



Leader Training Handbook

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Mission and Vision

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.



❖ Why is sobriety/behavior change NOT the means or end of our mission and vision?



OUR PRACTICE

1. ABIDE/INTIMACY - Connect with God daily

- Daily lessons provide opportunities to know God more each day of recovery.
(John 15:5, 17:3)

2. SANCTIFICATION - Practice the 12 steps of *re:generation*

- The steps facilitate biblical sanctification: salvation, confession, repentance, forgiveness, amends, intimacy with God, reconciliation and discipleship.

3. MIXED ISSUE GROUPS - Grow together in community

- Authentic mixed-issue groups focusing on recovering hearts from idols which lead to sinful behavior patterns and restoring hearts to worship Christ alone.

4. SCRIPTURE/SPIRITUAL DISCIPLINES - Memorize scripture and pray

- Spiritual discipline critical to leadership and participant transformation.

5. DISCIPLESHIP - 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.

KEY VERSES

Titus 3:3-7

“For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life.”

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 poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord’s favor, and the day of vengeance of our God; to comfort all who mourn; to grant to those who mourn in Zion – to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified. They shall build up the ancient ruins; they shall raise up the former devastations; they shall repair the ruined cities, the devastations of many generations.”



- ❖ **What does the word *regeneration* mean in Titus 3:3-7 and how do these Scriptures relate to recovery?**



Group Leader Responsibilities

Keys to Remember

- You are called. Galatians 6:2 - “Bear one another’s burdens and thereby fulfill the law of Christ.”
- You are inadequate. Christ changes lives. You get a front row seat to this!
- You are not alone. Support and resources are available along the entire journey.
- You are modeling what it looks like to work on your recovery. The best leaders lead honestly from their own weakness and are transparent in their recovery.

Abiding in Christ

- The MOST important responsibility of a small group leader is abiding in Christ and allowing Him to lead your life. John 15:5, 1 Corinthians 11:1

Prayer for Participants

- God is the one who transforms hearts. Pray to God, as he is the only one that can actually produce change in a participant.
- Encourage participants to pray regularly for each other.
- Make this a priority with your co-leader. Ideas include divide up names, pray by name together over the phone or in person.

Setting Expectations and Handling Issues

- It’s helpful to be clear and consistent when setting expectations. Communicate expectations regularly (Daily time with God changes us/the curriculum is a tool, focus on recovery, come prepared, Group Guidelines, mentorship, etc.).
- Homework, absenteeism, showing up late and conflict are common issues which need to be addressed with participants. Some of these issues may become reasons to move someone out of a step group. Addressing these issues privately, and being consistent with consequences, is the most loving thing you can do for them.
- Concerns of suicide or harming others may come up within a group (abuse – physical, sexual or child). These are serious concerns that need to be addressed immediately.

Conflict Resolution

- You and participants WILL make mistakes and hurt each other. Helping the group resolve conflict with you, or with other participants in the group, will be essential to keeping safety and unity within the group (See “Conflict Field Guide” for the peacemaking process - page 29).
- God desires unity, forgiveness, peace and restored relationships. Most participants will not be good at conflict resolution. This is an opportunity to both model it and to help them within the group, and with all the other relationships they have in their life.

Shepherding Relationship Issues

- You are more than a facilitator; you are a **shepherd**.
- You are going to see unrepentant sin, and people are going to come to you with relationship issues. It is your role to engage and give **biblical** counsel.
- Don't expect full repentance in the first half of the steps. Do engage early on with issues, and bring in others, Scripture, community, and mentors to help.

Helping Participants Learn to Serve

- You set the tone of inviting the group to serve ("We get to show God's love to others" versus "We have to").
- Serving opportunities include greeting, parking, nametag table, etc. Get participants involved in giving back to the ministry early on, and being a part of encouraging other's recovery journey.

Help Identify Leaders

- Identify participants who would be good leaders and talk to them about it.
 - Are they a member of this church?
 - Are they currently in a community group?
 - Are they faithful, abiding, and repentant?
- By Step 10-12, invite a participant future leader to facilitate part of the meeting.



- ❖ What are some examples of how your leader led that impacted you?



Leadership Commitment

1. I will do my best to cultivate an abiding personal relationship with Jesus.
(John 15:5)
2. I will do my best to attend leader meetings, Sunday morning church services, and any recovery fellowship gatherings.
3. I will do my best to uphold the guidelines in my small group.
4. I will pray for each person in my group.
5. I will pray for the unity, health, and growth of my church and *re:generation*.
6. I will submit my testimony, according to the written guidelines.
7. I will present my testimony on stage at *re:generation* large group time.
8. I will squelch gossip with the truth by applying Matthew 18:15-17.
9. I will continue authentically working on my personal recovery and will be involved in biblical community.
10. I will look for and develop apprentice leaders on an ongoing basis.
11. I will commit to the leadership team for the length it takes to complete my small group and faithfully pray regarding my continued participation thereafter.
12. I will maintain moral integrity in my relationships with members of the opposite sex. I will not be alone with a *re:generation* attendee of the opposite sex and I will not counsel the opposite sex.
13. I will seek to model Christ and be above reproach in every area of my life.
(Galatians 5:16-26)

❖ What do I do when I sin/relapse during my leadership?

❖ What is the importance of open confession and repentance by a leader?

❖ When would a leader need to evaluate with leadership stepping back for a season?

Group Discussion Guidelines

But exhort one another every day, as long as it is called today, that none of you may be hardened by the deceitfulness of sin. Hebrews 3:13

Discussion Guidelines are a Tool, not a Rule

- The guidelines help build group trust, teach people to listen, and allow people to express thoughts and feelings without being fixed. They also help keep the group discussion on track.
- Guidelines are meant to be loosened through time as trust is built.
- Remember and keep communicating the “heart” of the guidelines, the why behind them. See Reference Material on page 11 for more specifics on helping participants stay within guidelines.

Discussion Guidelines: A.B.C. + G.A.G.

1. **Keep it About Self.** Share about your *own* thoughts and feelings. Refrain from commenting on what someone else has shared. This allows the freedom to discuss feelings without fearing someone else’s response, and it also teaches to listen to others. Remember, comparison kills community.
2. **Keep it Brief.** Many people want to share, so please limit your sharing to less than three minutes. If everyone has shared, and there is still time remaining, participants may share again.
3. **Keep it Clean.** This time is meant for healing and to honor God. Please avoid profanity or graphic details. Consider another’s recovery journey.
4. **Guard Against Gossip (G.A.G.).** Guarding against gossip creates a safe environment for sharing. Do not share what is said in the group with people outside of the group, unless directed by a *re:generation* leader. The leaders will determine what biblical steps are necessary if something shared requires attention from others outside of the group.



- ❖ Why are these important to a recovery group?



Guarding Against Gossip, Not Confidentiality or Anonymity

- The Bible does not prescribe confidentiality or anonymity. It encourages us to be known by bringing our sin and struggles into the light (John 3:19-21), among believers, and to seek counsel regarding moving forward (Hebrews 10:24-25).
- Per the Word of God, what is shared in the group must never be used for gossip. Trusting others and others finding you to be trustworthy are basic requirements for honest, in-depth sharing in groups. Information should never be repeated outside the group unless, it involves others who are part of the problem or solution.
- What is shared in the group (including the inventory) will only go outside those bounds if additional steps are needed per biblical commands. (Matthew 18:15-17, 1 John 1:7)

Progressive Group Dynamics

As group trust and maturity grows over time, you may choose to loosen the guidelines to allow the group to function more as a biblical community.

- **Steps 1-4** – Keep Guidelines in place, about self.
- **Steps 5-8** – Periodically open 10 minutes at the end for participants to share Scriptural encouragement to the group (not admonishments or rebukes to a particular participant or group).
- **Steps 9-12** – Allow for biblical counsel, and to ask questions to seek to understand and then share specific counsel from the Scriptures (not opinion or generalities). As a leader, you will need to discern at what point your particular group is ready for this step.

Group Guidelines – Responding to Participants

Following is reference material to look at as you need to. Remember to always communicate the heart behind the guideline you are trying to emphasize.

In order to ensure everyone feels comfortable, safe and has enough time to share in the group environment, it is important to review the Guidelines each week for the first few weeks. Soon the participants will begin to learn these concepts. In the meantime, you might need to extend a little grace and allow some time for growth.

These helpful phrases are just a few examples of how you might respond when one of the Group Guidelines is broken.

- 1. Keep It About Self:** Group members who are new to recovery meetings may not be accustomed to keeping their sharing focused on their own thoughts and feelings. You can say:

LEADER: "Please use 'I' statements."

"Please refer to your own thoughts / actions / feelings."

Note to Leader: When using a timer; should the timer go off, reset for one minute to let the person complete their thought.

It is important to address cross talk early on in your group. It may seem minor at the beginning, but it can easily get out of control if not promptly / regularly addressed. Each person should be free to express feelings without interruptions. When someone cross-talks you can say:

LEADER: "Thank you, but please keep your sharing about yourself and in terms of your own experience."

"Please, refrain on commenting on what someone else has shared."

- 2. Keep it Brief:** As the leader, you will need to address someone in the meeting who has exceeded the 3-5 minute limit. This can be an intimidating task. Effective ways to help you do this could be: use a timer, develop a hand motion or simply ask the group member to complete his/her thought.

However, you choose to do this, explain your strategy ahead of time so group members will be aware and will not feel they were singled out. When a group member breaks this guideline you can also say:

LEADER: "Please complete your thought."

"Thank you for sharing."

"Let's give the next person an opportunity to share."

- 3. Keep it Clean:** A newcomer may slip, using a swear word. Allow grace, but if it continues to be a problem with someone, address it with him or her after the meeting in private. Avoid shaming. In the group you can say:

LEADER: "Please be careful with your language."

Or raise your hand and say:

"Please, too graphic."

Additional Insight: If at any time a participant demands a dialogue with you during the meeting after you have addressed a broken Guideline, simply say,

LEADER: "I'd be happy to meet with you after the meeting, let's talk about it then."

Or, "Let's not take up meeting time, let's talk after we close."

- 4. Guard Against Gossip:** While the meeting is in progress, if someone includes specific names during their time of sharing you can say:

LEADER: "Please do not use names."

"Please no gossip."

Note to Leader: Scripture calls all of us to refrain from gossip. All participants must covenant to operate under the direction of God's Word in the handling of all information shared in the group. What is shared in the group will go beyond the group only in the event of the threat of physical, emotional or spiritual injury and under the guidance of a leader.

Please refer to the Conflict Resolution Field Guide if you need to address serious issues of gossip.

If one particular area or guideline continues to be a problem, address it during the next meeting by re-emphasizing that particular guideline. This might be all it will take to refocus the group. If it continues to be a problem with one particular person, address it with them individually. You might want to set up a time to meet before the meeting.

Facilitating Community Within the Group

Many participants will be in isolation or not have a good support system. Encourage participants to reach out to others in the group and develop friendships. Building relationships outside of step group time is important for the group and the individual.

Prayer Cards

Use these weekly to keep participants praying for one another. Ask them to follow-up/check in when they can and to encourage/send Scripture throughout the week.

Appointing Recovery Partners (Ecclesiastes 4:12)

These are a smaller group of participants (recommended 3-4) committed to helping each other: show up to group, do the work each week, stay connected, know and ask about personal struggles, confess sin, pray for one another and memorize scripture. You may assign the partners after the first few weeks or allow them to break up into smaller clusters (use Participant Info Sheet as guide on page 26).

Recovery Partners

1. Co-leaders should create the subgroups to avoid feelings of being the last kid picked on the playground.
2. Avoid placing two individuals who struggle with same-sex attraction in the same group, as this could be a stumbling block.
3. Balance the groups with mature in Christ, new and non-believers.
4. Periodically end the group 10 minutes early so Recovery Partners can meet.

Weekly Interaction

A goal is to get the group connecting, sharing, and encouraging one another rather than going only to the leader, or the leader initiating sharing needs or encouragements. Email and text are great but can become too much to keep up with. As a leader, set up a text/communication app that can be accessed on one's phone or computer, and only checked periodically. GroupMe is an app the leader can set up using the group's emails or phone numbers and invite to join. Messages and scriptures can be sent throughout the day, and checked periodically. Check out www.groupme.com for more information.

Celebration/Commencement Nights

At the end of a book, take one week to celebrate. Have people bring snacks or desserts to the rooms, and have a time to share what God is doing in one another's lives and encourage one another. You can even share communion during this time. Be sure you are done with Book 2 (Steps 4-6) before you share communion.

Periodic Fun/Fellowship

If there is a social person in the group who wants to plan fun things periodically, such as a game night, outing, meeting for dinner, etc., encourage that. At the same time, communicate and recognize that these are not required. If at a restaurant or someone's home, keep these gatherings alcohol and smoke free as to not tempt someone who is struggling in that area.

Leading With a Co-Leader

In summary, love your co-leader like you would want to be loved.

1. Make your first ministry in the group to one another. Don't bypass caring for and pursuing one another. The best leaders are those who operate as a team and as sisters or brothers who truly care about one another!
2. Get to know one another. Share your stories. Tell one another your strengths and weaknesses, yours fear and hopes.
3. Set a cohesive example by serving as a team with your co-leader. The group members are observing your relationship with your co-leader. Be unified. You cannot fake peace. Your group will know if there is division between you.
4. Prepare for each week. Meet together before the next small group meeting to discuss the lesson (either on the phone or even at the end of the previous small group time). Determine your roles and division of responsibilities for the following week and which questions will be discussed.
5. Respect your co-leader during the meeting. Do not compete, undermine or interrupt each other, especially in front of the participants. Avoid correcting each other during the meeting.
6. Don't keep secrets. Communicate to the participant that you are part of a team, along with the coach and leadership. You will not gossip. You would only be sharing information with people to get wise counsel. ***Never promise to keep a secret; there are no secrets between leaders. Commit to the participant you will not gossip about this and will only use the information to shepherd them.***
7. Be quick to resolve any conflict with your co-leader. Practice the 24-Hour Rule by going to them within 24 hours to seek understanding and clarification. Unity is vital and glorifies God.
8. Build one another up by encouragement and feedback. Regularly ask one another: how can I improve or grow in how I lead or handle things? Be quick to share how you see Christ at work in the other.
9. Remember: You and your co-leader should not be the "red phone" for your participants. Point them back to recovery partners, mentors and other community.

Support for You as the Leader

For the Participant

- Recovery Partners
- Mentors
- Community
- Co-Leaders

For the Co-leaders

- **Coach**
 1. A coach is an experienced leader who will help guide you through the process of leading a small group. Essentially, the coach disciples you as you facilitate your group and is available if you need anything throughout the process.
 2. You, your co-leader and coach should initially meet to discuss expectations. Remember: communication with your coach is two-way. Don't wait for them to call.
 3. Your coach is the **first person** you should widen the circle to if you and your co-leader have a problem or concern.
 4. Coaches support the leaders by praying, encouraging and giving biblical counsel as situations arise.
 5. Coaches also play a key role in conflict resolution within groups and will provide group support when leaders are unavailable. Your coach can help you resolve conflict within the group, deal with attendance issues, direct you to appropriate resources as well as anything else that you need.
 6. Your coach is also someone who can sit in on a conversation with a participant in which you may need further counsel beyond what you and your co-leader can provide. On the following issues, we ask that you automatically widen the circle to include your coach:
 - A participant expresses suicidal thoughts (whether or not he/she has a plan to take their life; we need to help them come up with an alternative plan to help!).
 - A participant has not been committed or has poor attendance and you think he/she needs to return to Groundwork.
 - A participant confesses to harming (or plotting to harm) another person.
 - A participant may need support and help developing a plan for them beyond *re:generation*.
 - When questions arise, first ask: What are three biblically-based options I think could work?
- **Ministry Leadership**
 - *re:generation* Staff
 - As needed, the coach will link in staff to widen the circle for counsel, and to other resources or groups within the church.
 - *re:generation* Leader Guides
 - Training Videos: <https://www.watermarkresources.com/ministries/regen/leader-resources>

Mentors

1. What is a mentor?

Mentorship is required for a *re:generation* participant. A mentor is someone of the same gender who is local and **ideally** meets these two criteria. They are listed below in order of importance:

- is spiritually mature in Christ
- is involved in your life; has a history and a future (ideally, someone from your home church, if you are not from the church where *re:generation* is hosted)

Recovery experience is not required (keep in mind the Apostle Paul would have been a good mentor) but can be a plus. Community group members or existing accountability partners make great mentors! If a group like this exists for the participant, assign one person from the point person for communication with the step group leaders.

2. What is the role of a mentor?

- a. A mentor should be available to you to discuss issues in your life in detail, to assist when you are in crisis, to be a “sounding board” by providing you an objective and biblically-based point of view.
- b. He/She is committed to pray for you, encourage you and speak biblical truth to you.
- c. He/She will listen to your inventory, help provide guidance and ask clarifying questions as you share details of your inventory, resulting impact and your part.
- d. ***It is your responsibility to initiate contact with your mentor.***
- e. Expectations of what both parties want the relationship to look like should be discussed as soon as someone agrees to mentor you.

3. When do participants get a mentor?

It is never too early to start identifying a mentor. Ideally, you want to have a mentor by the end of Groundwork or the beginning of Step 1. Mentorship is required by the end of Step 2.

4. How does one find a mentor?

Identify someone in your life who is spiritually mature. This may be a previous or current mentor, Bible study or small group leader, community group member, etc.

5. “There is no one in my life to ask... can you find a mentor for me?”

- a. Our first response is for you to go back again and look at your current community and church leaders/mentors. We would ask that you process through this question with your step study leader to try to identify someone in your life/church.
 - b. It is the responsibility of the participant to find a mentor. We understand this can be a challenge, but you, as the participant, need to take this important step to let others into your life.
6. For more information about Mentor requirements, communication, expectations, etc., go to: <http://www.regenerationrecovery.org/resources/mentor-resources/>

Group Dynamics & Pastoral Care Situations

As you shepherd the group, there are situations and concerns that require initiating conversation, giving biblical counsel, and deciding what may be best for a participant/group after a time of discernment. Situations you may face include:

- Disturbances within the group time
- Participants not showing up or keeping up
- Participant relationship concerns (dating during recovery, divorce/remarriage decisions)
- Participant struggles (Suicide, Abuse, Financial/Housing Needs, Special Needs)

A few guidelines are:

- Don't assume you know until you've taken the time to engage. Don't give counsel or hard information or hard questions via text or email.
- Take time to discern the situation and if the person is working the steps. (I Thessalonians 5:17)
- Matthew 18:15-17 when the situation demands it.
- If a pastoral care issue needs to be worked through with a participant, always include the mentors, co-leaders, and coach.
- Direct all food, clothing, and housing asks to the *re:generation* staff.

Key Questions to Consider:

When situations arise in the group meeting or for a concern in someone's life, prayerfully consider the following question.

1. What is really going on? Do I have all the facts?
2. What is the most loving thing to do ...
 - a. In the moment: For the person? For the group?
 - b. Longer term: For the person? For the group?
3. What does Scripture say related to this?
4. What are the layers of support to help the situation ...
 - a. For the group member?
 - b. For you as a leader?

Come up with 3 options of what you could do to process with co-leader / coach as needed.

When an Individual Talks About Suicide

ASK THESE TWO QUESTIONS:

(Do not fear that you are planting the idea of suicide in their mind)

1. Are you having suicidal thoughts?

If they say "YES," then:

- Ask questions to try to discern if the person is truly suicidal/contemplating ending their life OR expressing feelings of sadness/tiredness but without any intent or thoughts of ending their life.

2. Do you have a plan and the means to take your life?

If they say "NO," then:

- Encourage them in the truth of God's word, pray with them, set up a time for them to meet with you, your co-leader, coach, and their mentor.
- Meanwhile, ask them to commit that they will not harm themselves between now and your meeting time.
- When you meet, ask the mentor to be on point for a more comprehensive plan to care for them.
 - The goal is to set up a support system so that they are not solely dependent on any one person.
 - 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, 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, try to determine their location and tell them to remain on the line while you call 911.
- Contact their mentor or emergency contact to bring others into the situation.

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 their life. Your role is to:

- Call 911 in emergencies to get them the medical help they need.
- Point them or introduce them to Christ.
- Help set up a plan of support and ask their mentor take point on this plan (see page 20).
- PRAY.

NOTE: If through this process they are not suicidal, but have shared that as a cry for help, communicate that you want them to be open about their struggles of sadness but **how serious** we will always take it when someone talks about ending their life. Their life is valuable, and we will take every threat very seriously.

*See page 20 for Plan of Care for Suicide

Plan of Care for Suicide

Example: Jane Doe

Initial Urgent Assessment	If you are concerned someone is suicidal, ask these two questions: 1. Are you having suicidal thoughts? If they say “YES,” then ask... 2. Do you have a plan to take your life? If they say “YES” to both questions (and have the means to carry out the plan - for example, they own a gun and say they’re going to shoot themselves), immediately call 911. If they say “NO” to having a plan to take their life, but are having suicidal thoughts: • See if they are a believer...if not, share the gospel with them. If they are a believer, encourage them in the truth of God’s word, pray with them, set up a time right away to meet to develop a plan of care for support. See below for issues to address in this meeting. • Meanwhile, ask them to commit that they will not harm themselves between now and your meeting time and make sure they have a list of a couple people to call in case they are struggling.
Emergency Support	Help Jane to identify people she can call and talk to when she is struggling with suicidal thoughts. Develop an emergency call list.
Suicide Contract	Talk with Jane about verbally agreeing to a suicide contract which states she will call those individuals prior to attempting suicide. Each person on that emergency list should be educated regarding when to call 911 (if she has a plan and the means to carry it out).
Daily Support <i>Development of a 30, 60 or 90 day plan (depending on the situation)</i>	Assist Jane in developing her own recovery plan for the next 30 days. This plan should include something to do every day for 30 days. The purpose is to give them daily support while renewing their mind with truth. Part of this plan should include a major recovery ministry as a second layer of support beyond a community group (like <i>re:generation</i>) For example, Sunday may be going to church, Mondays may be coming to <i>re:generation</i>, Tuesdays may be going to a Community Group, Wednesdays might be having dinner with a Christian friend, Thursday might be Bible study, etc. Get back together after 30 days to determine the need for the next 30 days.
Community/Friends	Be thinking... “How can I put layers of support around this person?” Encourage Jane toward building friends/community around her *Assist Jane in getting connected with any individuals that might be of additional support. For example, if they are really struggling with the death of a parent, we can find someone who has been there that would be willing to meet with them and encourage them.
Discipleship	Develop a plan to help Jane with her relationship with the Lord. Help her to develop a plan for spending time with God, journaling (this is very helpful for people) and whatever else stirs her affections for the Lord.
Serving	Helping Jane find a place to serve (even if just greeting) that will help her to focus less on herself and start looking outside herself.
Communication with community	Keep all friends caring for Jane updated on communication regarding her progress. We want to all be on the same page on how to love and care for Jane.
Any other pressing burdens...	*Financial problems, helping with job loss, unhealthy relationships *Potentially needing a medical evaluation or reevaluation of current medication plan.

How to Write Your Recovery Testimony

Before you begin, consider Paul's story as recorded in 1 Timothy 1:12-18 as a writing example:

I thank him who has given me strength, Christ Jesus our Lord, because he judged me faithful, appointing me to his service, though formerly I was a blasphemer, persecutor, and insolent opponent. But I received mercy because I had acted ignorantly in unbelief, and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life. To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.

Before you write:

- Pray – Ask God what He would have you share to communicate His Story and His power.
 - Clarify your primary purpose – What is the one “take away” you wish to communicate to those listening? Write that purpose in 10 words or less:
-
- Consider these things before writing:
 - Determine to exalt Christ, not your sin or even your own improvement.
 - Share struggles in an appropriate way (not in lengthy or graphic detail).
 - What specific Scripture did God use as part of your recovery, transformation process?

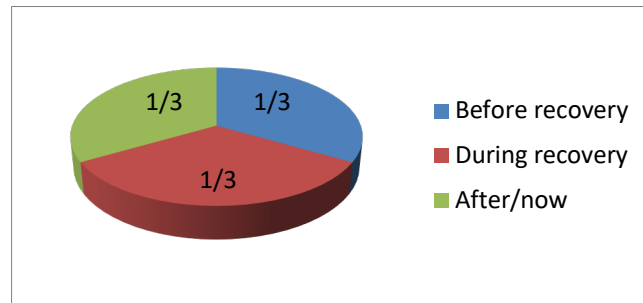
What to aim for:

Focus on key recovery area versus your life story.

Every detail of your story is significant, but for the purpose of sharing at *re:generation*, focus on the part of your story ***surrounding the key struggle/area of recovery***, limiting it to no more than 2 areas. It might be helpful to consider:

What it IS:	What it IS <u>NOT</u> :
Telling a part of your story related to the key recovery area Christ has/is transforming: • What life was like BEFORE recovery in Christ • How Christ worked in you DURING the process • NOW the changes in your life, relationship with God and others that Christ has done/is doing	• A chronological life story, with all childhood information (though some may be needed as it relates to what was in need of transformation in your life) • All of Step 4 – Inventory (though some details will be highlighted as you describe the area(s) of growth you will share about)

Divide up your story in thirds focusing on your recovery area.



As you prepare the content, think about your time sharing being split into equal proportions of before, during and after.

It can be easiest to spend a lot of time before, as you worked on this in the inventory step, but ask God to also show you how much he has worked to transform you and how your relationship with Him and others has changed.

If helpful, prepare a short outline before writing.

This is not helpful to everyone, but can be if you need help narrowing it down before starting to write. Just create a 3-level outline, list out bullet points of appropriate descriptions and examples from your story, Scriptures, etc., that tell the story of Christ bringing freedom and joy in your life as you've responded to His grace.

Start Writing:

Divide your talk into the following five sections. Use these questions as a guide to help you consider what you might share. You do not have to specifically answer each of these questions.

Intro (maximum 50 words)

Hi, my name is _____. I have a new life in Christ and I'm recovering from _____, and _____. (No more than two struggles/areas of recovery.)

Before recovery in Christ... (maximum 500 words)

- In what ways was your life not working before recovery?
- What are some of the circumstances that others could relate to?
- If you had a relationship with God, what was it like? If you did not, what was your view of God?
- What was your attitude toward others in your life?
- At what point did you know that something needed to change? What was that turning point?

During recovery in Christ... (maximum 500 words)

- How did God get you to recovery?
- Describe your first night at *re:generation*. How did you feel?
- Describe how God showed you that your life was out of control and you needed to submit to Christ.
- **Be sure to share your salvation experience clearly, using simple language.**
- What did God do in recovery? When did God show you that a new life was possible?
- Give specifics on how God used this recovery process to impact and begin to change you.

Current recovery in Christ ... (maximum 500 words)

Describe life now:

- How has your walk with God changed?
- How do you continue to pursue God?
- Are you sharing the gospel?
- What changes has God made in your relationship with others (friends, family, co-workers)?
- Any changes in your marriage?
- If dating, how is your purity?
- How are you handling conflict?
- How has being in community affected your recovery?
- What areas of your old life are gone? Or how have they changed?
- Where do you see the fruit of God's work in you?
- How has your perspective changed?
- How have your motives changed?
- How has your speech or the way you spend money changed?

This is your opportunity to share with the audience why you are thankful for the hard work of recovery.

Conclusion (maximum 50 words)

If you could only tell the listeners one thing tonight, what would that be? Restate your primary purpose.

- What encouragement can you give a newcomer?
- Restate your personal introduction and add one sentence to glorify God and give him the credit for all the changes that have occurred in your life.

Final Checklist

1. Was Christ exalted? Is the story more about you or Him? Will the listener remember your sin or God?
2. Did you use Scripture? Is it used in context? (Limit to two scripture references.)
3. Was sin exalted or described too graphically? Is any sin or struggle described in a way that could lead others to be tempted or stumble?
4. Did you inappropriately communicate that your sin is unique, instead of it being a common struggle (1 Cor. 10:13)?
5. Did you demonstrate a “victim mentality” anywhere? Did you “own your part?”
6. Did you focus on anyone else’s sin/recovery to an inappropriate level? Did I give someone else’s inventory?
7. Did you share your salvation experience? Was it addressed as grace through faith in Christ alone?
8. Is there any place that you could add humor? This provides the audience a chance to exhale. We never want to laugh at sin, but be willing to laugh at ourselves.
9. Could the way that you communicated your story offend anyone? (homosexuals, addicts, divorcees, members of specific denominations, someone mentioned in your testimony, etc.)
10. Was marriage/separation/divorce/remarriage mentioned? Was it biblically addressed? Could anything that you said be misinterpreted by the listener to justify their decisions?
11. Is there any mention of demons, baptism of the Holy Spirit, audibly hearing God’s voice or anything else that needs to be checked theologically?
12. Did you mention any books or authors specifically? We do not want to specifically endorse anything but God’s Word.
13. Is there any unfinished business that needs to be taken care of before you give this? Anyone to whom you still owe an amends? How would you feel if that person happened to be in the audience the night you speak, or happened to listen to your story online?
14. Has someone from your community group read it? Have someone time you to insure delivery is under 8 minutes. Make sure that you have read this out loud and timed it!
15. Was your story equally divided?
 1. 500 words - Before recovery in Christ
 2. 500 words - During recovery in Christ
 3. 500 words - Current recovery in Christ
16. Did you communicate your primary purpose or “take away”? Did you summarize it and include it in your closing?
17. Time should be 7-8 minutes. Typically, this is 1500-1600 words. **If not, it will be returned to you until it is at the word count!**

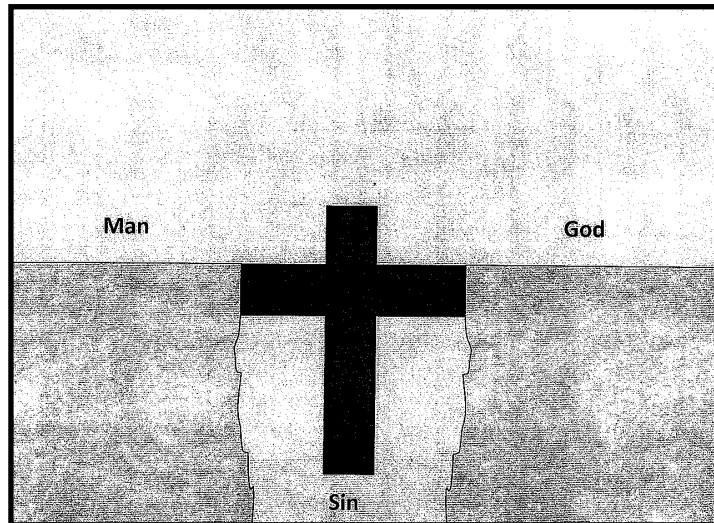
Appendix

Evangelism

Steps 1-3

Diagnostic Questions

Bridge Illustration



One Verse Evangelism – Romans 6:23 the <u>WAGES</u> of <u>SIN</u> is <u>DEATH</u> but the <u>GIFT OF GOD</u> is <u>ETERNAL LIFE</u> <u>THROUGH JESUS CHRIST</u> our <u>LORD</u>	Roman's Road • Romans 3:23 • Romans 6:23 • Romans 5:8 • Romans 10:9-10, 13
Resources: • www.gotquestions.org • www.bible.org • www.biblegateway.org • The "Bridge" Illustration @www.youtube.org	Mobile Applications: • Romans Road • Got Questions • Jesus Film (Any Language!)

NOTE: If they have not trusted Christ by completion of Step 3, it is time to engage in conversations about why and next steps of: returning to Groundwork or other ministries. It is **unloving** to put someone through a Christ-centered recovery program and attempt to deal with their sin without Christ's forgiveness.

Biblical Resources for Specific Struggles

Many of the topics below are discussed in the “Counseling Through Your Bible Handbook” by June Hunt. Some of these topics are also available on the *Hope For The Heart* Resource app for iPhone and Android. For the **BOLDED** topics below, *re:generation* Issue Sheets have been developed and are available for your ministry to display on ministry nights and they are also available electronically at www.regenerationrecovery.org/struggles. Note: New REGEN issues sheets are created regularly, so keep checking the website!

ABORTION Adoption Adultery Aging Alcohol & Drug Abuse ANGER Assurance of Salvation Atheism & Agnosticism Bible: Is it Reliable Blended Family BODY IMAGE Caregiving Child Evangelism Childhood Sexual Abuse Chronic Illness/Disabilities CODEPENDENCY Communication Conflict Resolution Confrontation Counseling Critical Spirit Cults Dating Death Decision Making DEPRESSION Divorce Dysfunctional Family EATING DISORDERS Employment Envy & Jealousy Ethics & Integrity Euthanasia Evil and Suffering...Why? FEAR & ANXIETY Financial Freedom	Forgiveness Friendship GAMBLING God: Who is He? Grief Recovery GUILT & SHAME Habits Holy Spirit Hope Identity Infertility Intimacy Islam Jehovah’s Witness Jesus: Is He God? Jewish Fulfillment Loneliness Lying Manipulation Marriage MASTURBATION Mentoring Midlife Crisis Mormonism New Age Spirituality Occult Overeating OVERSPENDING Parenting Perfectionism PORNOGRAPHY Pregnancy...Unplanned Prejudice Premarital Counseling PRIDE Procrastination	Prosperity Purpose in Life Rape Recovery Rebellion Reconciliation Rejection Salvation SAME-SEX ATTRACTION Satan, Demons & Satanism SELF-INJURY Self-Worth SEXUAL ABUSE Sexual Addiction Sexual Integrity Single Parenting Singleness Spiritual Abuse & Legalism Spiritual Warfare Stealing Stress Management Submission SUBSTANCE ABUSE Success Through Failure Suicide Prevention Teenagers Temptation Terminal Illness Time Management Trials Unbelieving Mate Verbal & Emotional Abuse Victimization Widowhood Wife Abuse Workaholism Worry
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Participant Information Sheet

Note: This sheet is handed out and collected the first night your small group meets.

Contact Information

Name: _____ Best contact number: _____

Email: _____ Preferred method of contact: (Email/Text) _____

Address: _____ City: _____ Zip: _____

Emergency Contact: _____ Email: _____ Phone: _____

Personal/Family Information

Birthday: _____ Marital status: _____

Children? Yes No Ages: _____

Do you have 12-step experience? _____ If yes, in what context? _____

Struggles/Hurts: _____

Spiritual Information

Home church: _____ Do you serve in any ministries there? _____

re:generation Group Leader's Names: _____

Mentor Name: _____ Mentor Phone: _____ Mentor Email: _____

If you were to die tonight, how sure are you that you would be in heaven with God? (0-100%) _____%

If God were to ask you why He should let you into heaven, what would you say?

Do you want more information regarding these two questions? Yes No

Do you have any other questions we can help you with regarding Christ, the Bible, etc.?

Is there anything else you would like us to know about you?

Would you like to volunteer periodically on *re:generation* nights? (Circle all that apply)

Greet Tech Set-Up Sing Hospitality Play Instrument _____ Other: _____

Conflict Field Guide

We are committed to resolving conflict in a way that glorifies the Lord, edifies the body of Christ, and reflects the principles laid out in Scripture. Since all relationships – including those among believers – will be faced with disagreements at different times, we, as followers of Christ, commit to the following biblical principles as a guide for resolving these issues. We trust that the following information will serve as a continual resource for you as you strive to serve others, grow personally and glorify the Lord in the context of conflict.

Scriptures to read and remember when considering how you are going to handle conflict:

Prov. 6:16-19, Prov. 17:14, Prov. 20:3, Matt. 5:23-24, 1 Peter 5:5-7, Eph. 4:1-3, Prov. 18:19.

OUR COMMITMENT TO BIBLICAL CONFLICT RESOLUTION:

As people reconciled to God by the death and resurrection of Jesus Christ, we believe we are called to respond to conflict in a way that is remarkably different from the way the world deals with conflict. We also believe conflict provides opportunities to glorify God, serve other people, and grow to be like Christ. Therefore, in response to God's love and in reliance on His grace, we commit ourselves to respond to conflict according to the following principles:

- **GLORIFY GOD** – Instead of focusing on our own desires or dwelling on what others may do, we will seek to please and honor God – by depending on His wisdom, power and love; by faithfully obeying His commands; and by seeking to maintain a loving, merciful and forgiving attitude.
- **GET THE LOG OUT OF YOUR OWN EYE** – Instead of attacking others or dwelling on their wrongs, we will take responsibility for our own contribution to conflicts – confessing our sins, asking God to help us change any attitudes and habits that lead to conflict and seeking to repair any harm we have caused.
- **GO AND SHOW YOUR BROTHER HIS FAULT** – Instead of pretending that conflict doesn't exist or talking about others behind their backs, we will choose to overlook minor offenses, or we will talk directly and graciously with those whose offenses seem too serious to overlook. When a conflict with another Christian cannot be resolved in private, we will ask others in the body of Christ to help us settle the matter in a biblical manner.
- **GO AND BE RECONCILED** – Instead of accepting premature compromise or allowing relationships to wither, we will actively pursue genuine peace and reconciliation – forgiving others as God, for Christ's sake, has forgiven us, and seeking just and mutually beneficial solutions to our differences.

By God's grace, we will apply these principles as a matter of stewardship, realizing that conflict is an opportunity, not an accident. We will remember that success, in God's eyes, is not a matter of specific results but of faithful, dependent obedience. And we will pray that our service as peacemakers brings praise to our Lord and leads others to know His infinite love.

*These principles are so simple that they can be used to resolve the most basic conflicts of daily life. But they are so powerful that they have been used to mediate and arbitrate bitter divorce and child custody actions, embezzlement situations, church divisions, multi-million-dollar business disputes, malpractice lawsuits and terrible sexual abuse cases. These principles are briefly discussed below. For a more detailed explanation, please see **The Peacemaker: A Biblical Guide to Resolving Personal Conflict**, by Ken Sande (Baker Books, 2nd ed. 1997).*

ONE

SEE CONFLICT AS AN OPPORTUNITY

Conflict is not necessarily bad or destructive. Even when conflict is caused by sin and causes a great deal of stress, God can use it for good (Rom. 8:28-29). As the Apostle Paul wrote in 1 Corinthians 10:31-11:1, conflict actually provides three significant opportunities. By God's grace, you can use conflict to:

- Glorify God (by trusting, obeying and imitating Him).
- Serve other people (by helping to bear their burdens or by confronting them in love).
- Grow to be like Christ (by confessing sin and turning from attitudes that promote conflict).

These concepts are totally overlooked in most conflicts because people naturally focus on escaping from the situation or overcoming their opponent. Therefore, it is wise to periodically step back from a conflict and ask yourself whether you are doing all that you can to take advantage of these special opportunities.

GLORIFY GOD

When the Apostle Paul urged the Corinthians to live "to the glory of God," he was not talking about one hour on Sunday morning. He wanted them to show God honor and bring Him praise in day-to-day life, especially by the way that they resolved personal conflicts (1 Cor. 10:31). As mentioned above, you can glorify God in the midst of conflict by trusting Him, obeying Him and imitating Him (Prov. 3:4-6; John 14:15; Eph. 5:1). One of the best ways to keep these concerns uppermost in your mind is to regularly ask yourself this focusing question: "How can I please and honor the Lord in this situation?"

Preparing for the Journey

GET THE LOG OUT OF YOUR OWN EYE

The most challenging part of peace-making is set forth in Matthew 7:5, where Jesus admonishes us to "...first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."

There are generally two kinds of *logs* you need to look for when seeing your part in the conflict. First, you need to consider your own attitudes and biases. Critical, negative or overly sensitive attitudes easily lead to unnecessary conflict.

The other log you must deal with is actual sinful words and actions. Because we are often blind to our own failures, we must have honest friends who will help us take an objective look at ourselves and face up to our contribution to a conflict.

The most important aspect of getting the log out of your own eye is to go beyond the confession of wrong behavior and face up to the root cause of that behavior. The Bible teaches that conflict comes from the “desires at war within you” (James 4:1-3; Matt. 15:18-19). Some of these desires are obviously sinful, such as wanting to conceal the truth, bend others to your will or have revenge. In many situations, however, conflict is fueled by good desires that you have elevated to a sinful place, such as an unhealthy craving to be understood, loved, respected or vindicated (1 Peter 2:23).

Any time you become excessively preoccupied with something, even a good thing, and seek to find happiness, security, or fulfillment in it rather than in God, you are guilty of idolatry. Idolatry inevitably leads to conflict with God. It also causes conflict with other people. As James writes, when we want something but don’t get it, we kill and covet, quarrel and fight (James 4:1-4).

Having done the hard work of discovering your part in the conflict, it is time to take action. Below is a clear, seven-step process to help you first examine yourself and then move forward as a peacemaker:

1. **Ask the Lord and others for help with self-awareness (1 John 1:8).**
 - Ask God to show you where you have been guilty of “wrong worship,” which is to say where you have been focusing your attention and love on something other than the Lord and His desires. “Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me; And lead me in the everlasting way”(Ps.139:23-24).
 - Specifically identify and renounce the desire contributing to the conflict.
 - Deliberately pursue right worship. Fix your heart and mind on God and seek joy in Him alone.
 - Give others permission to speak into your life, and regularly ask them to help you see any “logs” both in attitude and action.
2. **Address everyone involved as soon as possible (Matt. 5:23-24, Prov. 6:1-5).**
3. **Avoid if, but, and maybe. (Don’t make excuses; be specific when possible with both attitudes and actions. Luke 15:17-24).**
4. **Apologize. (Express sorrow for the way you affected someone. Luke 15:21).**
5. **Ask for forgiveness (Prov. 28:13).**
6. **Accept the consequences (Luke 19:1-9).**
7. **Alter your behavior. (Commit to changing harmful habits. Eph. 4:22-32, John 8:11).**

As God guides and empowers these efforts, you can find freedom from the idols that fuel conflict and be motivated to make choices that will please and honor Christ. This change in heart will usually speed a resolution to a present problem, and at the same time improve your ability to avoid similar conflicts in the future.

TWO

GO AND SHOW YOUR BROTHER HIS FAULT

Don't Sweat the Small Stuff

OVERLOOK MINOR OFFENSES

Another key principle of peacemaking involves an effort to help others understand how they have contributed to a conflict. Before you rush off to confront someone, however, remember that it is appropriate to overlook minor offenses (Prov. 19:11). As a general rule, an offense should be overlooked if you can answer “no” to all of the following questions:

- Is the offense seriously dishonoring God?
- Has it permanently damaged a relationship?
- Is it seriously hurting other people?
- Is it seriously hurting the offender himself?

TALK IN PRIVATE

Don't Spread the Big Stuff. If you answer “yes” to any of these questions, an offense is too serious to overlook, in which case God commands you to go and talk with the offender privately and lovingly about the situation (see Matt. 18:15). As you do so, remember to:

- Pray for humility and wisdom (1 Peter 5:5).
- Plan your words carefully—think of how you would want to be confronted (Prov. 15:1-2; 16:23).
- Anticipate likely reactions and plan appropriate responses—rehearsals can be very helpful (Prov. 20:18).
- Choose the right time and place—talk in person whenever possible (Prov. 16:21; 27:12).
- Assume the best about the other person until you have facts to prove otherwise (Prov. 18:17).
- Listen carefully (Prov. 18:13).
- Speak only to build others up (Eph. 4:29).
- Ask for feedback from the other person (Prov. 18:2).
- Trust God (Psalm 37:3).

TAKE OTHERS ALONG (MATT. 18:17)

Don't Stop if You've Been Stiffed. If an initial confrontation does not resolve a conflict, do not give up. Review what was said and done, and look for ways to approach the other person more effectively. Then try again with even stronger prayer support.

If you have done all you can to share your concern and the matter is still unchanged in that it is "too serious to overlook," you should ask one or two other people to meet with you and the person you have approached to help you resolve your differences (Matt. 18:16-20).

DON'T STOP IF IT GETS STICKY

As unfortunate as it is, there are times when the only solution left is to expand the circle of accountability and wisdom to include an even wider community within the body of Christ. It is imperative that the process is not stopped short of any Scriptural admonition to diligently preserve the unity that the Lord intends. Where conflict persists, it is the job of the wider community of faith to speak boldly into the matter and where necessary separate itself from hard hearts that refuse to deal with matters "too serious to overlook," (Matt 18:17a; 1 Cor. 5:1-2) even when that includes necessary separation until such a time as when the sin issues creating the conflict are acknowledged and dealt with.

GO AND BE RECONCILED

One of the unique features of biblical peacemaking is the pursuit of genuine forgiveness and reconciliation. Even though followers of Christ have experienced the greatest forgiveness in the world, we often fail to show that forgiveness to others. To cover up our disobedience we often use the shallow statement, "I forgive her – I just don't want to have anything to do with her again." Just think, however, how you would feel if God said to you, "I forgive you; I just don't want to have anything to do with you again?"

Praise God that He never says this! Instead, He forgives you totally and opens the way for genuine reconciliation. He calls you to forgive others in exactly the same way: "Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you" (Col. 3:12-14; see also 1 Cor. 13:5; Ps. 103:12; Isa. 43:25). One way to imitate God's forgiveness is to purpose to live with these actions and attitudes when you forgive someone:

- I will not dwell on this incident.
- I will not revisit this incident or use it against you.
- I will not talk to others about this incident.
- I will not allow this incident to stand between us or hinder our personal relationship.

Remember that forgiveness is a spiritual process that you cannot fully accomplish on your own. Therefore, as you seek to forgive others, continually ask God for grace to enable you to imitate His wonderful forgiveness toward you.

NEGOTIATE IN A BIBLICAL MANNER

Even when you manage to resolve personal offenses through confession and forgiveness, you may still need to deal with substantive issues, which may involve money, property, or the exercise of certain rights. These issues should not be swept under the carpet or automatically passed to a higher authority. Instead, they should be negotiated in a biblically faithful manner.

As a general rule, you should try to negotiate substantive issues in a cooperative manner rather than a competitive manner. In other words, instead of aggressively pursuing your own interests and letting others look out for themselves, you should deliberately look for solutions that are beneficial to everyone involved.

As the Apostle Paul put it, “Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others” (Phil. 2:3-4; see Matt. 22:39; 1 Cor. 13:5; Matt. 7:12).

A biblical approach to negotiation may be summarized in five basic steps, which we refer to as the **PAUSE** principle:

- **Prepare** (pray, get the facts, seek godly counsel, develop options)
- **Affirm** relationships (show genuine concern and respect for others)
- **Understand** interests (identify others’ concerns, desires, needs, limitations, or fears)
- **Search** for creative solutions (prayerful brain- storming)
- **Evaluate** options objectively and reasonably (evaluate, don’t argue)

If you have never used this approach to negotiation before, it will take time and practice (and sometimes advice from others) to become proficient at it. But it is well worth the effort, because learning the PAUSE principle will help you not only resolve your present dispute but also negotiate more effectively in all areas of your life.

THREE

BE PREPARED FOR UNREASONABLE PEOPLE

Whenever you are responding to conflict, you need to realize that other people may harden their hearts and refuse to be reconciled to you. There are two ways you can prepare for this possibility.

First, remember that God does not measure success in terms of results but in terms of faithful obedience. He knows that you cannot force other people to act in a certain way. Therefore, He will not hold you responsible for their actions or for the ultimate outcome of a conflict.

All God expects of you is to obey His revealed will as faithfully as possible (see Rom. 12:18). If you do that, no matter how the conflict turns out, you can walk away with a clear conscience before God, knowing that His appraisal is, “Well done, good and faithful servant.”

Second, resolve that you will not give up on finding a biblical solution. If a dispute is not easily resolved, you may be tempted to say, “Well, I tried all the biblical principles I know, and they just didn’t work. It looks like I’ll have to handle this another way”— meaning, the world’s way.

A follower of Christ should never close the Bible. When you try to resolve a conflict, but do not see the results you desire, you should seek God even more earnestly through prayer, the study of His Word and the counsel of His church. As you do so, it is essential to keep your focus on Christ and all that He has already done for you (Col. 3:1-4). It is also helpful to follow five principles for overcoming evil, which are described in Romans 12:14-21:

- Control your tongue (“Bless those who curse you.” See also Eph. 4:29).
- Seek godly advisors (identify with others, and do not become isolated).
- Keep doing what is right (1 Pet. 2:12, 15; 3:15b-16).
- Recognize your limits (instead of retaliating, stay within proper biblical channels).
- Use the ultimate weapon: deliberate, focused love (John 3:16; Luke 6:27-31).

At the very least, these steps will protect you from being consumed by the acid of your own bitterness and resentment if others continue to oppose you. And in some cases, God may eventually use such actions to bring another person to repentance (1 Sam. 24:1-22).

Even if other people persist in doing wrong, you can continue to trust that God is in control and will deal with them in His time (see Psalms 10 and 37). This kind of patience in the face of suffering is commended by God (1 Pet. 2:19) and ultimately results in our good and His glory.

GET HELP FROM ABOVE

None of us can make complete and lasting peace with others in our own strength. We must have help from God. But before we can receive that help, we need to be at peace with God Himself.

Peace with God doesn’t come automatically, because all of us have sinned and alienated ourselves from Him (Isa. 59:1-2). Instead of living the perfect lives needed to enjoy fellowship with Him, each of us has a record stained with sin (Matt. 5:48; Rom. 3:23). As a result, we deserve to be eternally separated from God (Rom. 6:23a). That’s the bad news.

The good news is that “God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life” (John 3:16). Believing in Jesus means more than being baptized, going to church, or trying to be a good person. None of these activities can erase the sins you have already committed and will continue to commit throughout your life. Believing in Jesus means, first of all, admitting that you are a sinner and acknowledging that there is no way you can earn God’s approval by your own works (Rom. 3:20; Eph. 2:8-9).

Second, it means believing that Jesus paid the full penalty for your sins when He died on the cross (Isa. 53:1-12; 1 Peter 2:24-25). In other words, believing in Jesus means trusting that He exchanged records with you at Calvary – that is, He took your sinful record on Himself and paid for it in full, giving you His perfect record.

When you believe in Jesus and receive His perfect record of righteousness, you can really have true peace with God. As you receive this peace, God will give you an increasing ability to make peace with others by following the peacemaking principles He gives us in Scripture, many of which are described above (Phil. 4:7; Matt. 5:9).

If you have never confessed your sin to God and believed in Jesus Christ as your Savior, Lord, and King, you can do so right now by sincerely praying this prayer:

Lord Jesus, I know that I am a sinner, and I realize that my good deeds could never make up for my wrongs. I need your forgiveness. I believe that you died for my sins, and I want to turn away from them. I trust you now to be my Savior, and I will follow you as my Lord and King, in the fellowship of your church.

If you have prayed this prayer, it is essential that you find fellowship with other Christians in a church where the Bible is faithfully taught and applied. This fellowship will help you to learn more about God, grow in your faith, and obey what He commands, even when you are involved in a difficult conflict. Let us know how this church might be able to serve you as your place of fellowship.

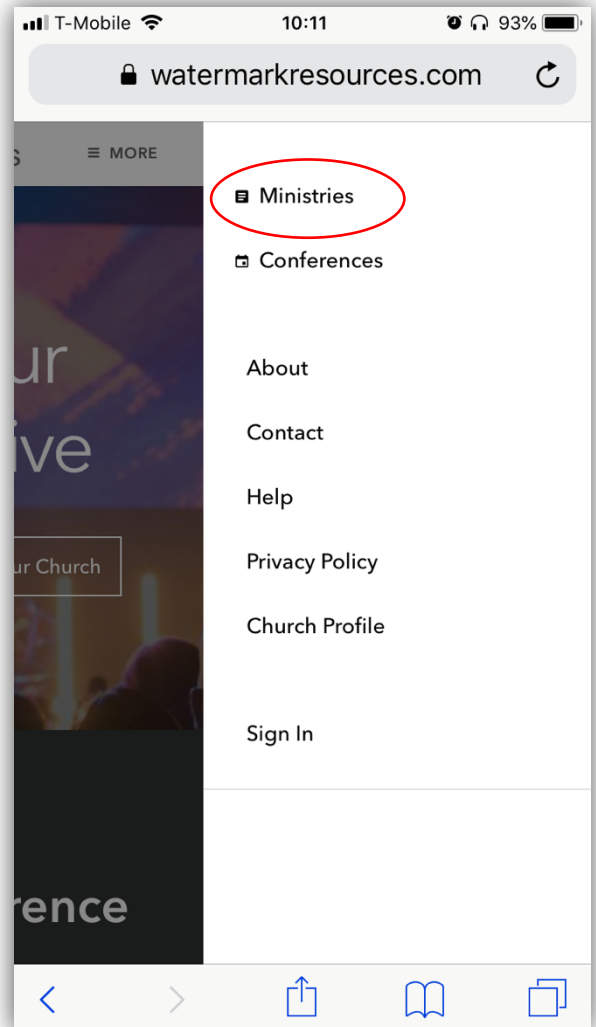
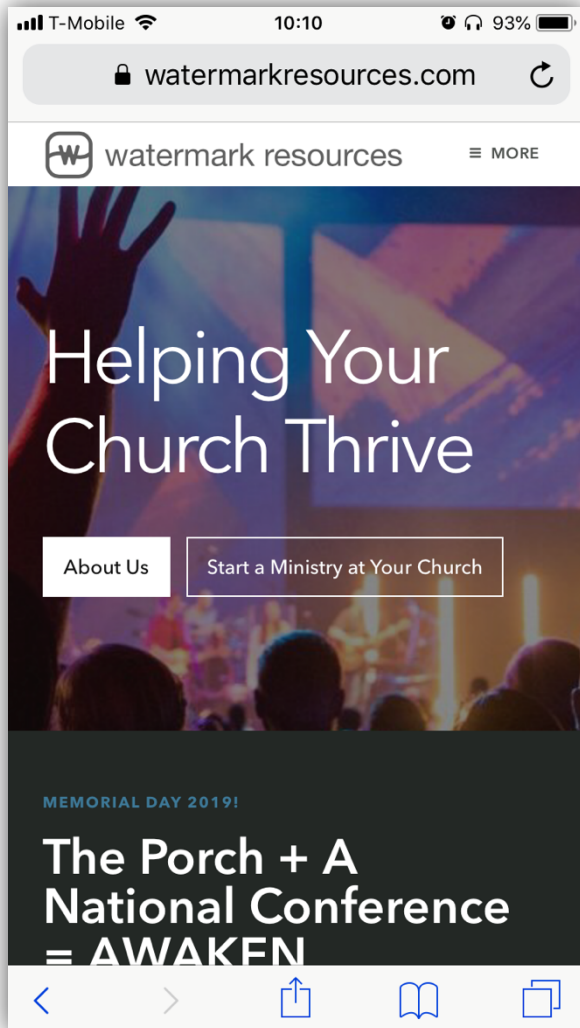
GET HELP FROM THE CHURCH

As God helps you to practice His peacemaking principles, you will be able to resolve most of the normal conflicts of daily life on your own. Sometimes, however, you will encounter situations that you do not know how to handle. In such situations, it is wise and appropriate to turn to others in your community or to spiritually mature persons around you who can give you advice on how you might be able to apply these principles more effectively.

When individual advice does not enable you to resolve a dispute, you should ask one or two mutually respected friends to meet with you and your opponent to help you settle your difference through mediation or arbitration (Matt. 18:16-17; 1 Cor. 6:1-8).

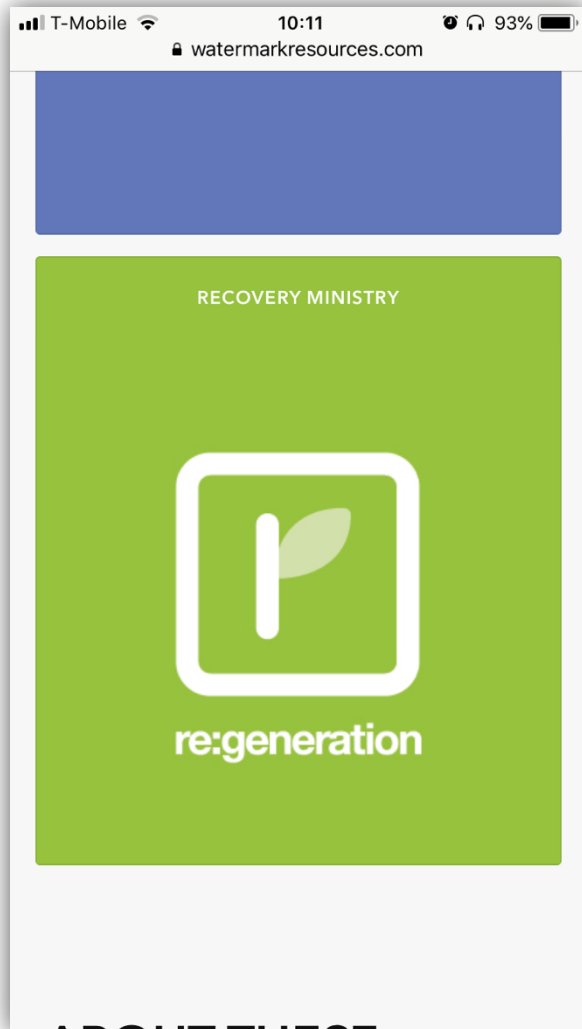
HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR IPHONE

1. Open the browser on your phone.
Go to watermarkresources.com.
2. Click the more button on the top right and
select Ministries.

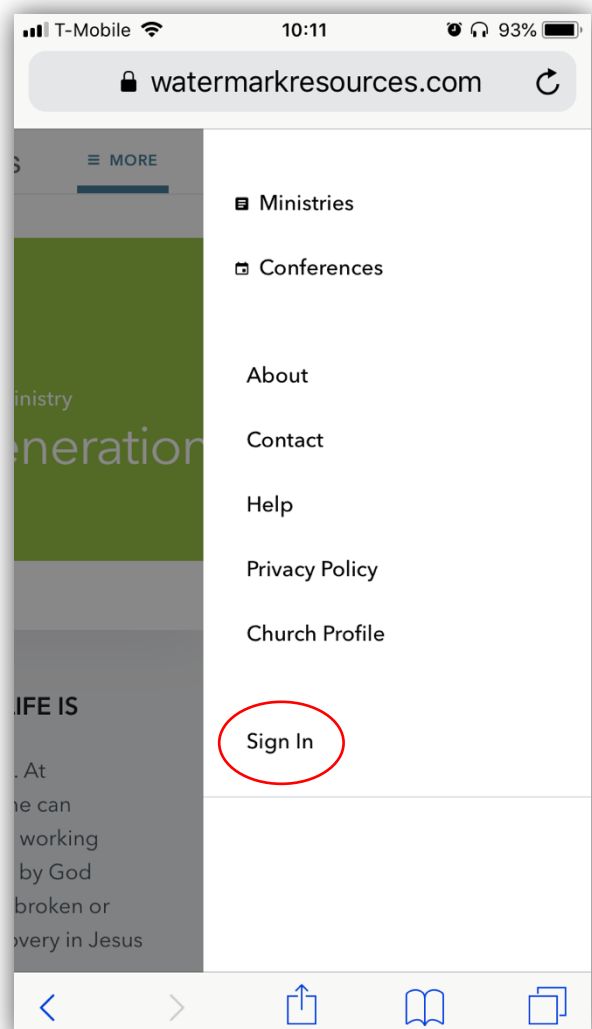


HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR IPHONE

3. Scroll down and click the *re:generation* ministry card.

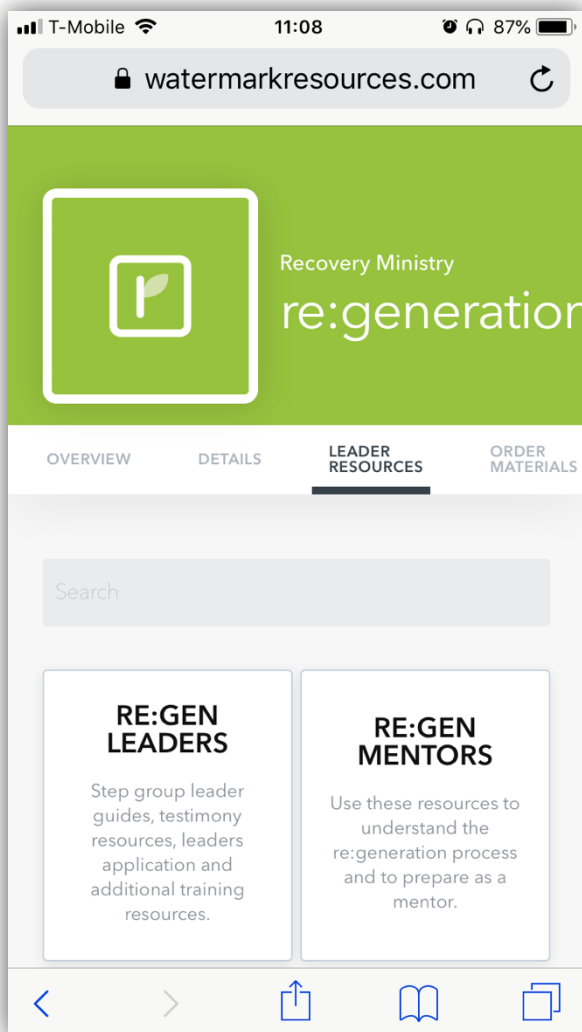


Note: Once your ministry leader sends you and invitation, create a login and use that to sign in.

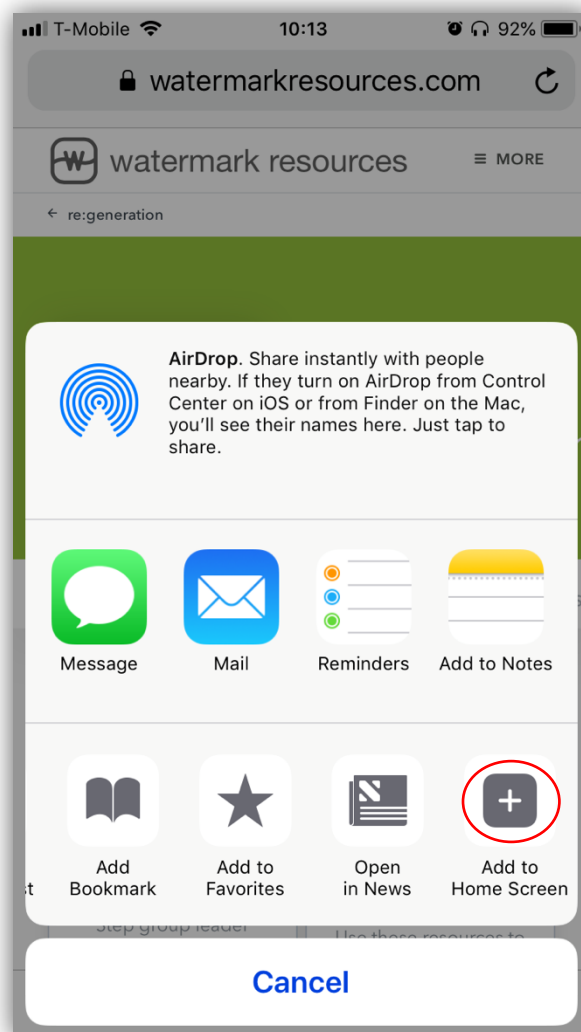


HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR IPHONE

- Once you are on the re:gen ministry page, select the box with the arrow icon at the bottom of the screen.



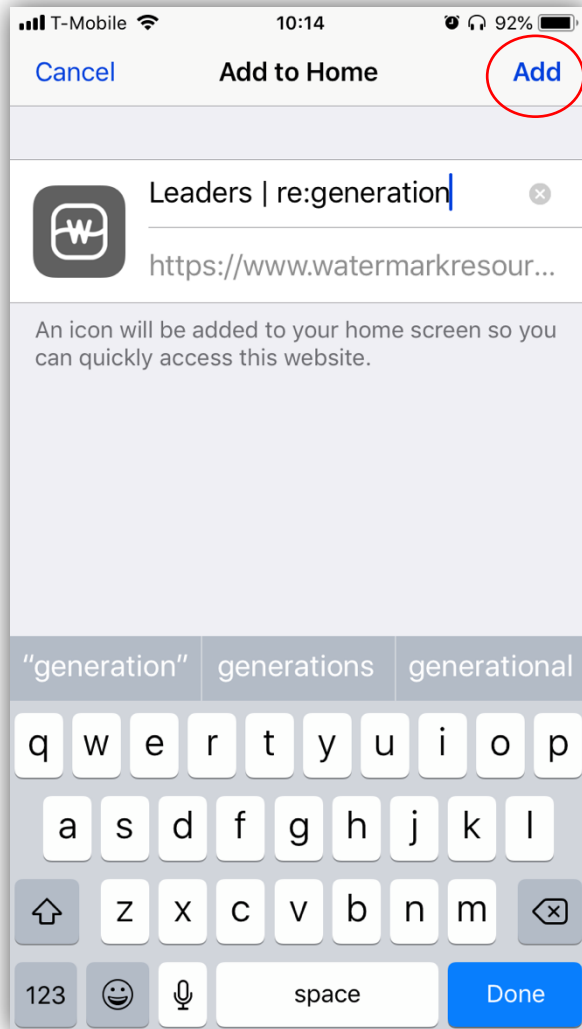
- Select “Add to Home Screen” note: you may have to scroll right to see this.



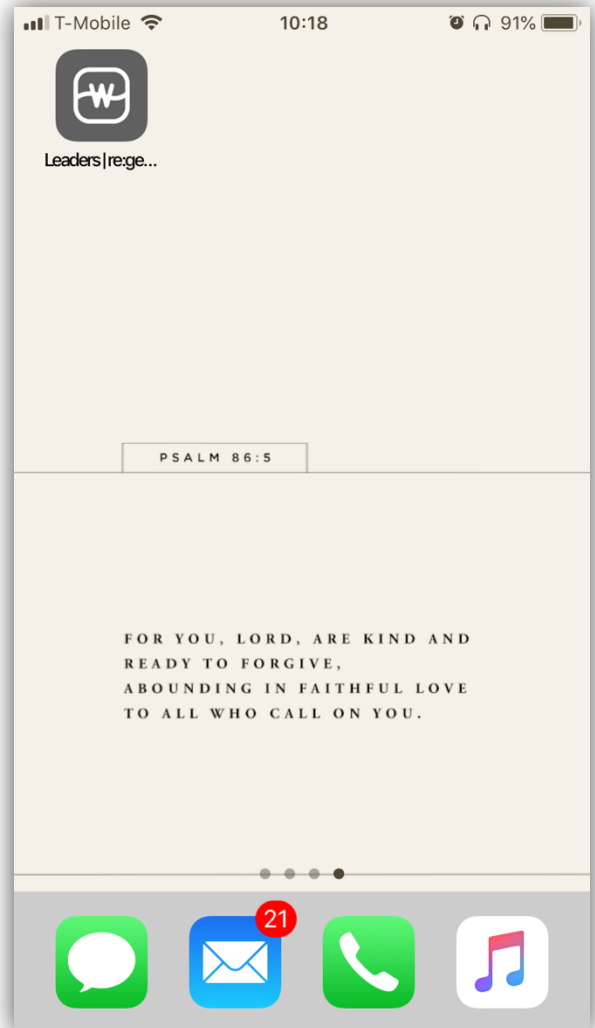
Note: you will only see Leader Resources after logging in.

HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR IPHONE

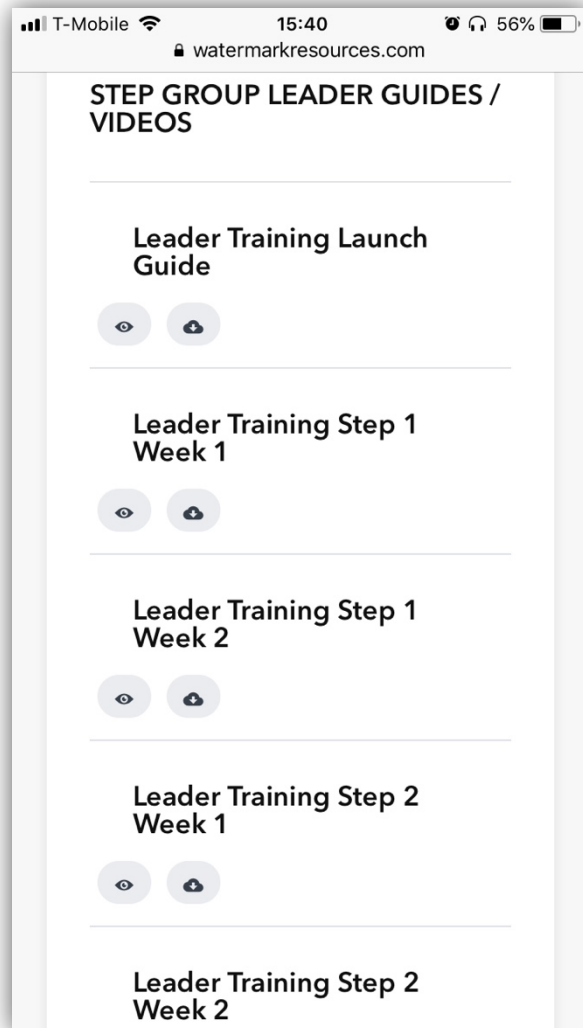
6. Select “Add” in the top right. You can rename the app here if you’d like.



7. Click your home button. An “App” button should show on one of your homepages.

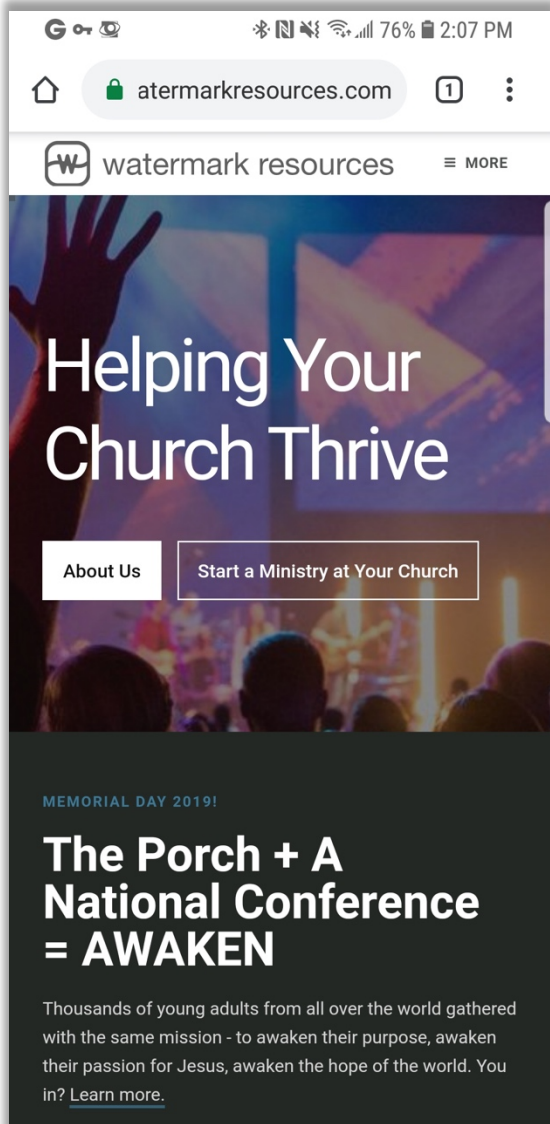


8. Click the icon. Here you will be able to access leader guides and videos for each week of curriculum.

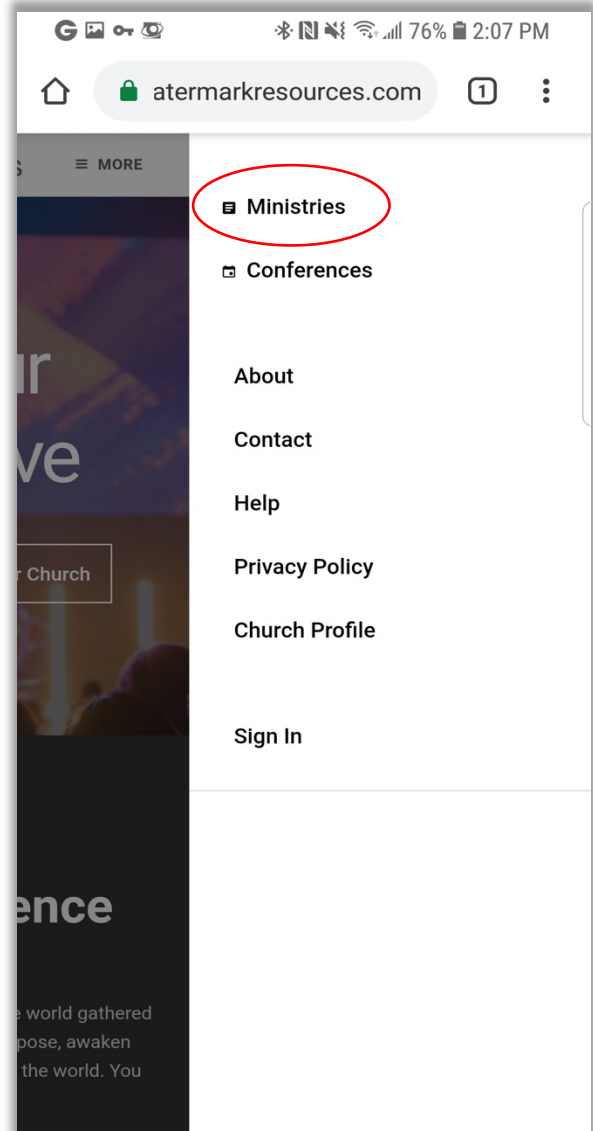


HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR ANDROID

1. Open the browser on your phone.
Go to watermarkresources.com.

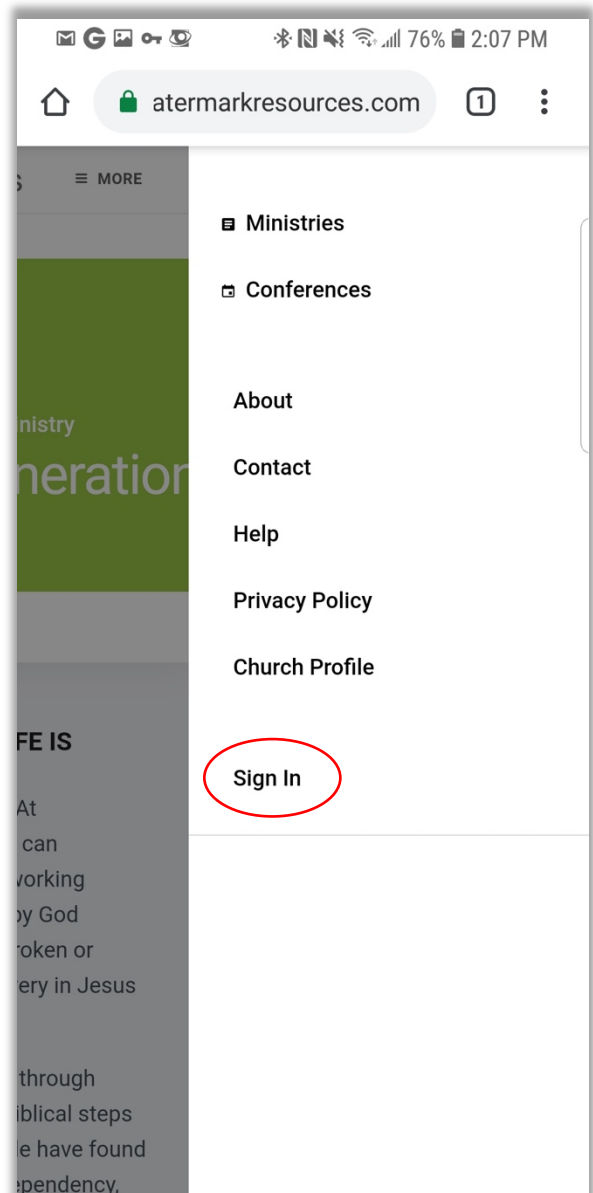


2. Click the more button on the top right and select Ministries.



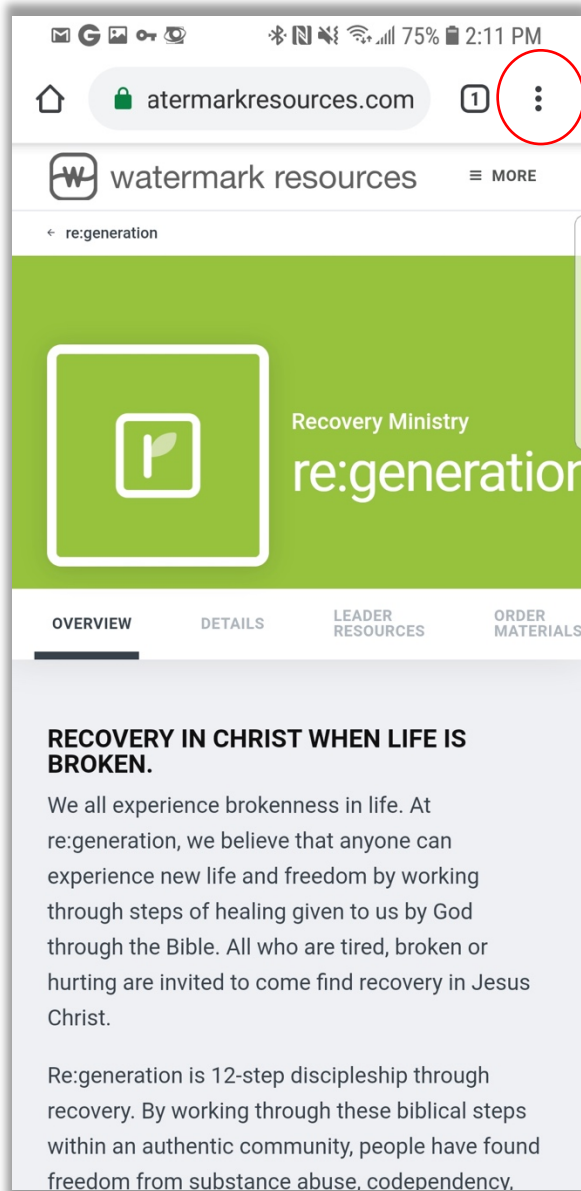
3. Scroll down and click the *re:generation* ministry card.

Note: Once your ministry leader sends you an invitation, create a login and use that to sign in.

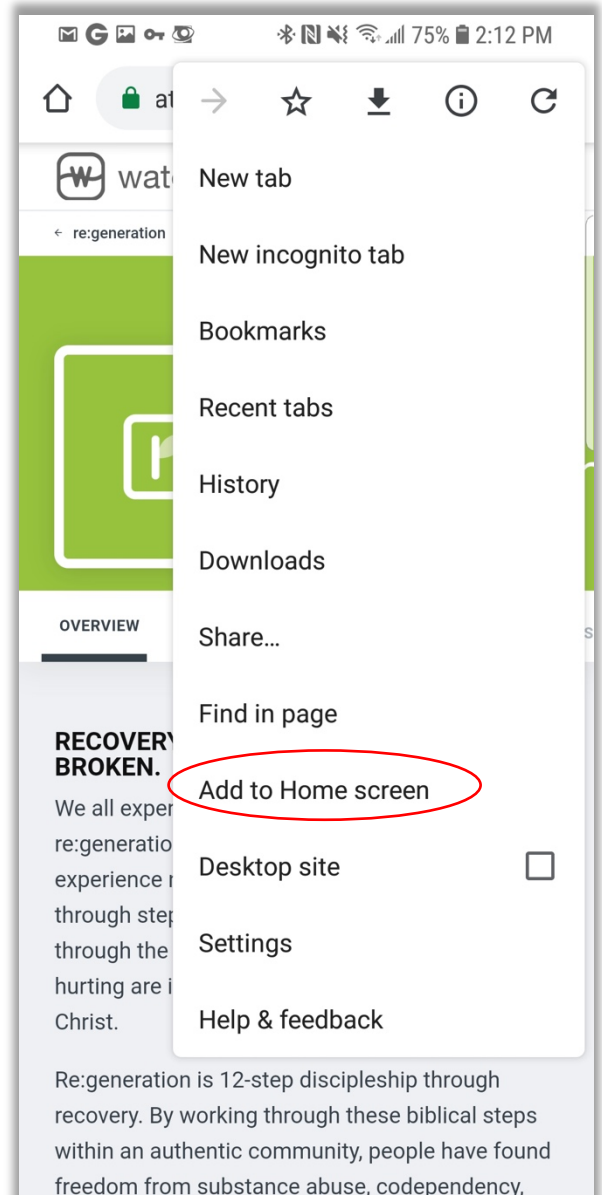


HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR IPHONE

- Click the three-dot button in the top right to open your settings menu.



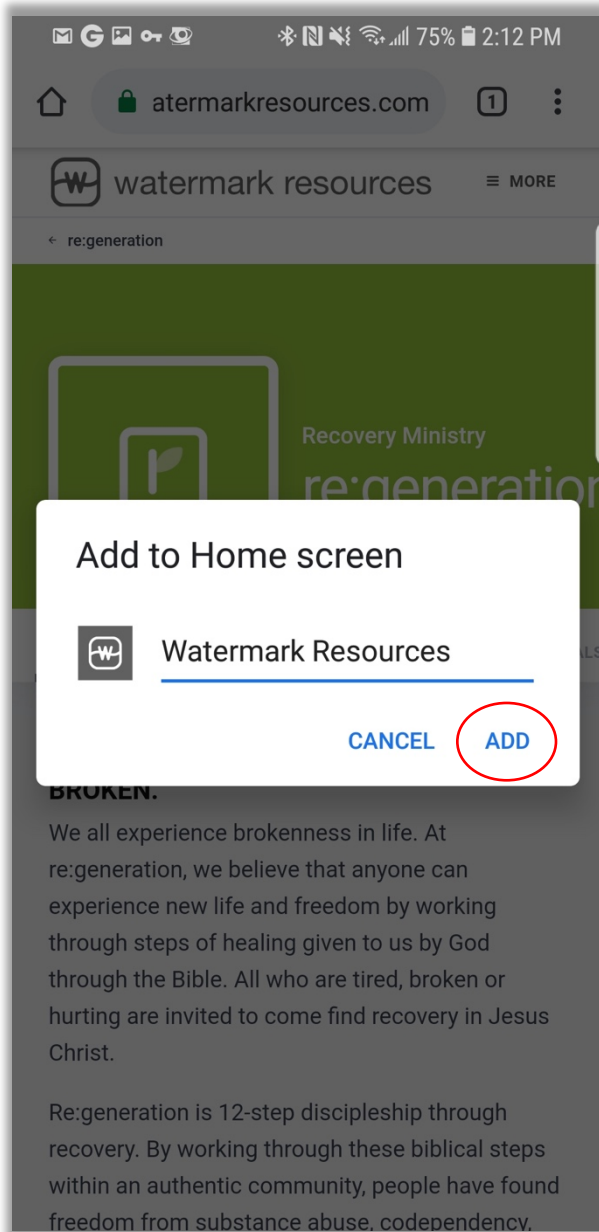
- Click “Add to Home screen”.



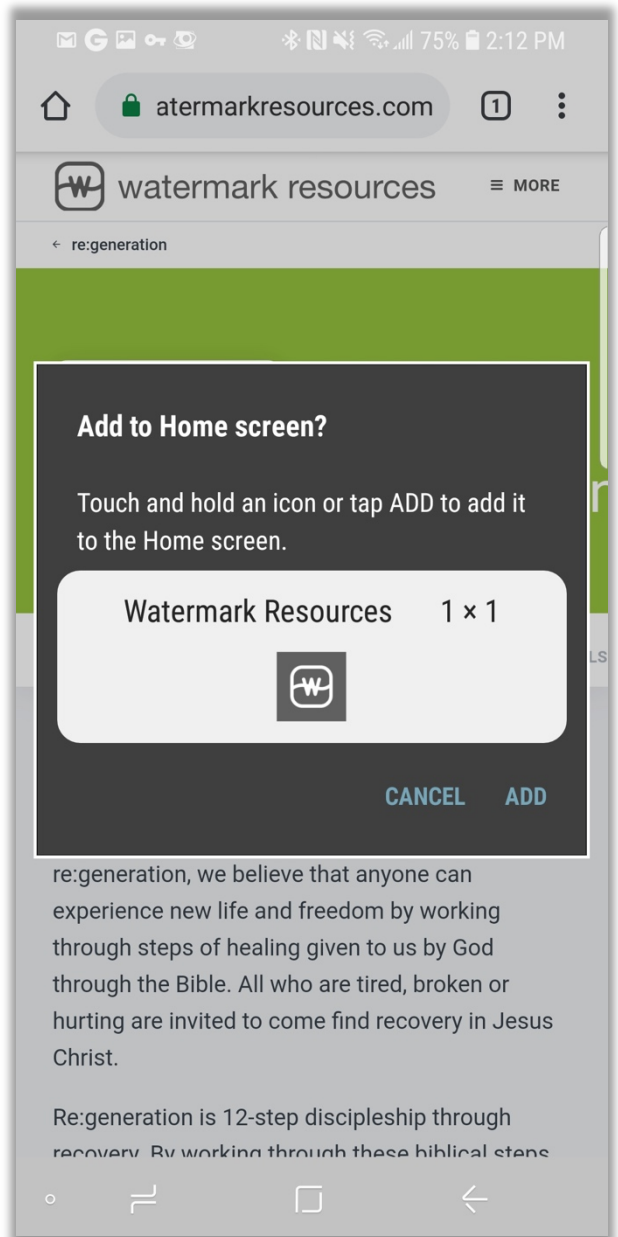
Note: you will only see Leader Resources after logging in.

HOW TO ADD THE RE:GENERATION LEADER “APP” TO YOUR ANDROID

6. Select “Add” in the bottom right. You can rename the app here if you’d like.



7. Go to your home screen. An “App” button should show on one of your homepages.



To Access Leader and Mentor Online Resources Go To...

www.watermarkresources.com/ministries/regen/leader-resources

Note: The ministry leader or administrator must invite you to set up your own personal username and password to gain access to these resources.