





re:generation for students

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To help you stay on track,
fill in the blanks next to **DATE**
with the date that will be given
to you by a leader.

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Congratulations! Do you know how rare it is for a teenager to find and commit to a recovery program like this one? God has brought you to **re:generation for students** because he loves you, and he wants to help you find healing from the brokenness of life.

This curriculum will introduce you to life-changing truths given to us by God through the Bible. New friends will encourage and inspire you. Committed leaders will guide you with their teaching and their personal stories of healing.

As you begin your journey with **re:generation for students**, here are two simple pieces of advice to help you get the most of your time:

1 Be committed

Make a personal commitment to do your weekly book work and attend as consistently as possible. If you have to miss a meeting, communicate your absence with your Step Group leaders, do the lessons on your own, and try to catch up with what you missed by checking in with a leader or a friend from group. Prioritize the time and do the work.

2 Be real

Be as honest as possible with God, yourself, your leaders, and your group about what has happened and is happening in your life. Don't bury your hurts, failures, questions, or doubts. Pretending everything is always amazing is not the path to growth. Put it all out there and see what God can do.

overview

Re:generation for students is a 12-week introduction to the steps of healing given to us by God through the Bible. The curriculum and teaching through the H-E-A-L-I-N-G acrostic represent a condensed version of the 12-step process utilized in the adult version of re:generation. To see the full version of the 12-steps of re:generation and how they fit under the H-E-A-L-I-N-G acrostic, see Appendix H.

weekly curriculum

1 Book work

Throughout the week, participants complete a curriculum of 2 or 3 lessons and a “footprint” that serves as a marker for their progress toward healing. Lessons are designed to help students understand the steps of healing given to us by God through the Bible. Each lesson includes a testimony written by a former participant. As an additional resource, ministry leaders have access to “issue sheets” to help students learn about overcoming specific struggles.

2 Teaching and Testimony

When your group gathers it will begin with a teaching that explains one of the steps of healing given to us by God through the Bible. You may also hear a testimony during this time.

3 Step Group Discussion

Step Groups are arranged by age and gender and have up to 8 students led by 2 adult Step Group Leaders. During your Step Group discussion, participants share what they are learning in book work as well as challenges or questions they are facing. This is a safe place for each participant to be known, accepted, and encouraged to continue walking the steps toward healing.

TITUS 3:3–7

Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. But—When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Savior. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.

**key
verses****JEREMIAH 17:14**

O Lord, if you heal me,
I will be truly healed;
if you save me, I will be truly saved.
My praises are for you alone!

**the
gospel**

The gospel is the center of the Christian faith, the theme of the Bible, and the only hope of every human soul. It is the inspiration and foundation of **re:generation for students**. Simply put, the gospel is the good news of what God has done through Jesus Christ to deal with our sin and to bring us

back to himself. Healing begins when a person believes this good news and entrusts their entire life to God. Every part of this program will point to the gospel.

To learn more about the gospel, turn to Appendix F: Understanding the Gospel Using Romans 6:23 and a Bridge Illustration.

managing — *expectations:* *3 points of emphasis*

❶ ***This program does not promise a quick fix.*** Students who fully engage with the curriculum should expect to learn about the love, goodness, and power of God and how to, over the span of a lifetime, daily walk the steps of healing given to us by God through the Bible.

❷ ***This program does not offer licensed professional counseling, clinical diagnoses, therapies, treatments, or referrals.*** Students who fully engage with the curriculum should expect to discover that biblical and Christ-centered discipleship and community are fundamental building blocks for healing and recovery.

❸ ***This program is not committed to strict confidentiality or anonymity.*** Students who participate should expect the church to follow the Bible's guidance to care for them and take action as advocates for their healing, health, and safety.

- We will notify the appropriate authority (parent or guardian, law enforcement, etc.) immediately if we have any suspicion that a student is facing imminent danger or demonstrates a pattern of behavior that could endanger them in the future. (Matthew 18:5-6, Proverbs 31:8)
- We will adhere to all legal requirements for reporting allegations or suspicions of abuse or neglect. (Romans 13:1)
- We will encourage students to submit to the authority of Scripture and to share with others as the Bible directs. For example, biblical practices like confession and making amends will call students to have conversations with people outside of this program. (1 Corinthians 12:25-27, James 5:16, Matthew 5:23-24, 1 John 1:7)

— 4 guidelines for step groups

“A river without boundaries is a swamp.” Guidelines are necessary to keep a group moving in the right direction. If you can remember “ABC” and “GAG,” you can remember the 4 Guidelines for Step Groups!

abc

About Self

Each participant will have a few turns each week to share what they are learning or struggling with. When it is your turn to speak, share about your own personal thoughts and feelings. You’re in recovery to work on yourself, not others. “Cross talk” is a term that describes speaking out of turn, interrupting, or giving advice. Resist the temptation! Cross talk is not allowed during Step Group.

Brief

When it is your turn to speak, you will be expected to limit your sharing to less than three minutes. Step Group leaders might help by keeping a timer.

Clean

In an effort to honor God and be respectful of others, please avoid profanity or graphic details. If you have questions about whether or not something is appropriate to share, ask a Step Group leader.

gag

Guard Against Gossip

Step Group should be a safe environment for sharing. As a general rule, what’s said in the group stays in the group. Do not share what is said in the group with anyone outside of the group unless specifically directed to do so by a Step Group leader.

Introducing Yourself in Step Group

Always introduce yourself to the group the first time you share each week. Warmly greet others following their introduction. Use one of the following two templates to share your name and what you’re working on at **re:generation for students**.



behavioral expectations

Common Issues and Responses

Common issues in Step Groups are:

- Incomplete book work
- Unexcused absences or lack of communication
- Apathy, lack of interest or motivation
- Defiance, disruptive or bad attitude
- Tension or unresolved conflict among group members

Students will be expected to honor God's Word and the value of processing it with others. Participants must also honor volunteer leaders who are giving their time and respect other participants who are seeking healing.

Requests

If Step Group leaders notice any of the issues listed above, the first thing they will do is request a change in the inappropriate behavior. Along with this request, students will be informed that if they continue, the next step will be to remove them from the room.

Removal from Step Group

If a student repeats an offense, Step Group leaders may make a second request but will not make a third. If a student continues to disengage or disrupt the group, Step Group leaders will ask the student to leave the Step Group and go to another room. An Open Group may be provided for students not ready or willing to participate in a Step Group in a healthy way. In an Open Group, students will do book work and talk to other leaders if they choose. If a student returns the following week with the book work completed and a good attitude, he or she may be able to rejoin the Step Group to benefit from group discussions.

Removal from Program

Participation in **re:generation for students** is a privilege. If behavioral issues continue, a student may be asked to not return for the remainder of a session. Refunds for fees will not be issued. Students will always have the option of registering for another session in the future. Conflict resolution and reconciliation may also be required in order to rebuild trust and unity.

tips

from former participants:

Bring a water bottle with you each week.

Bring a pen and take notes when you hear something you want to remember.

Bring a Bible so you can look up verses.

Review the steps toward HEALING weekly and memorize the 7 letters.

Text your leader back. Your leaders are here to help. It takes two-way communication to build a friendship.

As you go through book work, **take the time to find every verse in your Bible**, and mark it with a highlighter or underline it with a pen. You will find that God's Word is very powerful!

There are multiple lessons assigned to each week. Make sure you **complete all of the book work assigned** for each week so you don't fall behind. Pay attention to the directions at the end of each lesson. When in doubt, text a leader.

BEFORE NEXT WEEK

Complete all the book work (lessons and footprints) through page 26.

the steps toward **HEALING**

H

HELP!

We are broken and powerless to heal on our own.
We admit that we desperately need help. (*Step 1: Admit*)

E

ENTIRELY TRUST GOD

Believing that a powerful and loving God exists, we turn our lives completely over to him. (*Step 2: Believe, Step 3: Trust*)

A

ASSESS THE SITUATION

We courageously and thoroughly examine our lives and invite others to walk with us. (*Step 4: Inventory, Step 5: Confess*)

L

LIFE CHANGE

We take action and make changes that God wants to make in our lives. (*Step 6: Repent, Step 7: Follow*)

I

INITIATE RECONCILIATION

We do our part to make peace with others by following God's plan for forgiveness and amends. (*Step 8: Forgive, Step 9: Amends*)

N

NEW HABITS

We seek God daily, our faith grows, and we continue to walk the steps toward healing. (*Step 10: Continue, Step 11: Intimacy*)

G

GO AND SHARE

As we experience new life in Christ, we invite others to walk the steps toward healing with us. (*Step 12: Regenerate*)





letter to me

Start your **re:generation for students** journey by writing a letter to yourself in the space provided. Record the reason(s) you came to **re:generation for students**. Write down the circumstances, pain, and feelings that brought you to this point in life. Write what you hope will be different after going through this program. End with some encouraging words that will motivate you to stay committed and be courageous.

lesson one:

uncovering brokenness

When was the last time you put on a mask? Masks can be useful to disguise your identity, protect you in dangerous environments, or add beauty and drama to festive occasions. While masks are sometimes fun (Halloween, for example), wearing invisible “masks” in everyday life is exhausting and lonely.

You have probably tried using different “masks” to hide your pain, imperfections, and struggles. Many people put on daily performances designed to impress others and think faking it is the only way to survive. If you have been pretending for a long time, you may have even convinced yourself that your “masks” are working in your favor. But if that were true, you wouldn’t have come to **re:generation for students**.

For healing to begin, you must first learn to remove all “masks” and courageously face the truth about yourself and the world you live in. As you have likely experienced, this is a **broken** world full of pain and struggles.

broken

Not functioning properly; out of order; damaged

ROMANS 8:22-23

For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan...for we long for our bodies to be released from sin and suffering.

1 *List some ways you see brokenness, pain, and suffering in creation:*

The Bible says that all creation experiences brokenness. This includes you, even if you are a Christian. You may be broken in the following ways:

emotionally: Many people struggle with insecurity, fear, self-hatred, sadness, depression, anxiety, and anger. Some entertain thoughts of suicide.

relationally: Everyone has hurt others and been hurt by others. Many children have absent, divorced, or unloving parents. Most people feel rejected at some point.

physically: Bodies become sick and injured. Abusers harm others physically and sexually. Some people even harm their own body through unhealthy habits, self-injury, or disordered eating.

spiritually: In the midst of pain, it's easy to doubt God's existence and love. Many people feel alone or lost because they don't really know God or understand what he wants for them.

God sees every part of you, including your sin and suffering. He cares about your pain and freely offers you healing through his son, Jesus Christ. You may have trouble accepting this if you can't admit that you need it. You may still think you can handle things on your own, or you might compare yourself to other people and decide that your problems aren't that bad.

LUKE 18:9-14

Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: "Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I'm certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.' But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.' I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

Sometimes it is easier to spot brokenness in others than in our own hearts. But the sobering truth is that unless you have the **humility** to honestly admit that you are broken, you won't see your need for God, and you won't begin to heal. It's time to remove your "masks," confess your brokenness, and humbly admit to God that you need his help.

humility

*Freedom from pride;
not having a high
opinion of your own
importance or ability*

- 2** *List some ways you have personally experienced brokenness, pain, and suffering:*

PRAY

God, show me my brokenness and my need for your help.

IF I COULD WRITE A LETTER TO ME...

Included with each lesson in this curriculum, you will find a letter written by someone who has been through re:generation. They have composed a message to their teenage self with the advice and encouragement they would give themselves if they could go back in time. These letters are intended to inspire and motivate you to continue walking the steps toward healing.

KELSEY CASSEL'S *letter to me*

Dear Kelsey,

All you crave is to feel normal, like you belong, yet each day you feel less and less like yourself. You're desperate for rescue, but if you were honest with yourself you would say it is impossible. Obsessive thoughts plague you every second and you can never seem to quiet your mind. You're tired, but never quite tired enough to stop worrying – no matter how hard you try.

The pain and sadness can be overwhelming. Through the trenches of this war, I wish someone had told me: mental illness is not your identity. Your OCD diagnosis does not have to become your prison. God can heal you, bring peace to chaos, and—against all odds—allow you to live a full and happy life. I cannot promise your mind will never obsess or you'll never feel the pull of compulsions, but the Lord will grant you a peace that comes with trusting in him. When you let go of the chains of fear and anxiety, you will be one step closer to the freedom promised in Christ. Philippians 4:7 says, "Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ."

In the midst of obsessive thoughts and panic attacks, one thought haunts you above all else: you cannot ever be fully known and fully loved, and you are just a burden. You believe you must earn love, so your broken mind has condemned you to a life of loneliness, a life where even God could never love you. Work at letting people in and expressing your fears. Some people will misunderstand you, but give them grace and try again. One day you'll find a support system that loves you beyond your wildest dreams.

In three of the Gospels, there is a story where the disciples were terrified in a storm and they questioned Jesus' intention to save them. Matthew 8:26 says, "He replied, 'Why are you afraid? You have so little faith!' Then he got up and rebuked the wind and waves, and suddenly there was a great calm."

He will calm the raging storm within you—just have faith. The boat will rock and the waves will still crash. You will still experience hardships here on earth. But you will feel peace and joy in the presence of the one who can calm even the most dangerous storms.

The gentleness of the Lord will calm the war inside of you.

In Christ,
Your Older Self

**KEEP IT
GOING!**

*There are two more lessons
and a footprint for this week.*

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