



Step Four Overview - INVENTORY

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

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

The Extra Mile Memory Verse: Romans 12:2

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

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

WEEK 1 LESSONS

Day 1: A New Creation

Day 2: A Captured Heart

Day 3: The Value of Inventory

Day 4: How to Complete Inventory

Day 5: Ask for God’s Help

WEEK 2: Resentments Inventory

WEEK 3: Fears Inventory

WEEK 4: Harms to Me/Harms by Me Inventories

WEEK 5: Sexual & Recovery Issue Inventories

WEEK 6 LESSONS

Day 1: Inventory Insight: You Matter to God

Day 2: Inventory Insight: Patterns of the World

Day 3: Inventory Insight: A Captive Heart

Day 4: Inventory Insight: Love and Gratitude

Day 5: Inventory Insight: Buried and Raised with Christ

FOOTPRINT: Gratitude List

Make a gratitude list of ways God has loved and blessed you despite your sin. Then write a thank you letter to God recalling all of the sin listed in your inventory and realize that Christ paid to ransom your soul.

Possible Discussion Topics and Curriculum Questions:

- Pray for and encourage the participant often during this time. Ask them what fears they have of going through this process. This may be the first time participants have thoroughly looked at the breadth and depth of their rebellion against God. Encourage them that a thorough inventory is a picture of the price Christ paid to redeem them. Embrace the new identity in Christ that God has given you (Galatians 2:20).
- In light of your inventory, how has your understanding of God’s love for you changed? (Week 6, Day 1, Question 4)
- Which response shows up most often in each of the inventories? (Week 6, Day 2, Question 3)
- Is there anything you “value” that appears in every inventory? (Week 6, Day 3, Question 2)



Step Five Overview - CONFESS

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

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

The Extra Mile Memory Verse: James 5:16

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

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

WEEK 1 LESSONS

Day 1: Agree with God

Day 2: The Problem of Pride

Day 3: Acknowledge Sin to Yourself

Day 4: Confess Sin to God

Day 5: Confess Sin to Someone You Trust

WEEK 2 LESSONS

Day 1: How to Confess Inventory

Day 2: Confess Your Resentments, Fears, and Hurts

Day 3: Confess the Exact Nature of Your Sin

Day 4: Confess Your Pride and Idolatry

Day 5: Celebrate a Clean Heart

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

- **Begin with prayer.**
- **Your role is to listen, and seek to understand, not to counsel or give advice.** Listen without unnecessary interruption. Ask questions when clarification is necessary but avoid distractions whenever possible.
- **Keep sharing focused on the Inventory Worksheet.** Help keep the participant on track by avoiding questions that take the focus off of the inventory.
- **Notice patterns.** Take notes to share later or ask the giver to highlight certain things that you will revisit at the end.
- **Listen for what’s not shared.** Take note and mention it if the giver does not include both parents, any siblings, their spouse (if applicable), themselves, and even God.
- **Offer suggestions** for the giver to consider about a particular event. (i.e. taking too much responsibility for an abusive event. You could say something like, “You might want to consider writing something else there.” “My Part” in the case of abuse is “Not Guilty.”)
- **Ask if anything has been omitted.** Give them the opportunity to review their worksheets and share what may have been omitted.
- **Close in prayer and God’s Word.** “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9. Remember that God is the giver of grace and forgiveness.



Step Six Overview - REPENT

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

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

The Extra Mile Memory Verse: Acts 3:19-20

Key Theme: Respond to God’s grace by turning from sin toward him.

Remember: Freedom comes when we leave sin behind and pursue God.

WEEK 1 LESSONS

Day 1: Respond to God’s Grace

Day 2: Redirected: Confession and Repentance

Day 3: The Way of Christ is Good

Day 4: Consider the Cost of Following Jesus

Day 5: Entirely Ready to Turn Toward a Good God

WEEKS 2 and 3: Work on Personal Repentance Plan for Three Areas (sin, patterns, and idols).

Possible Discussion Topics and Curriculum Questions:

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