



Step Seven Overview - FOLLOW

Foundation Verse: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.”

Step 7: We humbly ask God’s Spirit to change our hearts and minds in order to fully follow Christ.

The Extra Mile Memory Verse: John 15:5

Key Theme: respond to God’s grace by relying on him for change.

Remember: God chooses you. He will heal, strengthen, and restore you if you rely on him and fully follow him.

WEEK 1 LESSONS

Day 1: Facing Christ; Ready for Change

Day 2: Who Changes Me?

Day 3: Who Am I?

Day 4: What is My Purpose?

Day 5: Humbly Ask God to Change You

WEEK 2 LESSONS

Day 1: Follow Christ: A Personal God

Day 2: Follow Christ: Focused on Jesus

Day 3: Follow Christ: Daily Dependence

Day 4: Follow Christ: Love God, Trust, and Obey

Day 5: Follow Christ: Love Others

FOOTPRINT: Mission Statement

Day 4 of Week 1 asked about personal mission statements. A mission statement is a brief declaration of purpose. If you’ve never written a personal mission statement for your life that aligns with God’s purpose for your life, write one on page 41. If you’ve done this already, write down that mission statement. Then, write a prayer of reliance on God. Ask him to give you everything you need to carry out his purpose for you as you follow Christ. (Note to mentor: If you have a mission statement please consider sharing yours with the participant!)

Possible Discussion Topics and Curriculum Questions:

- Write down any confessions or encouragements to share with the group this week. (Week 1, Day 6, Question 5)
- List any “boats” God wants you to step out of, or any circumstances distracting you from walking by faith focused on Christ. (Week 2, Day 2, Question 4)
- List three people in your life who don’t have a relationship with Jesus. How can you love them and tell them of Christ’s love? (Week 2, Day 5, Question 4)



Step Eight Overview - FORGIVE

Foundation Verse: “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children.” Ephesians 4:32-5:1

Step 8: We forgive those who have harmed us and become willing to make amends to those we have harmed.

The Extra Mile Memory Verse: Colossians 3:12-13

Key Theme: We forgive others because God forgave us through Christ.

Remember: Forgiveness is a decision to obey God, give him our hurts, and trust him to repay the debts of sin against us.

WEEK 1 LESSONS

Day 1: Blessed Are the Peacemakers

Day 2: Forgiveness, Amends and Reconciliation

Day 3: Forgiveness: Giving God Justice

Day 4: Misunderstanding Biblical Forgiveness

Day 5: Reasons Christians Forgive

WEEK 2 LESSONS

Day 1: Pray for a Heart of Forgiveness

Day 2: Whom and What Do I Forgive?

Day 3: How Do I Forgive?

Day 4: Forgive Others

Day 5: Become Willing to Make Amends

FOOTPRINT: Two Crosses

Pictures of two crosses are included on two separate pages. By forgiving others you transfer your claims for justice to God for vengeance. The harms you have suffered are either paid by Christ's blood (for offenders who receive Christ) or will be avenged on God's day of wrath. Entrust sins against you to Christ by writing them on the cross. Start with your top three resentments and top three injuries to you. Every offense written on the cross is a surrender of your claim for justice to God – a declaration that Christ's blood is payment enough for the sin against you. As you write sin on the cross, ask God to forgive any offender who receives Christ. Thank Jesus for receiving the burden of your sins and the burden of sins against you—they are no longer yours to carry.

Possible Discussion Topics and Curriculum Questions:

- Process and pray with and for the participant in areas they may feel stuck. Consider the following questions from the curriculum.
- Who are the three people you think you might not have fully forgiven (listed on Day 3, Take Action)? List why you think this is so next to each name. (Week 1, Day 6, Question 4)
- Whom, if anyone, are you struggling to forgive? (Week 2, Day 6, Question 3)
- Whom, if anyone, are you unwilling to make amends with? (Week 2, Day 6, Question 4)



Step Nine Overview – AMENDS

Foundation Verse: “Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all.” Romans 12:17-18

Step 9: We make direct amends whenever possible; submitting to God, his word, and biblical counsel.

The Extra Mile Memory Verse: Romans 13:8

Key Theme: Initiate peace with others out of love and obedience to God.

Remember: Making amends is a step of faith to honor God, live in his truth, repair the damages of sin, and share the love of Christ with others.

WEEK 1 LESSONS

Day 1: Love Life and Seek Good Days

Day 2: Understand Amends

Day 3: Why We Make Amends

Day 4: Characteristics of Biblical Amends

Day 5: Submit to God, His Word, and Biblical Counsel

WEEK 2 LESSONS

Day 1: Prepare for Amends

Day 2: With Whom and For What Should I Make Amends?

Day 3: Plan to Make Amends Part 1

Day 4: Examples of How to Make Amends

Day 5: Plan to Make Amends Part 2

WEEK 3 LESSONS

Day 1: Begin Making Amends

Day 2-5: Continue Amends

FOOTPRINT: Three Prayers

Write out three short prayers for amends: two prayers for amends with your closest family members or friends, one prayer for your most difficult amends. First, thank God for his forgiveness of your sins through Christ. Then ask God to heal those who have been hurt by your sin, Pray that God would give you peace and soften the hearts of those with whom you seek forgiveness, Pray that God would carry you through any consequences for sin and that Christ would be glorified as you follow him.

Possible Discussion Topics and Curriculum Questions:

- A meeting should be scheduled during Week 3 of this step to discuss the amends plan that the participants will develop over the next two weeks.
- Have you withheld anything from inventory or confession? If so, list them below, inventory them and confess them to your mentor. (Week 1, Day 5, Question 3)
- Are there any uncertain amends you should postpone, waiting and praying for circumstances that are more favorable? List them below and share them with your mentor. (Week 1, Day 5, Question 5)
- Has God revealed sins for which you can make amends right away? If so, list one below that you can address today. (Week 2, Day 4, Question 1)
- What restitution do you fear? Write it below. Then ask God for courage to be faithful and for him to make a way for full amends. (Week 2, Day 4, Question 3)