



re:generation™

Mentor Training Guide



*For more resources please visit:
hopefellowship.net/regenerationmentors*



re:generation™



Dear Mentor,

Welcome to re:generation recovery mentorship! You have been asked to partner with a current participant in the role of a mentor because of the trust and respect this person has in you. We are thankful for your heart to serve God and love your friend by walking alongside them as they work through the steps within the re:generation curriculum.

re:generation recovery is a Christ-centered twelve-step discipleship program. Our desire is to introduce (or re-introduce) Jesus Christ to those seeking hope at a time when they desperately realize how much they need God. Over the course of one year, re:generation participants work through a process of twelve steps, following the biblical message of regeneration: salvation, confession, repentance, forgiveness, amends, reconciliation, intimacy with God and the Great Commission. These groups are a safe place for participants to be authentic, bear one another's burdens and help each other experience intimacy with the LORD, as they transform to become fully-devoted followers of Christ.

A re:generation mentor is a guide outside of the re:generation group who is granted authority by a participant to speak into his or her life for the sake of spiritual growth and recovery. The only requirements for mentorship are that the person be a committed Christian of the same sex who has a biblical foundation for life and a clear understanding of the gospel. You will not be expected to fix or bring healing to the participant's life. We leave that up to God through His Holy Spirit. All you need to do is encourage, support and show Christ-like love to the participant as they work through the steps.

We praise the Lord for the work He has done in you to prepare you for this journey. Galatians 6:2 tells us to "Bear one another's burdens, and thereby fulfill the law of Christ." As a mentor, you will have the privilege of seeing God bring greater hope, freedom, joy and life as He works in your friend's life. You are always welcome to attend re:generation Large Group worship and testimony/teaching time to get an idea of the program. *We meet every Monday at 6:30 PM. We meet at Hope Fellowship's Frisco East campus (9950 Rolater Rd, Frisco, TX, 75035) and the Large Group usually ends around 7:15 PM.*

You will find helpful information and resources about re:generation and mentoring online at hopefellowship.net/regenerationmentors.

It's an honor to be asked to mentor a re:generation participant. It means that the participant is willing to trust you with some of the deepest parts of their lives and that they see Christ already at work in your life. The most effective mentors are those who spend time in prayer for their participant, themselves, and the re:generation ministry. They serve from the overflow of joy in their hearts, trusting God to bring healing to the participant's life and leaning on the participant's group leaders and recovery partners for support.

Thank you for answering God's call to step out to encourage, support and love. If you have questions, you can reach us at the emails listed below.

Sincerely,

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Mentor Expectations: The Heart of a Mentor

Mentors often wonder what it takes to guide someone through the re:generation process. Here are the things we have learned that makes someone successful as a mentor.

People don't care how much you know until they know how much you care.

We live in a world where everyone likes to broadcast their opinions and their knowledge. Opinions are found in the news, on social media, and even from followers of Jesus. There are very few places where people feel heard and understood, which is ultimately what all anyone wants. Once someone knows that we care about them, their thoughts, and they feel seen, heard and valued, then are we able to create a beautiful climate where life changing ministry can occur. It is also important to make sure we encourage and give out lots of words of affirmation. When people are celebrated, care grows exponentially.

80/20 - Listen more, talk less.

A major principle that allows people to feel heard is the 80/20 rule. In a ministry setting, we should aim for the other person to do 80% of the talking while we only do 20%. We accomplish this goal by asking questions and listening without any thought of what our next response will be or how we need to guide the conversation. We simply listen to hear and to understand. Again, this is how we are able to create a place for life changing ministry. See James 1:19.

Jesus is the healer - Trust the process and trust the Holy Spirit

As Christians, we recognize that Jesus is the true source of all healing, deliverance, and restoration. All the pressure is off of us to heal someone - we can't do that. We listen, we let Jesus do his thing, and we see God work. Life change is often slow and methodical, and rarely does it happen overnight. We just keep doing the right things (listening and showing up) and Jesus will handle the rest in just the right timing. See Matthew 9:35-36.

Advice needs to be invited - Learning the art of empathy.

It is so easy to look back on our own experiences and journeys to healing and think that everyone's journey is going to be the same. We have discovered that everyone's journey is unique, and giving prescriptive ways of doing things often doesn't work. If we tell people what to do and it doesn't work for them, then it tends to lead to shame and withdrawal. We have learned that it is best to wait until someone asks a question like, "What would you do?" and then gently answer with an example from our own story, emphasizing that it might be encouraging and helpful for them but it is not meant to be prescriptive. See 2 Corinthians 9:7

Vulnerability invites connection and reduces the power of shame.

When we act like we have it all together and that we know all the answers, it often pushes others away because we are being unrelatable. However, when we share honestly about our story of pain and struggle, we draw people closer because they feel a deep sense of connection and understanding. As we are able, the more we go on our own journey of healing and restoration, sharing our story with others, the more others will connect to the hope that God has placed in us. See 1 Corinthians 12:9-10



Prayer is beautiful, meaningful, powerful, and essential.

We encourage, implore, and recommend that prayer be a constant and consistent part of ministering to others. We allow others to pray; we pray for them; we pray together with them and when we are apart. We firmly believe that prayer changes lives, taking the pressure off of us as leaders to have all the answers and ability to change things, and allowing God to be the one who changes lives. God is the one who changes hearts; God is the one who leads people to true repentance. It never works when we try to force those changes. Through the guidance of the Holy Spirit change happens and prayer is a constant reminder that God is the true source of all healing. See James 5:13-16

Self-care is foundational.

At times, ministering to another person can be very heavy. We hear stories of loss, trauma, anger, and disappointment, which can all take a toll on us. It is important that we make sure we are taking care of ourselves while we are taking care of others. Some good hallmarks of self-care include: creating space to be with God, engaging in trusted relationships where we can be heard, exercising, and pursuing our own spiritual growth and learning. If we take care of others without taking care of ourselves, our ability to minister to others will be limited because we can only give what we have. Once what we have runs out, it is very hard to support others. See Proverbs 4:20-23



Mentor Expectations: Logistics

Meetings

Mentors often ask questions about where and how often they should meet with their mentee. Here are our expectations:

Where: Meetings can take place anywhere you like, but we recommend ensuring some level of privacy. A participant may not want to open up about their struggles in a public setting. You are welcome to use the lobby of the Frisco East campus on Mondays anytime between 5:00-6:30 PM for your meetings.

When: Plan to meet at least once during each step, which is once every 2-3 weeks. We ask that you keep this commitment until the participant graduates re:generation. If they stop the program before graduating, then you are no longer obligated to meet with them. Hopefully your relationship will grow during this time and you will continue meeting even after graduation!

How long: Meetings should last between 30-60 minutes. The length is up to you and your mentee!

At re:generation: You are also invited to join your mentee for worship and the Large Group meeting at 6:30 PM on Mondays. When everyone breaks into small groups, mentors who are also re:generation alumni are invited to join our Alumni Groups. Otherwise, you are free to go when your participant joins their step group for the remainder of the evening.

Communication

Mentors often ask how often they should communicate with their mentee outside of their scheduled meetings, what should your conversations be about, and how to respond to participants. Here are our expectations and recommendations.

24 hours: If your mentee reaches out with a need or request, we ask that you respond within 24 hours. We understand that you have your own time commitments and cannot be available at every moment of the day. If your mentee texts you late at night, feel free to respond in the morning. We recommend that you communicate these expectations to your participant by saying something like, "I will try to be available as often as you need me, but please know it might take up to 24 hours before I can respond." If your participant is struggling with chemical addiction and needs daily contact, we recommend that you talk with them about what you are able to commit to. If you ever feel that your participant is not respecting these boundaries, please reach out to their step group leaders and staff so we can assist you.

Topics: When meeting specifically to discuss re:generation, we ask that you keep the conversation on the homework, what the participant is learning about God or themselves, what they have learned from a Large group teaching or testimony, etc. In other words, keep it about re:generation. Each Step Overview in this packet contains suggestions on how to get the conversation going. You are not obligated to ask all of these questions! They are there to help you in case you're not sure where to begin, or if you need to get the conversation back on topic.



Confessions: Sometimes participants may ask you to keep a secret. While we expect you to respect their privacy and not gossip, please do not promise to keep secrets. If your mentee confesses things like suicidal ideation, a situation where someone else might be harmed, or threatens to go through with illegal activity, please communicate with their step group leaders and staff as soon as possible. We are a team to help the participant and we can work together for the health of the participant and others. If asked to keep a secret, we recommend responding with, “I’m encouraged that you want to share something important with me and I’m committed to help you work through whatever is ahead. I cannot commit to keeping secrets, but I promise not to gossip. I will only involve your step group leaders or staff members so we can provide Biblical counsel as needed.”

Mentoring Multiple Participants

Yes, you can mentor more than one participant at a time! Mentors are invited to mentor as many participants as their life and schedules allow. If you mentor multiple participants who are in the same Step Group, we recommend that you let them know ahead of time. We also recommend that you plan on meeting with each participant individually so each one will feel seen, heard, and valued, and receive the mentoring they each need.

Things Don’t Work Out

If neither you nor your participant are able to meet any of these expectations, you both have the right to seek out or request another mentor. If you believe your participant is not doing the work nor coming on Monday nights, you have the right to let them know you will no longer be available to mentor them. If you are not available as often as your mentee needs you to be, then they have the right to seek out another mentor as well. Overall, sometimes things don’t work out and that’s okay!



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 this program? (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 any of the Day 2 and Day 4 questions from either week with their mentor. Examples include:
 - If God asked you why you should be allowed into heaven, what would your answer be? (Week 1, Day 2, Question 5)
 - 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, Question 6)
 - Write out some of the ways you justify actions that you know are wrong and share them with your mentor. (Week 2, Day 4, Question 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. If you feel that your mentee is not a believer, feel free to reach out to staff so we can partner with you in prayer for the participant.
- 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 re:generation 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)



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 Sins to Yourself

Day 4: Confess Sins to God

Day 5: Confess Sins 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 Sins

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 better 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)



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 first 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 4)
- 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)



Step Ten Overview - CONTINUE

Foundation Verse: “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” Psalm 139:23-24

Step 10: We continue to examine our lives, and when we sin promptly confess and turn to walk with Christ.

The Extra Mile Memory Verse: James 4:7-8

Key Theme: Remain in God’s Grace

Remember: Your life of freedom in Christ is rooted in daily living by God’s grace. Continue to realize your need for God’s grace, receive his grace, and respond to his grace in all areas of life.

WEEK 1 LESSONS

Day 1: A Daily Life of Freedom

Day 2: Maintain Your Spiritual Health

Day 3: Continue to Realize Your Need for God’s Grace

Day 4: Continue to Receive Your Need for God’s Grace

Day 5: Continue to Respond to God’s Grace

WEEK 2 LESSONS

Day 1: A Heart That is Well

Day 2: Practice Steps 1, 2, and 3

Day 3: Practice Steps 4, 5, and 6

Day 4: Practice Steps 7, 8, and 9

Day 5: Practice Steps 1 through 9

FOOTPRINT: Celebrate, Recognize, Ask & List

Celebrate the victories God has given you through Christ! Praise God for the changes that he is making in you. Recognize ways you need to continue to grow. Then, ask God to change you where you need to grow, and list the daily steps you will take to fully follow God’s will.

Possible Discussion Topics and Curriculum Questions:

- What thoughts tempt you regularly? (Week 1, Day 3, Question 3)
- Discuss Week 2, Day 5 lesson: Realizing Need for God’s Grace, Receiving God’s Grace, Respond to God’s Grace (Steps 1-3). Celebrate with the participant their victories in Christ and discuss how they can continue to grow in Christ.



Step Eleven Overview - INTIMACY

Foundation Verse: “And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.”

John 17:3

Step 11: We seek to deepen our relationship with God daily and depend on his power to do his will.

The Extra Mile Memory Verse: Matthew 5:6

Key Theme: Delight and Grow in God’s Grace

Remember: Grow daily in your relationship with God: fully experience his love, strength, and joy in the journey he has planned for you.

WEEK 1 LESSONS

Day 1: Grow in God’s Grace

Day 2: Home is Where the Heart Is

Day 3: Glorify God—the Greatest Good

Day 4: Worship in Spirit and Truth

Day 5: Intimate Prayer

WEEK 2 LESSONS

Day 1: A Mind and Heart United with God

Day 2: See Yourself through God’s Eyes

Day 3: Growing Together through the Church

Day 4: Gifted for God’s Glory

Day 5: A Servant’s Reward

FOOTPRINT: Spiritual Life Action Step

List three ways that God is calling you to deepen your relationship with him through what you learned in Step 11. For the parts of your spiritual life that need to grow, write an action step that you will take to enrich your relationship with God (for example: I need to grow in my prayer life, so I will practice ongoing daily prayer; I need to understand how am I gifted spiritually, so I will take a spiritual gifts test; I am disconnected from the Church, so I will join a local church). Then, write a prayer to thank God for how he is growing your relationship with him. Ask God to deepen your relationship with him through these disciplines.

Possible Discussion Topics and Curriculum Questions:

- Ask your participant about their extended prayer experience.
- Discuss the participant’s answers to the questions from Week 2, Day 1 lesson regarding Psalm 19 (Questions 2-7).
- Talk to the participant about their SHAPE form (Week 2, Day 4) and discuss what you would add to the list.



Step Twelve Overview - REGENERATE

Foundation Verse: “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.” 2 Corinthians 5:17-18

Step 12: Because of our new lives in Christ, we carry God’s message of reconciliation to others and practice these principles in every aspect of our lives.

The Extra Mile Memory Verse: 2 Corinthians 1:3-4

Key Theme: Call all people to be fully devoted followers of Christ.

Remember: Unite with God in his purpose for your life and participate in his plan for the world.

WEEK 1 LESSONS

Day 1: The Great Commission

Day 2: The Gospel Message

Day 3: Remember Where You Began

Day 4: God is Transforming You

Day 5: God’s Story of Your New Life in Christ

WEEK 2 LESSONS

Day 1: The Ministry of Reconciliation

Day 2: Your Role in Biblical Reconciliation

Day 3: When to Pursue Reconciliation

Day 4: How to Handle Conflict Biblically

Day 5: Personal Reconciliation

WEEK 3 LESSONS

Day 1: The Fight for Freedom

Day 2: Practice Intimacy with God

Day 3: Practice Recovery in Christ Daily

Day 4: Practice the Ministry of Reconciliation

Day 5: New Identity, New Purpose, New Life

Possible Discussion Topics and Curriculum Questions:

- Step 12 is very important. Encourage the participant to finish strong. Below are the key areas to walk through with your participant.
 - Understand the gospel, how to share it and why we share it.
 - Build your re:generation testimony.
 - Learn reconciliation, how to confront sin and handle conflict and build reconciliation plans.
 - Plan to take the message to others new to recovery as “recovery guides.”
 - Build a plan to practice re:generation in every aspect of life (See next page, Step 12 Footprint: My re:generation Plan).
- Step 12 is living out God’s purpose for our lives to fully experience all God offers us. God saved us, healed us and freed us for a purpose. We are a part of his rescue plan.
 - **Celebration Night:** As a mentor, you are invited to attend this celebration with the step group who has finished the program. It is a time to celebrate God’s work as a group and in other lives at re:generation. Participants will receive a commission, commemoration, and charge to carry God’s message of reconciliation to others.



Step 12 Footprint: My re:generation Plan

My Identity in Christ: *(Copy your description from Question 2 of Step 12, Week 3, Day 5 below)*

My Mission Statement: *(Copy your statement from the Footprint 7 of Step 7 below)*

My Story of re:generation: *(Record your statements from Step 12, Week 1, Day 5 below)*

How I will Practice Recovery in Christ Daily (Step 10): *(Record answers from Step 12, Week 3, Day 2)*

Practical steps to continue realizing my need to God's grace (Steps 1-3):

Practical steps to continue receiving God's grace (Steps 4-6):

Practical steps to continue responding to God's grace (Steps 7-9):

How I Will Practice Intimacy with God (Step 11): *(Record your answers from Step 12, Week 3, Day 2)*

Prayer and Bible Intake:

Christ-Centered Community and Service:



How I Will Practice The Ministry of Reconciliation (Step 12): *(Commit to continue the steps with people you are struggling to forgive, with whom you have unfinished amends, or with whom you are not reconciled because of unaddressed sin in their lives. List these people to discuss next steps with godly counsel.)*

People I am struggling to forgive:

People with whom I need to make amends:

People with whom I am not reconciled because their sin has not been addressed:

How I will Carry the Message of Reconciliation to Others: *(See Step 12, Week 3, Day 4 List the Top 10 people for whom you will pray, list how you will initiate in places of influence, and in areas of interest, experience and gifts.)*

My Top 10	My Places of Influence	My Interests, Experience, and Gifts
1.	1.	1.
2.		
3.		
4.	2.	2.
5.		
6.	How I will Initiate	How I will Initiate
7.	1.	1.
8.		
9.	2.	2.
10.		

The Message of Reconciliation: *(Commit to know the message of reconciliation.)*

Romans 3:23 “For all have sinned and fall short of the glory of God...”

Romans 6:23 “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.”

Romans 5:8 “But God shows his love for us in that while we were still sinners, Christ died for us.”

Romans 10:9 “Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.”



Ministry Overview

Mission: To call all people to be fully devoted followers of Christ.

Vision: To be an authentic community of Christ-followers, relentless in helping each other experience intimacy with the LORD.

Strategy: re:generation is a biblical, 12-step, community-based discipleship program to experience abundant life in Christ. Participants develop a relationship with the LORD through self-led daily lessons and they experience community in facilitated small groups that meet weekly for sharing and encouragement. Upon completion, participants in-turn disciple others in re:generation and other ministries.

Values: Christ-centered, discipleship, daily relationship with God, community, reconciliation with others.

Issues: Idolatry/misplaced worship is a heart issue of every sin. As such, regeneration in Christ provides a new life and discipleship for those experiencing sexual, substance abuse, mental, spiritual, relational, financial, physical, and emotional struggles.

The Name: Literally, “be born again,” regeneration declares the new life available to everyone in Christ. Also meaning “complete moral reform,” regeneration conveys the progressive sanctification that is normal in the life of a believer. The type treatment of “re:” communicates “regarding.” In this case, regarding the “generation(s),” spoken of in Isaiah 61:4. New Life in Christ is reconciliation to God, but also reconciliation to generations via discipleship and restored relationships.

Foundational Scriptures:

What God did for us: *Titus 3:3-7*

“For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when the kindness of God our savior and His love for mankind appeared, He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life.”

What God wants to do with us: *Isaiah 61:1-4*

“The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives and freedom to prisoners; to proclaim the favorable year of the LORD and the day of vengeance of our God; to comfort all who mourn, to grant those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified. Then they will rebuild the ancient ruins, they will raise up the former devastations; and they will repair the ruined cities, the desolations of many generations.”



The 12 Steps of re:generation and Biblical Foundations

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

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

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

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

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

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

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

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

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

Step 10, Continue: We continue to examine our lives and when we sin promptly confess and turn to walk with Christ.

Step 11, Intimacy: We seek to deepen our relationship with God daily and depend on his power to do his will.

Step 12, Regenerate: Because of our new lives in Christ, we carry God's message of reconciliation to others and practice these principles in every aspect of our lives.

Foundation 1: "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

Foundation 2: "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

Foundation 3: "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

Foundation 4: "Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart." Psalm 51:6

Foundation 5: "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." 1 John 1:7-9

Foundation 6: "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

Foundation 7: "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." Galatians 5:22-23

Foundation 8: "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

Foundation 9: "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

Foundation 10: "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" Psalm 139:23-24

Foundation 11: "And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent." John 17:3

Foundation 12: "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation." 2 Corinthians 5:17-18.



Recovery Foundations

The Gospel : Why We All Need re:generation

The Problem - Sin

Romans 3:23, "For all have sinned and fall short of the glory of God."

Sin is any attitude or action that violates the standard of God (holiness, perfection, etc.) Each one of us enters the world, and leaves the world, a sinner. Sin is a universal problem and it separates us from God.

The Penalty - Death

Romans 6:23, "For the wages of sin is death..." (See also Romans 5:12)

God's standard for us is perfection. This standard is non-negotiable, and He would not be just if He did not judge us for our sin. Our sin is so offensive to God that it breaks our relationship with Him, and He judges sin with death. Death is, in effect, the wage for the work (sin) that we have done. We have earned it. Biblically, death is equivalent to eternal separation from God.

The Solution - Jesus Christ

Romans 5:8, "But God demonstrates His love toward us, in that while we were still sinners, Christ (Jesus) died for us." (See also 2 Corinthians 5:21, 1 John 4:10)

Jesus lived on earth being both fully God and fully man. He lived a life free from any sin, and then He died for our sins so that when we trust in Him for forgiveness of sins, we will have a restored relationship with God. His sinless life uniquely qualified Him to be our substitutionary sacrifice. Jesus literally took the sins of the world (past, present, and future) on Himself, paying the penalty and accepting the wages we deserve.

The Salvation - By Grace Through Faith

Acts 15:11, "...it is through the grace of our Lord Jesus (God) that we are saved," (See also Ephesians 2:8)

The substitutionary death of Jesus allows us to be reconciled to God. When we trust that Jesus is the only possible provision for forgiveness of our sins, we are saved—reconciled with God. When we trust Jesus for the forgiveness of our sins, we are agreeing with God that sin is wrong; we are changing our minds about sin and committing to turn to God as the authority for our lives. Our sins are forgiven when we trust Jesus in this manner, we have a restored relationship with God, and we have assurance of eternal life.

By Grace Through Faith = Not by Works

Ephesians 2:8-9, "For it is by grace you have been saved, through faith...not by works, so that no one can boast." (See also 1 Peter 3:18, Titus 3:5, 2 Timothy 1:9, Hebrews 9:25-26)

To say that salvation is "by grace" demands that salvation is not earned or merited by any human effort. It is the gift of God's grace which yields for us eternal life. John 3:16, "For God so loved the world that he gave his one and only Son (Jesus), that whoever believes (trusts) in him shall not perish but have eternal life."



Our Beliefs

- **The Trinity:** one God eternally exists in three persons: Father, Son and Holy Spirit (Matthew 28:19)
- **The Bible:** the inspired word of God, useful for teaching, reproof, correction, training in righteousness, so we may be complete and equipped for every good work (2 Timothy 3:16).
- **Life Change:** God transforms lives, not a program. Salvation is a gift through faith in Christ alone. Full devotion to Christ brings freedom (John 4:14). Sobriety is only a marker on the journey to full recovery.
- **Authentic Community:** The Body of Christ (via local church) should be the place of healing for hurting people in a broken world (Matthew 11:28-30). A truthful, safe, loving Christ-centered community is critical for the health of individuals, the Church and society (Galatians 6:2).
- **Discipleship:** a commitment to help people heal, move out of isolation into a healthy Body of Christ and equip them to fulfill God's call on their lives.

Our Practice

- **Practice the 12-steps of re:generation:** modified steps reflect biblical sanctification—salvation, confession, repentance, forgiveness, amends, intimacy with God, reconciliation, and discipleship.
- **Connect with God Daily:** Daily lessons provide opportunities to know God more each day of recovery.
- **Grow Together in Community:** authentic mixed-issue groups focus on recovering hearts from the idols which lead to sinful behavior patterns and restoring hearts to worship Christ alone.
- **Memorize Scripture and Pray:** spiritual discipline critical to leadership and participant transformation.
- **Live in the Light:** a safe environment to share but not a safe harbor for unrepentant sin. Groups openly confess sin, speak the truth in love, do justice, love mercy and guard against gossip as they handle conflict biblically (Matthew 18:5-17).



Caring for Hurting People

When an Individual Has Experienced Sexual Abuse

Victims of abuse can find this truth very hard to accept. After the harm they've suffered, some victims wonder if God really exists or cares. Or, sometimes they doubt God could still love them after what they've done. Abuse is awful proof we are sinful hurting people surrounded by sinful hurting people.

Abuse is widespread among men and women across cultures. For many reasons, (lack of understanding, denial, repressed memories, etc.) people might not even realize their abuse. Victims often carry feelings of false guilt and shame because abusers try to convince victims that the abuse was their fault. But, *someone who is abused is NOT responsible for their own abuse.*

Much of the re:generation curriculum focuses on the brokenness we experience in this world and our role in contributing to it (especially Steps 1 and 4). While victims of abuse are NOT responsible for their abuse, they ARE responsible for their choices and behaviors in response to abuse—even if their responses come out of the damage of the past. Because of the misunderstandings, lies, and feelings associated with abuse, victims often find it very difficult to determine on whom the responsibility for sin rests.

If you suspect the participant is a victim of abuse, please look over the definitions of abuse below. Ask the re:generation leadership about the availability of a supplemental version of the re:generation curriculum to bring clarity and sensitivity to the issues of abuse as they work through the 12-steps.

If you yourself have been abused, know that God hasn't forgotten you. He understands your pain and wants to heal you. He can restore the years laid waste by the pain of abuse. God loves you deeply.

"The Lord is near to the brokenhearted and saves the crushed in spirit." ~Psalm 34:18

"For [God] delivers the needy when he calls, the poor and him who has no helper... From oppression and violence he redeems their life, and precious is their blood in his sight." ~Psalm 72:12, 14

"[God] turns a desert into pools of water, a parched land into springs of water." ~Psalm 107:35

Definitions of Abuse

Abuse: Any action that intentionally harms or injures another person. Also, a pattern of behaviors used to manipulate or control another person. Abuse can be emotional, mental, physical or sexual in nature.

Sexual Abuse: ANY sexual activity (verbal, visual, emotional, physical) engaged in without consent (approval), which uses one person in order to meet another person's sexual or emotional desires. This activity may be accomplished through force, intimidation, coercion, deception or influence of authority. A person does not "consent" if he or she cannot reasonably accept or refuse sexual advances. A victim's age, circumstances, understanding and dependency/relationship to the offender may limit ability to consent.



When an Individual Talks About Suicide

If you are concerned that the participant is suicidal (i.e. they make a comment like, “life is not worth living,” “I can’t go on,” etc.) or they make a specific suicidal threat (“I am thinking about committing suicide,” “I want to kill myself,” etc.), and **you are on the phone**, you should first get their names, address, and phone number. Next:

ASK THESE TWO QUESTIONS

1. Are you having suicidal thoughts? (Do not fear you are planting the idea of suicide in their mind.).

If they say “YES,” then ask...

2. Do you have a plan to take your life?

If they say, “NO,”

- Encourage them in the truth of God’s word, pray with them, set up a time for them to come to the office or church (depending on when they call) to meet with you and a re:gen staff member. Meanwhile, ask them to commit that they will not harm themselves between now and your meeting time.
- When you meet, develop a plan to care for them. Your goal is to set up a support system so that they are not solely dependent on you. You want to encourage them to take steps to begin living biblically-being encouraged by Scripture, stepping out of isolation, etc. The plan would include:
 - Making a phone list of people for the individual to call in times of struggling with suicidal thoughts.
 - Getting them connected with people to reach out to.
 - Have them make a verbal or written commitment to you that they will:
 - Call 911 if they are in danger of harming themselves.
 - Call the list of people when they are not in danger of harming themselves but have thoughts of suicide.

If they say, “YES” to both questions 1 & 2, (a few options)

- Call 911.
- Call the National Suicide Hotline by dialing 988.
- Call Behavioral Health Connections to request an on-site psychiatric mobile assessment or tele-video assessment. Call (214) 320-1000.

This can be a very stressful situation for the individual and for you. Remember to stay calm and set the tone for the conversation. If you stay calm it will help them feel safe and remain calm.

If you are physically with them, try to keep them with you until help arrives. **Remember, God is in control. You do not have the power to prevent someone from taking their life.** Your role is to:

- **Point them or introduce them to Christ.**
- **Help set up a plan of support**
- **PRAY**