**Video 1: What is Inventory? (Video = 5 min):**

* Shown at the completion of Step 3 before starting Step 4, Week 1
* Total Time: 15 minutes (5 minutes for video, 10 minutes for discussion)
* If possible show during group time. Videos can be shown from online platform or downloaded from [regenerationrecovery.org > Inventory Resources](http://www.regenerationrecovery.org/resources/inventory-resources/).
* Cover Q1 of the Inventory FAQ Document (attached)—logistics and schedule

**Group Discussion Questions:**

1. **Nate mentioned that there is potential for anxiety surrounding Step 4. Have you been experiencing any uneasiness or anxiety as you approach inventory?**
2. **What step does Nate call the most important step of *re:generation*? Why?** (Step 3)
   1. What does the completion of Step 3 provide that is necessary to complete *re:generation*?   
      (The Holy Spirit)
   2. What should you do if you have not yet trusted your life and will to Christ in Step 3?   
      (take as much time as you need to complete this step with your mentor; don’t skip it)
3. **After watching the video, how would you answer the question, “What is an Inventory?”** (a thorough and honest assessment of how sin, fears, hurt, resentments and harms-to-you have affected your life; an all-out idol hunt and discovery of sinful patterns; a clear picture of your sinful nature)
4. **Why don’t we just leave the past in the past?** (you were created for worship. Inventory is an idol hunt to identify where you have misplaced worship, so that you can turn from those idols and allow God to have his rightful place in your heart—then you will know true freedom)
   1. What is an idol?(something other than God ruling your parts of your life)
   2. Why is it important to identify idols and sinful patterns? (these are things are the root of your struggles and what you focus on moving forward in recovery)
5. **Nate said knowing the truth about your sinful nature helps you understand the truth about God**.
   1. What happens when you see your sinful nature in full? (you can better see the price that Christ paid to ransom your soul and realize how valuable you are to God.)
   2. Were you surprised to hear there is nothing in your inventory that Christ has not already paid for or would cause him to reject you? How does this change your perspective as you start inventory?
6. **Review the answer to Q1 of the Inventory FAQ.** 
   1. How many weeks is Step 4? (6 weeks)
   2. Which weeks should I use the Inventory workbook? (Step 4, Weeks 2-5)

**Video 2: Completing Your Inventory (Video = 7 min):**

* Shown at the completion of Step 4, Week 1
* Total Time: 30 minutes (7 minutes for video, 23 minutes for discussion)
* If possible show during group time. Videos can be shown from online platform or downloaded from [regenerationrecovery.org > Inventory Resources](http://www.regenerationrecovery.org/resources/inventory-resources/).
* Cover Q2-Q12 of the Inventory FAQ Document (attached): common “How To” questions

**Group Discussion Questions:**

1. **Sierra listed the 6 segments of the Inventory Workbook process; resentments, fears, harms-to-me, harms-to-others, sexual inventory, and recovery issue inventory.**
   1. Are you hesitant to approach any of the inventory segments? If so, why?
   2. How many of the segments do we ask you work on each week? (2/week) How often during the week?(daily)
   3. Sierra suggested setting aside extended time to work on inventory, how might you be able to achieve that?
   4. Will all of your inventory segments require the same amount of work? (no, each person will be different with some segments containing more information than other segments)
2. **Before beginning to inventory, what two things should you read?** (Inventory Workbook Introduction on pages 6-7 one time, then read the Overview for each new inventory segment you begin )
   1. What Appendices are included to help you complete your inventory? (Appendix B: Potential Idols; Appendix C: Sexual Abuse Inventory Examples; Appendix D: Feelings List)
3. **After viewing Sierra’s personal inventory example, what questions remain about how to fill out inventory worksheets?**
4. **What are some do’s and don’ts Sierra listed to help you work through step 4?** (don’t wait, schedule a retreat, don’t isolate, don’t leave something off inventory, don’t worry about future steps; do the segments in order, do all the columns, do use the overviews and appendices and online resources)
5. **Sierra mentioned additional inventory worksheets and an FAQ document for you to check out. Where can you find those?** (regenerationrecovery.org/resources/forms-and-supplements)

**Video 3: Seeing the Big Picture (Video = 5.1 min):**

* Shown at the completion of Step 4, Week 5
* Total Time: 25 minutes (5 minutes for video, 20 minutes for discussion)
* If possible show during group time. Videos can be shown from online platform or downloaded from [regenerationrecovery.org > Inventory Resources](http://www.regenerationrecovery.org/resources/inventory-resources/).
* Cover Q13-Q15 of the Inventory FAQ Document (attached)

**Group Discussion Questions:**

1. **Is there anything important that you skipped that you need to go back and add to your inventory?**
   1. Why is it important to account for everything, during inventory? (the Enemy uses the unconfessed sin for guilt and shame)
2. **Why is Step 4, Week 6 Important?** (Helps identify idols and sin patterns that you will focus on through the rest of re:generation, and gets you back into the exercise of daily connecting with God through curriculum)
3. **What does Scripture say about how valuable you are to God?**
   1. What price was God willing to pay for your soul? (Jesus’ life: Romans 5:8, Mark 10:45)
   2. What did Christ do with the things listed in your inventory? (Nailed to cross: Colossians 2:13-14)
   3. What does Christ still hold against you? (Nothing: Romans 8:1)
4. **Looking back at your inventory, what idols or sin patterns have you noticed already?**
   1. What were you surprised to discover in inventory?
5. **Have you ever identified yourself with Christ’s death and resurrection through baptism?** (If not, consider being baptized at your church or with your re:generation group; invite friends and family to hear the gospel and what God is doing in your life)

1. **What should you begin to schedule now for your next step?** (confession with mentor, Step 5; besides your mentor you can also include other close friends, but keep the group small)
2. **Why six weeks for Step 4? Isn’t that too long? Too short?** Six weeks can seem like a long time when you are used to completing steps in two weeks. Think of Step 4 as two weeks of daily content and four weeks of inventorying. The first week of daily content prepares you for the inventory process, the next four weeks are focused on the six segments of inventory, the last week of daily content helps you evaluate the six segments of inventory to discover idols and sin patterns. Each week is critical. You will feel like you need more time at the end of week six, but don’t prolong the process if possible, because it can be challenging emotionally. The following schedule will help you work through Step 4 in a timely way:

**Week 1:** Daily Content: Prepare for Inventory

**Week 2:** Inventory: Resentments/Fears

**Week 3:** Inventory: Harms to Me/Harms by Me

**Week 4:** Inventory: Sexual/Recovery Issue

**Week 5:** Inventory: Finish Inventories as Needed

**Week 6:** Daily Content: Identify Idols/Pattern

Attend your step group weekly for support. Remain close to your mentor; at a minimum, connect weekly. During weeks 2-5 in your Inventory Workbook, read the daily scripture and work on inventory each day. Also, schedule some extended time away from distraction to focus on thoroughly completing inventory.

1. **What do I do if I’m stuck and don’t know where to begin?** Thinking about all that can go on your inventory can be overwhelming. If you are having trouble starting here are helpful tips. Write your answers in the margin next to the questions in the “Questions to Help You Begin Your \_\_\_\_\_ Inventory” in each inventory segment overview, then start with your answers. Or, pick an easy event to inventory first, just to get started. Or, ask your mentor and leaders for help—they can pick a place for you to begin.
2. **Do I work across the inventory grid or down the grid first?** This is up to you. There is no right or wrong way. Some people like to think all of the way through an event first (across). Others like to brainstorm all of the Who/What for that inventory first (down), then brainstorm The Cause for each Who/What, and so on. Whatever works best for you is fine so long as you work all of the way across the grid for each event
3. **What if I am not sure which box something goes in?** Don’t get hung up on making sure that everything is perfectly placed when you are recording an event, the patterns and idols will show up in the end. The most important thing is just getting it all out on paper. Do your best.
4. **Where do I find examples of how to complete an inventory?** There are examples in the Inventory Workbook in each inventory segment overview. See Appendix C for examples of how to complete each inventory segment for sexual abuse.
5. **Do I record items I have already worked through?** You don’t have to record something you’ve already worked through thoroughly, but often it is beneficial. The *re:generation* inventory is uniquely designed to reveal the root of your struggles, so it may help to reevaluate. You may find something new. Sometimes, it is helpful to record the same event in different inventory segments because you are looking at it differently. For example: If you were verbally assaulted by a parent, you might record it differently in each of the Resentments, Fears, and Harms to Me segments and find something new each time.
6. **Do I have to put everything in the inventory grid, or can I just write it out somewhere else?** If you are someone who processes best by writing things out, consider first journaling about an event to get the story out. Then, go back and read the story, highlighting and placing the things where they fit into the inventory grid. It is important for you to fill in the grid for every event, because that is what will give you a bird’s eye view of your idols and sin patterns later.
7. **What if I run out of space in my Inventory Workbook?** There are electronic inventory sheets available for download on the “Forms and Supplements” page of [www.regenerationrecovery.org/resources](http://www.regenerationrecovery.org/resources/).
8. **Can God be on my inventory?** Get all your thoughts down on paper. God is perfect and doesn’t need to be forgiven. But, record your true anger and feelings. God and others will help you sort this out later.
9. **How do I deal with sexual abuse?** If sexual abuse is a part of your story, please work through Appendix C in both your Steps 4-6 book and the Inventory Workbook. You will approach inventory differently with sexual abuse and the examples in Appendix C will help you. First and foremost, know that sexual abuse is not your fault. God loves you. He is deeply angered by what happened to you. But God also wants you to examine the ways you responded sinfully to what happened to you. God wants to heal you completely.
10. **How do I know when I am done? How much is too much?** The truth is that you could continue to inventory for months and not be “finished.” Many of your leaders continue to inventory as they lead through *re:generation*. So do your best in the allotted time. The most important thing is to not exclude things that you know should be on your inventory. Don’t miss out on the healing that God has for you for those events you swore to never share with anyone. God wants to set you free.
11. **Should I share my inventory with my spouse as I go?**  The *re:generation* ministry leadership will not tell you to never share something with your spouse. You are one with your spouse. If you feel compelled to tell, tell. However, inventory is a place to fully record events: what you were thinking, feeling, protecting, interpreting, etc. at the time. You are trying to get it all out, not to assign blame or make sense of it all. It is important to freely record all that you are thinking and feeling without concern for who may hear it and how they receive it. For this reason, we do not recommend that spouses share inventories at this stage of recovery. Later steps will sort out how to reconcile all that is recorded in your inventory.
12. **When do I work on healthy responses?** Later steps. An important thing to remember in recovery is to focus on the step you are on. Don’t get ahead of yourself. The steps are progressive and build on each other. You aren’t ready for future steps until you thoroughly finish the one you are on today. Thinking too far ahead may prevent you from being thorough today. Trust God to prepare you for future steps so that you will be ready to faithfully step forward when the time comes. If you have admitted something for the first time and believe that God wants you to confess and make amends now rather than later, process this with your mentor and leaders. Sometimes, God does move you faster than the *re:generation* steps.
13. **Is inventory to regurgitate?** YES!The next step is Step 5, Confession. You will confess your inventory to your mentor. Some people want to destroy completed inventories. Don’t do it! You will need it for future steps. Besides, why would you throw away the deed that Christ paid to ransom your soul? Your inventory does not define who you are, but rather demonstrates how valuable you are to God. You are priceless.
14. **For Step 5: Confession, who is there?** At a minimum you will share your inventory with your mentor (though you may also include a few other trusted friends and recovery partners). Those who hear your inventory in Step 5 will help you identify idols and sin patterns and begin to help with future steps.