



Step One Overview - ADMIT

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

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

The Extra Mile Memory Verse: 1 John 1:8

Key Theme: Realize your need for help.

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

WEEK 1 LESSONS

Day 1: Realize There is Hope

Day 2: Step Out of Hiding

Day 3: Face the Damage of Sinful Choices

Day 4: Admit You Are Powerless to Manage Sin

Day 5: Accept Help

WEEK 2 LESSONS

Day 1: Realize the Disease of Sinful Nature

Day 2: Recognize a Broken World

Day 3: Created With Purpose

Day 4: Recognize God’s Voice

Day 5: Rely on God for “Today”

FOOTPRINT: Letter to Self

Describe what life was like when you decided to come to re:generation. Write down the circumstances, pain, and feelings that led to your decision. Write down what you were powerless to manage on your own and how these things affected your life. Then, write what you hope will be different one year from now. If you are not certain God exists, or if he cares about you, write a brief prayer asking him to reveal the truth about himself to you.

Possible Discussion Topics and Curriculum Questions:

- How well are you doing in keeping up with the curriculum? Have you established a regular time and place to do your re:gen lessons?
- For this step, what has been especially meaningful? What has been challenging?
- Describe the tipping point, or “bottom,” that brought you to recovery? (Week 1, Day 3, Question 6)
- When you were growing up, did your family have hidden secrets? If so, what were they? How did your family try to hide secrets? (Week 1, Day 2, Question 4)
- What desires have led you down a path of sin toward death? (Week 2, Day 1, Question 5)
- What in this world have you looked to for meaning and purpose apart from God? (Week 2, Day 3, Question 1)



Step Two Overview - BELIEVE

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

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

The Extra Mile Memory Verse: Jeremiah 29:13

Key Theme: “Believe” that God can.

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

WEEK 1 LESSONS

Day 1: Understand “Belief”

Day 2: Explore the God of Your Understanding

Day 3: Realize What Makes a Belief True

Day 4: Investigate Questions about God

Day 5: Believe God’s Own Word

WEEK 2 LESSONS

Day 1: God of the Bible: All-Powerful, All-Knowing, All-Present Creator

Day 2: God of the Bible: Perfectly Good

Day 3: God of the Bible: Allows Suffering

Day 4: God of the Bible: Just, Loving

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

FOOTPRINT: Prayer of Beliefs to God

Tell him the ways that you’ve misunderstood him or chosen to disregard him. Confess to him the things you’ve trusted more than him along with any doubts, fears, or questions that you have. Tell him what you’ve come to believe what he claims about himself so that you can fully experience his freedom and goodness.

Possible Discussion Topics and Curriculum Questions:

- The focus of this week shifts from self to God and guides the participant to honestly explore their beliefs and questions about God.
- Week 1 explores the participant’s belief in the Bible as God’s Word. If struggling with belief, resources are listed to help in investigation of its claims in Week 1, Day 4.
- Participants are encouraged to discuss Day 2 and Day 4 questions with their mentor. Examples include:
 - If God asked you why you should be allowed into heaven, what would your answer be? On a scale of 1 to 10, how certain are you that if you died today you would go to heaven? (Week 1, Day 2)
 - Write out some of the ways you justify actions that you know are wrong and share them with your mentor. (Week 2, Day 4)



Step Three Overview - TRUST

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

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

The Extra Mile Memory Verse: John 3:16

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

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

WEEK 1 LESSONS

Day 1: An Important Decision

Day 2: God Will Provide a Way

Day 3: Hoping for a Different Kind of Savior

Day 4: Who is Jesus?

Day 5: Jesus’ Mission

WEEK 2 LESSONS

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

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

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

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

Day 5: Receive the Grace of God through Christ

FOOTPRINT: Declaration of Dependence on Christ

Record the day you accepted Christ as your savior and the day you decided to trust him daily with your life and will. List the struggles, fears, and brokenness that you are now entrusting to Christ. Write down the things you’ve relied on in the past that you will no longer trust as you depend on Christ going forward. Then write a prayer asking God to change your will to align with his will daily for the rest of your life.

Possible Discussion Topics and Curriculum Questions:

- Step 3 is the high point of the process! No true recovery exists apart from trusting Christ! The steps build on each other. If someone is struggling to accept Christ, they may need to do more work on Steps 1 or 2. Reach out to the co-leaders if anyone is not ready.
- Many Christians have entrusted lives to God for eternity but haven’t yet entrusted their wills to him on a daily basis. If we really believe that God’s will and ways are best then we need to trust his character, wisdom and direction daily, instead of our own thoughts/feelings.
- Is it difficult for you to accept that eternal life is only available as a gift of grace (unearned, underserved, and free)? Why or why not? (Week 1, Day 1, Question 4)
- Did you come to recovery for relief from current suffering or circumstances (whether a result of your own sin or the sins of others affecting you), or to know God so that he can change you? (Week 1, Day 3, Question 3)
- At this time, who do you say that Jesus is? (Week 1, Day 4, Question 5)