, manipulation and lies to keep her from sending me rehab. I blamed her. I told her I learned to drink from her and drank when I thought about how awful of a mother she was.	I used lies, manipulation and hurt to get out of trouble. I told myself it was no big deal and I could stop any time. I went to my room and drank when I thought about all the ways she hurt me with her own drinking. I considered suicide over rehab.	Dishonest with others. Vengeful. Dishonest with me. Blaming others. Self-pity. An escape from reality. Cowardly. Prideful.	My pleasure: I still love to party. My job: I wanted to keep it. My freedom: I do not want anyone controlling my life. My pride: I didn't want to admit I wasn't in control of my drinking. Others' opinions: I do not want anyone to think I am "an addict."	
Co-dependent: My kids	I accepted too much responsibility for my kids' successes and failures. I rescued them, didn't enforce consequences, did homework for them, and bailed them out of jail.	My worth and identity (how I saw myself) depended upon kids' success. When they failed I would try harder and manipulate others. Allowed kids to manipulate me. I would escape from reality with drinking.	Focused on me more than preparing kids for success and failures in life. Proudful (how kids and others viewed me). Overprotective. Dishonest. Enabling. Unrealistic. Pain avoidance.	I wanted to be worshiped by my kids. Others opinions of our family. My worth/identity found in being the best mom in kids eyes.	
Body Image: My family	Starved body controlling calories/excessive exercise. My eating habits controlled family schedule/meals. Lied often about exercise, eating and clothes sizes. Limited social outings.	Self-worth and value depends on a number on a scale. Weigh several times a day. Emotionally distant or short with others when eating. Fear that I was sick or fat after eating something I thought was unhealthy. Associate weight with success or failure in life.	Dishonest. Controlling. Fearful (of weight gain). Fearful of failure. Misplaced identity.	My self-worth found in being thin. My opinion above anyone else's opinion. Control of my life (I am more reliable than anyone else - even God).	

HOW TO LISTEN TO AN INVENTORY

It is a great honor to be asked to listen to someone's re:generation inventory. To be asked means that this person is willing to trust you with some of the deepest parts of his or her life. Usually this type of request only comes when your care and concern for this individual in the past has established trust.

During Step 4 of re:generation, your friend recorded an inventory which surveyed sin's damage in his or her life. Now, in Step 5, this person shares aloud (with trusted people) an honest, detailed confession about the impact of sin in his or her life. It is a step of honesty toward healing, relief, and freedom.

STEP 5 says: We confess to God, to ourselves and to another human being the exact nature of our sins.

Your role is to be an active listener, showing encouragement, support, and Christ like love as an individual works through Step 5. You are not expected to fix or heal the participant—that is God's job. Future steps will direct your friend to seek biblical resolution for what is listed in inventory, but the purpose of this confession is healing (James 5: 16). Listening with care, love, and truth is way to help bear this person's burden as he or she moves towards freedom in Christ. Galatians 6:2 says to "Bear one another's burdens, and thereby fulfill the law of Christ."

Thank you for your willingness to be a part of your friend's recovery journey. The most effective way to continually bless your friend as he or she continues through recovery is to pray daily, trusting God to bring healing. Below are some tips for how to be a good listener during Step 5:

ACTIVELY LISTEN TO UNDERSTAND: Your role is to listen and try to understand, not to fix or heal the person. Your friend is taking a step to confess sin to another person, perhaps for the first time. This step allows him or her to be fully known and loved despite the ugliness of sin. Listen without unnecessary interruptions or distractions, ask questions when clarity is needed, observe potential patterns and idols:

- Begin with prayer.
- Keep sharing focused on the inventory worksheet(s). Help your friend stay on track by avoiding questions that shift focus off the inventory. Try not to interject too many of your own experiences.
- Don't be surprised by sin. We are all capable of great evil. Don't be shocked by your friend's sin. Show empathy, love, concern for the person who is trusting you to hear his or her darkest moments.
- Notice patterns or recurring themes. Write down your own observations, or ask your friend to highlight certain things you see. Revisit these when the person is finished sharing the inventory.
- Listen for what's not shared. Take note and mention it if your friend does not include key people: both parents, any siblings, their spouse or ex-spouse (if applicable), themselves, and even God.
- Offer suggestions when necessary. For example, if you sense that a particular topic needs more attention, suggest the person spend more time on it. Or, if he or she is taking responsibility for an abuse suffered, you could say, "You may consider writing something else there." (Note: "The Nature of My Response" in the case of an abuse suffered is always, "I was not the cause of my abuse.")
- Ask if anything has been omitted. Give the person the opportunity to honestly review and share what may have been omitted. Be gracious if he or she skipped something the first time.
- Encourage, love and support your friend when he or she has finished sharing. Remind your friend of I Corinthians 6:9-11; we are washed, sanctified and justified through the blood of Christ. Romans 8:33-35 is another great passage to read when the meeting is coming to a close.
- Close in prayer, thanking God, and taking Him at His Word. "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." (I John 1:9)

HOW TO CONFESS AN INVENTORY

STEP 5, Confess: We confess to God, to ourselves and to another human being the exact nature of our sins.

Step 4 is the survey of sin's damage in our lives. Step 5 is an honest admission to ourselves, God and trusted friends about what has happened. It's a step of honesty toward healing, relief, and freedom. When it comes to confessing to a trusted friend or friends, here are some suggestions:

WHO TO INVITE

1. Invite trusted people with good biblical insight who are committed to you and will not be hurt or tempted to sin (gossip, judgment, anger, drawn to your sins) by the details of your inventory. Your mentor should be one of these people.
2. Limit group size. Feel free to add a few trusted people besides your mentor to hear your inventory, but for a detailed confession, keep the group size small. Two or three people is good because they can provide more input on your sin patterns and idols, but be cautious of including more than five. Share highlights/takeaways with big groups later.
3. Do not invite someone of the opposite sex without consulting your mentor and leaders. In most cases, this exclusion also applies to a spouse. Having someone of the opposite sex present could potentially limit your willingness to share everything and cause unintended damage to the listener at this stage of recovery. In later steps, you will discover how to biblically address the items on your inventory with a spouse and others. If both spouses, the mentor, and leaders believe spouse inclusion would be beneficial, it is permissible—but be cautious and wise with this decision.
4. If you are unsure of who else to invite besides your mentor, discuss your questions/concerns with your leaders and mentor. Consider others who know you and will be a part of your life after recovery, or fellow participants and leaders. If there is no one else, it is ok just to include your mentor.

HOW TO GO THROUGH AN INVENTORY

Sharing your inventory is a humble act of obedience to God. It is a step of faith toward living in the light of God in fellowship with others. By sharing your inventory, you invite the support, strength, and insight of others into your life. James 5:16 says, "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

Logistics: Start with prayer. Thank your friend(s) for coming. Briefly summarize your inventory experience, then begin with your resentment inventory, working across the columns for each event. Allow time for your listeners to interact with you and ask questions for clarity—especially at the end of the inventory. Do this for the remaining five inventories. When finished, ask listeners if they see any patterns or consistent idols showing up across inventories and write their comments down (even if you disagree). When finished, thank everyone again, and ask your mentor to close in prayer.

IMPORTANT TIPS

1. Reserve an enough of time to share your inventory so you don't have to rush through it and communicate to your listeners beforehand how long you think it will take. Occasionally, it is necessary to break up sharing your inventory into multiple sittings if you believe it will take several hours.
2. Be honest. Confess the exact nature of your sin. Be authentic. Be humble. Own your sin. Expose all your sinful patterns and idols and bring them into the light. Don't hold anything back. If you are afraid to share something, you should probably make sure that you share it (don't leave major events out).
3. Share from your inventory worksheets rather than explaining entire stories for every instance. Keep sharing at a high level. Be sure to point out the "whys"—idols and sinful patterns in each inventory).
4. Be very specific when clarity is important/necessary, but some details may not be. For example, share "I had an affair." But, you may not need to go into all of the details of each sexual encounter. Often, summary statements

will suffice. Focus on recognizing your sinful behavior, attitudes, and idols rather than deflecting blame onto others or getting lost in the details.

5. Be respectful/mindful of the people listed in your inventory and those who listen. If you invite someone listed in your inventory to hear your inventory, consider sharing that part with your mentor separately. If those listening know people listed on your inventory, use wisdom when sharing names.
6. Allow time for your mentor/friends to speak truth and encouragement into your life.
7. Write down the date of your confession in your inventory workbook, and how you feel afterwards. Embrace that clean, forgiven, grace-filled moment...because Satan will come along and steal it way if you don't remind yourself of God's great work in Step 5.