



A Ministry of Watermark Community Church

Inventory Training

“...do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.”

1 Corinthians 6:9–11

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”

Romans 8:1–2

Inventory Workbook Introduction

Welcome to *re:generation* Step 4, Inventory. At its most basic level, your recovery inventory is an honest record of the impact of sin on your life. It is an important part of your recovery effort that will help you identify what is broken, so that by God's power you can be healed and flourish as a new creation in Christ. The best way to complete an inventory is the same way to complete the twelve steps: one day at a time, one step at a time, relying on God.

In the coming weeks you will use an inventory workbook to complete your inventory. Work on inventory each day during the time you have set aside for curriculum. Some people also schedule extended day retreats to work on inventory. Group time at *re:generation* will also be set aside for you to work on inventory and receive help from leaders. Talk with mentors, leaders and family to determine the best time structure for you to complete your inventory. It is important to stay connected to your support structure during inventory. Talk through your struggles, learnings and feelings with mentors and leaders so they know what to pray for you.

Your inventory is a collection of six small inventories. Breaking your inventory into parts helps you look at the impact of sin on your life from different angles. It helps to identify behavior patterns and idols in your life. Together, these inventories create the big picture. They are a chronicle of your pain, sin, and struggles, and they will help you honestly face your contribution to the damage in your life. Listed below are the six inventory categories:

1. **Resentments:** anger, bitterness, frustration, hatred or angst that you have against a person, group, institution or God
2. **Fears:** whatever causes worry, stress, panic, controlling behavior or hinders you from moving forward in areas of your life
3. **Harm to me:** any wrong, hurt, or injury you have suffered by another person, group, institution or God
4. **Harm by me:** any wrong, hurt, or injury you committed against another person, group, institution or God
5. **Sexual:** sexual activity with anyone or anything outside the biblical boundaries for healthy sex between one man and one woman only within marriage*
6. **Recovery issue:** the harmful events, activities and behaviors associated with the issue that brought you into recovery

For each inventory category above, you will list experiences that have influenced your life. The following five prompts will assist you:

1. **Who/What:** list the resentment, fear, person, group, institution or recovery issue
2. **The Cause:** a brief description of the event and harm it caused
3. **My Response:** how you responded to #2, "The Cause"
4. **The Nature of My Response:** list the nature of your response in #3
5. **What I Value (Possible Idol):** what did #2, "The Cause," threaten or harm? What were you trying to protect? This could be an object, person, dream, perception, hope, security, passion, etc.

At the beginning of each of the six inventories there are overviews and examples to assist you. Overviews outline the inventory's purpose, God's standard, key considerations and a method for completing each inventory. They also provide Bible verses which remind you of who you are in Christ and outline God's standard. If you have questions about how the Bible addresses a particular circumstance ask your mentor, *re:generation* leaders or pastor for insight.

In some instances, you may have difficulty seeing anything to record in column 4, "The Nature of My Response." You may even feel justified with your responses in column 3, "My response." But because human nature is sinful, often your natural responses to pain are prideful, protective and self-focused. As you consider the nature of your responses in column 4, good questions to ask yourself are:

- Would Christ have responded this way?
- What does the Bible say about how to respond to this situation?
- If roles were reversed and I was in the "Who/What" column, is "My response" how I want someone to respond to me?

You may also have difficulty recognizing what it is you value in column 5, "What I Value." This is an important column because your answers may identify idols. Questions that may help you answer this column are:

- What was lost, damaged or threatened by the event (column 2)?
- Who/what were my responses (column 3) trying to protect, hold on to or recapture?
- Was there a hope, dream or expectation that was threatened?

An honest look at your responses and what you thought they might accomplish will help you see clearer what you value and hope in.

Here are some key things to remember before you begin your inventory:

- **Pray each day.** Ask God to help you, remind you of how much you matter to him and to set you free.
- **Work through the inventories in order**—there is a purpose in it.
- **If you need more inventory sheets or would like to work on inventory electronically** talk to your leaders about how to get extra copies or go to www.regenerationrecovery.org and click on Resources to download electronic copies.
- **If you do not know where to begin, start with an obvious event.** Then, ask God to show you what to address next.
- **If you cannot get the courage to face something big, ask God for the courage.** Inventory some smaller events first to gain momentum. Reviewing Steps 1–3 will remind you of your need for God, his nature, his power and your decision to trust him with your life and will.
- **God can do a lot with a willing heart.** Give your best effort even when you do not have much to give.
- **Be thorough for your own benefit.** The more thorough your inventory the more you will know yourself, understand God's love and live in freedom now. God will continue to reveal things throughout life as you become ready, but do not put off anything you could address now.
- **Most important, remember that God loves you.** You are his child. There is nothing you will uncover that will surprise him or cause him to reject you. Christ already paid for all your sins! Through this inventory with "the Helper" giving you strength and guidance, God will show you his love and identify your old self to be put away. He wants to restore you to who you were created to be.

As you record the impact of sin on your life, you are also recording the burden that Jesus carried for you on the cross. Your inventory is a picture of the price that Christ paid for your soul. It will give you a deeper understanding of God's awesome goodness and how much he loves you. You were bought at a high price. You matter to him.

"There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death." (Romans 8:1–2)

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." (1 Corinthians 6:19–20)

Overview for Resentment Inventory

Purpose: In this inventory, you will study events in your life that led to resentment and your response to these events. Resentments are anger, bitterness or hurt carried from past injuries; they reflect deep wounds and can impact how you relate to God, others and life in this world. This inventory will help you uncover unhealed wounds, see how resentments effect behavior today and reveal what you value, hope for and protect.

Use God’s standard: Examine resentments using God’s standards. God’s word reveals sin and teaches you how to respond to hurts, sin or fear. Let Christ be your example. The summary below is God’s standard for how to respond when wronged (supporting verses on next page). You are powerless to live by this standard in your own strength but you will use it to gain God’s perspective.

When Wronged: Entrust yourself to God when you suffer. Speak truth, do not deny or lie about sin. Be angry about sin but do not let anger linger or lead you to sin. Deal with your sin first—do not ignore or justify it. Do justice but love kindness and be willing to forgive. Walk humbly with God. Leave vengeance for God. Love your enemies, do good and pray for them rather than hate them in return.

Key things to consider:

- Anger is an appropriate emotion for sin—God is angry at sin. It is all right to feel anger when you have been hurt but you must respond carefully when angry. Satan will use anger to tempt you and turn you from God. Anger can mask other emotions like disappointment, emotional hurt, fear, sadness, etc. Do not deny anger—repressed anger often leads to depression. As you recall events ask yourself: Why am I angry? What emotions am I feeling beneath my anger? Was my response to harm done out of anger or love?
- Try to understand if God is angry about the things you resent. God hates sin and the brokenness in the world caused by sin. But sometimes you can resent things just because they are not as you would have them. Examples include: someone’s love for another, your own shortcomings, when someone confronts your sin, your status in life, another’s blessings, etc. Resentment about good things or things beyond your control may reveal a hidden sin, pride or idolatry.
- Try to record all resentments even if you feel like they are imagined or should not be resentments— even record resentments towards God. An important part of this exercise is for you to be honest about what you think and feel. You will study why you think and feel these resentments later but a thorough inventory leads to better understanding, more healing and greater freedom.

Steps to take as you fill out your inventory worksheet:

1. Pray before you begin. Thank God for forgiving all of your sin. Ask God to bring resentments to mind and to show you patterns. Ask him to comfort and remind you of his love as you examine your past.
2. Read the scriptures listed on the next page.
3. Review Week 7, Day 4 of Step 4 for helpful hints and an example for filling out your inventory.
4. Contact your mentor(s) or leader(s) about any confusion or questions that you have.
5. Begin writing down resentments that come to mind in the “Who/What” and “The Cause” columns. Leave some space between events but do not worry about filling out the rest of the row yet.

6. Once you have listed out your resentments, fill out the rest of the row for each event going through the “My Response,” “The Nature of My Response” and “What I value” columns. Make sure to record anything that doesn’t align with God’s standards when filling out these columns.
7. Pray after you have finished. Thank God that he is in the process of healing you. Thank him that your sinful responses were nailed to the cross with Christ. Ask him to free you from all resentments.

Understand God's Perspective

Who you are in Christ:

- **You are chosen by God:** "... [God] chose us in Him before the foundation of the world, that we should be holy and blameless before Him." (Ephesians 1:4)
- **You are a conqueror loved by God:** "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger or sword? ... No, in all these things we are more than conquerors through him who loved us." (Romans 8:35, 37)
- **You are a new creation identified with Christ, not your past:** "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." (2 Corinthians 5:17)
- **You are being healed by God for a purpose:** "And we know that for those who love God all things work together for good, for those who are called according to his purpose." (Romans 8:28)
- **You are being remade by God for a purpose:** "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." (Ephesians 2:10)

God's standard:

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil....Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:25–27, 31–32)

"If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord.' To the contrary, 'if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for so doing you will heap burning coals on his head.'" (Romans 12:18–20)

"But I say to you who hear, love your enemies, do good to those who curse you, pray for those who abuse you." (Jesus Christ, Luke 6:27–29)

"When [Christ] was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly." (1 Peter 2:23)

"For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?...first take the log out of your own eye, then you will see clearly to take the speck out of your brother's eye." (Matthew 7:2–3, 5)

"He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness and to walk humbly with your God." (Micah 6:8)

NOTES

Example: Resentments Inventory

<u>Who/What</u> I am resentful towards:	<u>The Cause</u> The cause of my resentment is:	<u>My Response</u> How I responded:	<u>The Nature of My Response</u> My response was:	<u>What I Value (Possible Idol)</u> My response valued:	Notes/comments
List the person, group, institution, etc.	What happened? Why am I angry or bitter?	Describe actions you took and choices you made in response to the cause (be specific) and your feelings at that time	Examples: selfish, prideful, fearful, vengeful, self-protective, dishonest, inconsiderate, etc.	What was hurt/threatened? What was your response protecting? (Examples: ego, comfort, security, possessions, respect, a relationship, etc.)	
My boss	My boss confronted me publicly about being late for work. He questioned my commitment and work ethic in front of everyone.	In the moment, I felt embarrassed. I gave an excuse, apologized and promised to do better. I've stayed quiet about my hurt feelings and humiliation. I've never followed-up. I'm often critical of my boss' leadership and decisions. Sometimes I share my criticism and make fun of my boss to others.	Dishonest (I didn't have a good excuse) Fearful, Shameful, Self-protective, Spiteful, Critical, Prideful, Vengeful, Divisive	My boss' respect My co-workers' respect My career My income/job My self-esteem/self-worth A peaceful work place My ego My pride Others' opinions of me	
The church I grew up in	Legalistic and judgmental without much love.	At first, I blindly accepted it. Then I became judgmental. Then I eventually left the church.	Critical of the church. Cynical toward all churches. Later, I blamed the church for problems. "If only they had done better I wouldn't have done what I did."	God's grace. God's standard. A safe place for my family. I should have been safe to work through problems. My pride led to blame.	
My husband	Financial mismanagement: he lost all our savings on risky investment.	I started working. I created a secret bank account of my own. I regularly check our bank account for any strange balance swings.	Fearful, Secretive, Distrustful Self-protective	Being provided for. Financial security over oneness. My ability to stay home vs. contribute to family.	

EXAMPLES ONLY. FILL OUT THE INVENTORY WORKSHEETS WITH YOUR OWN EXPERIENCES