

**LEADER GUIDE**

**Realize Your Need for God’s Grace**

**Steps 1-3**

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Welcome to *re:generation* Leadership!

[New Leader Welcome Video](https://my.ekklesia360.com/Clients/player/videoplayer.php?sid=13271&url=http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/h264-720/n/0e4994778_1459430070_new-leader-welcome-video.mp4&mediaBID=4131332&template=https://my.ekklesia360.com/Clients/player/videoplayer.php&type=video&CMSCODE=EKK&CMS_LINK=https://my.ekklesia360.com&width=480&height=360&autostart=true&playlist=false&target=MediaPlayer)

Thank you for partnering with Christ, to make disciples through your group, and help men and women know Jesus and be transformed to be more like him.

To come alongside you as you lead, two resources will help you prepare for each weekly meeting:

* **Weekly Leader Video:** Watch online or download as a podcast a 3-5 minute overview of the lesson, important things to remember, possible questions to focus on, and encouragement for the participants and for you.
* **Weekly Leader Guide:** The same content as the video, but in written form, is in this book. Read and pray through to get prepared, and bring it your group meeting.

You may be experiencing a mix of emotions – excitement, nervousness, being overwhelmed, anticipation, etc. These are natural and can point you to remember the most important thing: **God alone heals – it’s not up to you.** This frees you from taking on only what God can do, and helps you depend on him alone for the change he desires to make in others’ lives.

Throughout your journey with your group, the best things you can do consistently are:

* **Pray** forthe participants, your co-leader, yourself and the ministry.
* **Direct people to Christ** through the use of **God’s word**.
* **Be faithful yourself** byliving out the biblical principles of *re:generation* openly and honestly in front of your group.

Remember, God wants to involve you in the work he is doing in lives. God will give the faithful everything they need.

*“For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him...”* 2 Chronicles 16:9

Step Group Launch

**Goals for first meeting together:**

* Build trust.
* Set expectations.
* Exchange information: give instructions and receive participant information.

[Step Group Launch Video](https://my.ekklesia360.com/Clients/player/videoplayer.php?sid=13271&url=http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/h264-720/i/0e3867483_1416995751_introduction-regeneration-hd.mp4&mediaBID=3379578&template=https://my.ekklesia360.com/Clients/player/videoplayer.php&type=video&CMSCODE=EKK&CMS_LINK=https://my.ekklesia360.com&width=480&height=360&autostart=true&playlist=false&target=MediaPlayer)

To access the training videos from the *re:generation* website at **www.regenerationrecovery.org/resources/**

* Select Resources on the menu bar and then select Leaders from the list.
* Username: leaders (plural, all lowercase)
* Password: newlife (no space, all lowercase)

**Note:**

* If a coach is launching the group with two co-leaders, plan out who will facilitate different parts of the agenda, as to **share as a team**. This will allow all to share and start to connect with the participants, rather than only the coach.
* For example, one co-leader could open in prayer, facilitate participants getting to know each other, the coach could share about expectation and the guidelines, and the other co-leader could share the assignment for next week, explain the prayer cards and close in prayer.

Agenda

**Prepare for group**

* Place Participant Information sheets and Prayer Cards on each chair.
* Write the leaders’ contact information on the board.

**Welcome everyone as they arrive**

* If they don’t have a name tag, give them a name tag.
* Ask all the group members to complete the Participant Information sheets.

**Open with prayer**

**Introduction of coach and leaders**

* Each person share “My name is \_\_\_\_\_\_\_\_\_, and I have a new life in Christ, and am recovering from \_\_\_\_\_\_, \_\_\_\_\_\_, \_\_\_\_\_\_\_\_.”
* Explain what “a new life in Christ” means: my identity is in Christ not in my struggle. Jesus’ life death and resurrection has given me a new life: of being a forgiven, pure and accepted child of God through Christ. We will share more about this as time goes on.
* Explain role of a coach as part of the team.

**Share the purpose of this meeting:**

* Start to get to know each other.
* Share expectations.
* Exchange information and give instructions for next week.

**Coach or Co-leaders share recovery story (5 minutes maximum)**

* If a coach is launching, coach shares first week, then co-leaders the second and third meeting. Write it out in bullet points if you will be tempted to ramble or go longer than 5 minutes.
  + **What brought me to recovery** 
    - Struggles (keep to 3)
    - Effect on my relationship with God, people in my life, circumstances
  + **What was significant during recovery**
    - What was helpful: steps, the process of being in the group, what God taught you about himself and you?
    - What was challenging?
  + **Life after recovery**
    - How has your relationship with God and with people changed?

**Expectations of life change**

* **We are changed by God.** Rather than the curriculum being the key, freedom, peace and joy in life come from God alone by relying upon him daily to live by his instruction for life.
  + *“…for it is God who works in you, both to will and to work for his good pleasure*.” Philippians 2:13
* **Focus on recovery for this season.**
  + Let the next 9-10 months be **a season of focus and make space for God** to work in your life.
  + **Give God 30 minutes a day to focus on recovery for your lessons. View this one day, one week at a time.**
  + With time and relationships, make space in your heart and calendar:
    - Don’t look to begin new dating relationships during this season of recovery.
    - Limit study to this curriculum to allow time for homework and reflection.
* **Be honest** about where you are with God and in recovery. God works in our reality and honesty with him and others.
  + Encourage them: choose to be as honest as you can be beginning tonight. Don’t hold back on what you are truly struggling with. It will be harder to be honest later as time goes on.
* **There is hope with God!** He loves you and is committed to you.

**Expectations from *re:generation* Leadership**

* Leaders are not licensed counselors but people who have been and are being transformed by Jesus. We will counsel with God’s word because he alone has the wisdom we need to know him and to change.
* The leaders will:
  + **Pray** for you.
  + **Authentically live out our recovery** with you.
  + Seek to create **an environment that is safe and builds trust** with one another.
  + Respect your time by beginning and ending on time (8:30 pm).
* Leaders are part of a larger team supported by the coach and ministry leadership. We will not gossip, but there are no secrets in *re:generation* leadership. If needed, we will seek counsel and pray to love you and walk alongside you.

**Expectations from each individual**

* **Consistent group attendance**
  + Important for you and because it affects the group when you’re absent. Your attendance encourages the rest of the group so come even when you don’t want to come for yourself.
  + You are building trust with others and they are building trust with you.
  + Consistent attendance is needed to remain in the group.
  + Contact your leader if you will not be attending.
* **Attending large group** worship, testimony/teaching time.
* **Homework completed before the meeting**
  + Daily curriculum includes 5 days of homework, one day of review, and one day of rest.
  + The time during the week with God is the most important time. The daily curriculum is a tool to help you work on your recovery every day and allow God to work in your life.
  + Completing each book is required to progress to the next book or step.
* **Participating in the group**
  + The purpose of the group time is to share what is happening in your life from the past week: what God is showing you through the homework, what you are struggling with, or any victories.
  + Active sharing of what you are learning, questions, etc. will help both you and others in the group to grow and learn.
* **Keeping the Group Discussion Guidelines** 
  + Guidelines will help the group to build trust, share about ourselves, and learn to listen and not fix one another.
  + Refer to the Group Discussion Guidelines page and read aloud the paragraph and guidelines:
    - **ABC** (**A**bout Self, Be **B**rief, Keep it **C**lean)
    - **GAG** (**G**uard **A**gainst **G**ossip)
  + Focus on the purpose and heart of these rather than following rules. Explain that as time goes on and the group builds trust, these will change.

**Participant introductions**

* Ask each person to **briefly** share 3 things:
  + Name
  + Top 3 struggles
  + What they hope to get out of the next 9-10 months in *re:generation*
* Take attendance on the roster as people share. Note any information about each participant (family, struggle, etc.) on the roster you want to remember.

**Give instructions for this week’s homework**

* Homework this week is to complete **Step 1, Week 1**. This includes five days of homework, one day of review and reflection, and one day of rest (Sabbath).
* Next week, be ready to discuss questions on **Week1, Day 6**, which is a summary of what you learned from the homework on Days 1-5.

**Exchange Prayer Cards**

* Explain prayer cards to the group. Each week write out a prayer request along with your contact information (email or phone number).
* Encourage them to email or call the other group member during the week to let them know that they are praying for them.
* Ask them to turn to the person next to them and exchange their card this week. (Next week, as people start to know one another's names, they can be put in the middle of the circle and picked up.)

**Collect Participant Information sheets**

**Close in prayer**

**After the Group**

* Debrief about how the evening went.
* Decide which leader will share their story the following week for 5 minutes.
* Review Participant Information sheets together.
  + See who in the group might not be a believer and take note on the roster, and begin praying for these people. Steps 1-3 will be sharing the gospel with the participants and a chance to talk with them further. Leave the welcome cards in the folder.
  + Over the next few weeks, make contact with those who aren’t sure of their relationship with Christ – by phone, after group, etc. This is a great opportunity to connect more personally and be able to encourage them and answer questions.
* Email and call any of the participants who did not show up tonight to let them know they were missed and what to prepare for next week.
* Praise God for his grace and work already happening in the participants’ lives that brought them to this place!

Step 1, Week 1

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

**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)

**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.

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**Note:**

* If a coach is launching the group with two co-leaders, plan out who will do lead different parts of the agenda, as to share as a team. For example, one co-leader could open in prayer, facilitate participants getting to know each other, and the other co-leader could share the assignment for next week, distribute prayer cards and close in prayer.

Things to Remember

* The daily curriculum for the steps requires more time than Groundwork. Check to see how they are doing. Remind them to work on recovery daily. Each day’s work is an opportunity to connect with God.
* People may be struggling daily with addiction. Be patient with them. Pray for them.
* You are still working to establish trust. Continue to live authentically yourself to build trust by sharing your answers and what God is showing you.
* Confess, confess, confess. Be vulnerable and open with your own life and current recovery (not only of the past, but of today).
* You will not have time to go through all of the questions for each day for each participant. Pick a few focus questions for the group time.

Agenda

**Attendance** - Take attendance as participants arrive.

**Begin the Group**

* Welcome everyone and open with prayer.
* If you haven’t already, co-leader shares 5-minute recovery mini testimony. You can do this either at beginning or at the end of the meeting.

**Group Discussion**

* Remind the group of the Group Discussion Guidelines and the purpose behind them: to build trust, to honestly share and to learn to listen without fixing others.
* Give an **overview of Step 1, ADMIT.**
  + Asking the group to turn to the first page of the Step 1, and for someone to read out loud **Step 1 and** **Foundation 1** (Romans 7:18).
  + Share the Key Theme of this week: **Realize your need for help.**
  + This week helps us remember to:
    - **Admit we are powerless to manage sin.**
    - **Realize there is hope** – even in brokenness – because God loves you, and the Bible has a plan for your healing.
    - **Come out of hiding and accept help.** Encourage them that they have begun this step by being here tonight.
  + Point out **The Extra Mile Memory Verse** in the side bar (1 John 1:8). Share that we will be focusing on memorizing the Foundation Verses, but if they could increase their knowledge of God’s word by going the extra mile and applying both verse to their lives.
* Check with the group how it went doing the daily lessons.
* Focus discussion on **questions from Day 6,** which are designed to bring out what God is using in the lives of each participant.
  + Remind them to keep sharing brief so all can share who want to share. Participants can share randomly or go around the circle and allow people to pass.
  + As you are doing the homework, ask God what specific ones to ask the group. Possible other questions to focus on:
    - Day 3, Question 6: Why did you come to *re:generation*? Describe the tipping point, or “bottom,” that brought you to recovery.
    - Day 2, Question 4: When you were growing up, did your family have hidden secrets? If so, what were they? How did your family try to hide secrets?
  + Have participants turn to **Appendix C** on page 111. These supplemental lessons are for anyone who may be dealing with the pain of abuse. Encourage any of your participants to complete these additional questions after they have completed the entire step. The abuse lessons are a complement to the step lesson, not a substitute for them. There are supplemental lessons for each of the 12 steps.

**Encourage the Participants**

* **Give God a year** to transform your heart and life. Start by simply giving God **30 minutes a day** to connect with him while you work on your lesson.
* Follow-up with one another this week with your **prayer cards**. This is a way to provide needed encouragement and support through prayer.

**Close in prayer**

**After the Group**

* Discuss the group dynamics in general.
  + Are people trying to get to know each other?
  + Did people have work completed before the meeting?
  + Who seems quiet or disengaged? If this continues next week, connect with them after the meeting to check in with how they are doing, wanting make sure they know how valuable it is to hear from them too.
  + Did anyone talk about any abuse? If so and this seems to be the biggest presenting concern, plan to connect with them privately. This is an ongoing area to be on the lookout for in your group so you can shepherd them well.
* Decide who will do what for next week’s agenda.

Encouragement to Leader

* **Set the tone with your own confession and honesty**; vulnerability breeds vulnerability. Confess, confess, confess! This creates the tone that you have not arrived and are in recovery alongside them.
* **Remember: God is the one who changes people** – it’s not up to you.
* **Pray** for your group members individually by name.
* **Lead your group by example.** How are you doing with spending time doing the devotionals and engaging with God?

Step 1, Week 2

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

**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)

**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.

[Step 1, Week 2 Video](https://my.ekklesia360.com/Clients/player/videoplayer.php?sid=13271&url=http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/h264-720/s/0e3867394_1416991971_step-1-week-2-regeneration-hd.mp4&mediaBID=3379550&template=https://my.ekklesia360.com/Clients/player/videoplayer.php&type=video&CMSCODE=EKK&CMS_LINK=https://my.ekklesia360.com&width=480&height=360&autostart=true&playlist=false&target=MediaPlayer)

Things to Remember

* Start and end each group with prayer, because God is the one who heals. Talk with him and be intimate with him putting your trust in his Spirit to work in lives.
* This week, talk about Mentors and begin collecting participants’ mentors’ names, emails and phone numbers.
* Review the Group Discussion Guidelines at the beginning, and emphasize the heart and purpose behind them.
* Don’t get into the rut of just answering questions. Set the tone for this being a group discussion where everyone participates.
  + Give people opportunity to express what is on their heart. They may need to confess a sin or relapse, or to give praise from the week.
  + You can always start each discussion with the question from Day 6 or a focus question from one of the weeks.
  + Feel free to ask follow-up questions when someone shares to better understand what God is doing in the lives of individuals.
  + As a leader you are free to ask participants to answer particular questions or to call on a participant to share.
  + Be gentle and kind when you do call on someone; you are still establishing trust.
* Be encouraging about any progress you see and about completing Step1.
* Check on how they are doing with the daily curriculum as some are still developing the habit of connecting with God each day.

**Agenda**

**Attendance** - Take attendance as participants arrive.

**Begin the Group**

* Welcome everyone and open with **prayer**.
* If you haven’t already, co-leader shares **5-minute recovery mini testimony**. You can do this either at beginning or at the end of the meeting.
* Share the purpose and expectation of each person having a **Mentor**.
  + A mentor is an important part of your recovery journey. Inviting others into your recovery will help you process what God is teaching you and get continued encouragement during the week.
  + Refer to the Mentor description in **Appendix D**.
    - Explain what a mentor is, where to find them, expectations, and that mentor training is available.
    - Aim to find mentor by the time you finish Step 2.
    - Ask for the mentor’s name and contact information once they identify one.
      * Email the mentor the information about the training and the curriculum.
      * The mentor can contact the leaders anytime if any questions.
  + If you haven’t already, hand out the Mentor letter and description in your leader folder, which the participant can use to invite the mentor to be a part of their recovery process.

**Group Discussion**

* Remind the group of the **Group Discussion Guidelines** and the purpose behind them: to build trust, to honestly share and to learn to listen without fixing others.
* Give an **overview of Step 1, ADMIT.**
  + Asking the group to turn to the first page of the Step 1, and for someone to read out loud **Step 1** and **Foundation 1** (Romans 7:18).
  + Share the Key Theme of this week - **Realize your need for help.**
  + This week helps us remember to:
    - There is hope; God created you for a purpose.
    - Commit for **today**. Wellness, faithfulness, sobriety, joy and intimacy with the Lord happens **one day at a time**. Sometimes even one moment at a time.
* Focus the discussion on Day 6 review questions or choose a specific lesson’s questions. Some possibilities include:
  + Day1, Question 5: What desires have led you down a path of sin toward death?
  + Day 3, Question1: What in this world have you looked to for meaning and purpose apart from God?

**Encourage the Participants:**

* Congratulations on completing Step 1! Point out any progress you’ve seen in the first couple of weeks.
* How well they are doing in keeping up with curriculum? Have they established a regular time and place to do their *re:gen* lesson?
* Encourage the group **to get others involved in their recovery**. Often, isolation fuels our addictions and sinful patterns.
  + Encourage them to initiate with one another to build relationships within the group. Have they called someone in their group to check-in and pray for them?
* Is someone willing to quote the **Foundation 1** verse – Romans 7:18?

**End the Group:**

* If you didn’t share your story at the beginning, continue to build trust through the co-leader sharing your story during the last 5 minutes.
* End with prayer and prayer cards.

**Debrief the group time** with your co-leader/coach and decide on who will facilitate next time.

Encouragement for Leader

* Begin to think about how to form **Recovery Partner groups** for your participants.
  + You can see what natural connections exist from Community Groups or relationships from Groundwork form or you may need to consider assigning them.
  + These groups will provide accountability to encourage each other, help one another when stuck, and provide connection outside of the group.
  + They are going to need one another to point each other to Christ throughout the steps.
* God has prepared **this group** for you in advance. This group is not accidental.   
  “*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
* **Don’t lead by your own strength** – you’ll wear out. Let God minister to and through you.
* Continue to **live out the principles of recovery in your own life**. Confess any sin and prayer needs to your co-leader. Honesty and truth builds trust.
* Be **praying** for each other and the group members.
* **Thank you for faithfully serving** the Lord’s people and being willing to walk in the path that God has prepared!
* As co-leaders, **decide which one of you will send the mentors an introduction email**.
  + Once you collect Mentor names, emails and phone numbers, send an introduction email with both of your names, thanking them for being willing to play the mentor role, and encouraging them to attend the next mentor training.
  + As you complete each book (i.e., Steps 1-3, 4-6, 7-9, and 10-12), send the mentors an email letting them know what you have finished and what you are about to start.
  + This opens communication between you and the mentors, in case they have questions or concerns for you, or you need to get in touch with them.

Step 2, Week 1

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

**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)

**Key Theme: “Believe” that God can.**

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

[Step 2, Week 1 Video](https://my.ekklesia360.com/Clients/player/videoplayer.php?sid=13271&url=http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/h264-720/s/0e3815891_1415165236_step-2-week-1.mp4&mediaBID=3344907&template=https://my.ekklesia360.com/Clients/player/videoplayer.php&type=video&CMSCODE=EKK&CMS_LINK=https://my.ekklesia360.com&width=480&height=360&autostart=true&playlist=false&target=MediaPlayer)

Things to Remember

* The focus of this week shifts from self to God.
* Remember that participants are at **different places in their faith**. Pray for their spiritual eyes to be open and for understanding of grace.
* Day 2, Question 5 and Question 6 are diagnostic questions that shed light on someone’s spiritual condition.
  + 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?
* If someone isn’t 100% certain (a 10) that they are going to heaven, explore more to discern:
  + Do they fully understand the gospel? Or is it still fuzzy?
  + Have they not yet by faith accepted Christ’s payment for their sins and may not be saved/born again?
  + Or do they not understand eternal security and therefore lack assurance?
* Continue the basic agenda format from the previous weeks.
  + Open in prayer
  + Group Discussion
  + Prayer Cards
  + Close in prayer
* Give an overview of Step 2, BELIEVE as you begin the group discussion time. Ask someone to read the Foundation Verse and Key Theme on page 39.
* Keep collecting **mentor names, emails and phone numbers.** Plan to send an introduction email once a significant number of participants have turned their mentor information in to you.

Key Questions

As you review the lesson, ask God which questions to focus on for the lesson. Some possibilities are:

* Day 6 review questions.
* Day 1, Question 2: Do you believe that Psalm 103:2-5 is true about the God of the Bible? What supports your belief or doubt?
* Day 2, Question 6: On a scale of 1 to 10, how certain are you that if you died today you would go to heaven?
* Day 2, Question 3: Has your view of God changed since your youth? If so, what influenced these changes (experiences, people, or education)?
* Day 5, Question 1: Do you have doubts that the Bible is God’s inspired word or that it contains all you need in order to know God and his will?

Encouragement for Participants

* Begin discussing lessons with your Mentors. Share with your Mentor your answers from Days 2 and 4.
* **Recovery Partners:** Begin to meet in groups outside of recovery to encourage and keep each other accountable to attend and do the curriculum.
* **Honestly explore questions about God**.
  + Let this be a safe place for people to express questions. If something is hindering belief, work through it. Help to identify people or resources to talk further within the coming week.
* If anyone has less than < 100% certainty about going to heaven (based on faith alone in Jesus alone) or has doubts holding them back, encourage them talk with one of the leaders and/or their mentor.
* Emphasize that God loves them. He wants them to know him for who he truly is.
* Is someone is willing to quote the **Foundation 2** verse – Psalm 103:2-5?

Encouragement for the Leader

* Thank God for how he has accomplished Psalm 103 in your life.
* Praise God for removing your own barriers of doubt in your faith journey.
* Be prepared to share briefly about a key breakthrough in your relationship with Christ.
* Remember, it is not your role to make people believe the truth of God. It is your role to share truth from God’s word in the love of the Spirit. Trust the Spirit to do his work as you share.
* Thank you for faithfully serving the Lord and being willing to share the truth of God in love!

Step 2, Week 2

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

**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)

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

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Things to Remember

* People may be learning something completely new about God’s nature.
* You don’t have to answer every doubt or question in the group. Direct them to resources that can help with their questions.
* Don’t let the group become a debate about the true nature of God.
* Give an opportunity for anyone to confess where they are struggling.

Key Questions

As you review the lesson, ask God which questions to focus on for the lesson. Some possibilities are:

* Day 6 review questions.
* Day 1, Question 1: Did those who raise you give you the message that you are “fearfully and wonderfully made”? What messages did they give you? What messages have you received from others in your life?
* Day 3, Question 2: How has your belief about the existence and character of God been shaped by times of suffering?
* Day 5, Question 5: Do you believe that God has a purpose for you and wants to restore you? What doubts do you have about this being God’s desire?

Encouragement for Participants

* Celebrate completion of Step 2 and your first month together as a group! Note progress you have seen in their lives.
* Ask if they have they set up a time to meet with their mentors.
* Encourage them to let you and their mentor know about any questions or doubts that they are wrestling with about God so that you can provide resources.
* Remind them they can ask God to help them to see him truly.
* Is someone willing to quote the **Foundation 2** verse – Psalm 103:2-5?

Encouragement for Leader

* Praise God for who he is! Name the attributes about him that are worthy of praise.
* Praise God that he is the one who reveals himself and opens the eyes of the blind.
* Pray that the eyes of the participants would be open to God’s true nature.
* Pray that your heart would be open to new understanding of his nature.
* Be ready to share how your views have changed as grow to understand God’s true nature.
* Praise God for his perfect attributes and pursuit of us. Praise him for revealing himself through the Bible and through Jesus!

Step 3, Week 1

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

**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)

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

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

[Step 3, Week 1 Video](https://my.ekklesia360.com/Clients/player/videoplayer.php?sid=13271&url=http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/h264-720/s/0e3867425_1416993260_step-3-week-1-regeneration-hd.mp4&mediaBID=3379562&template=https://my.ekklesia360.com/Clients/player/videoplayer.php&type=video&CMSCODE=EKK&CMS_LINK=https://my.ekklesia360.com&width=480&height=360&autostart=true&playlist=false&target=MediaPlayer)

Things to Remember

* Step 3 is the high point of the program!
* Trust is the foundation of faith. Many people in recovery have a hard time feeling that anyone can be trusted. Trust is decision not a feeling.
* We are saved by grace alone through faith alone in Jesus alone.
* 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 trust his character, wisdom and direction daily, not our own thoughts/feelings.
* Make sure that you are giving time each week for people to open up about anything that they are struggling with.
* Give an overview of Step 3 – TRUST as you begin the group discussion time. Ask someone to read the Foundation Verse and Key Theme on p. 73.

Key Questions

As you review the lesson, ask God which questions to focus on for the lesson. Some possibilities are:

* Day 6 review questions.
* Day 1, Question 4: Is it difficult for you to accept that eternal life is only available as a gift of grace (unearned, undeserved, and free)? Why or why not?
* Day 3, Question 3: Did you come to recovery for relief from current suffering or circumstance (whether a result of your own sin or the sins of others affecting you), or to know God so that he can change you?
* Day 4, Question 5: At this time, who do you say that Jesus is?

Encouragement for Participants

* Be honest about questions or doubts about Christ.
* Continue to come to group ready to discuss and be prepared. (You may begin to see people struggle with curriculum and attendance around this time.)
* Continue to reach out and support one another.
* Offer to meet with them if they have any questions about Jesus.
* Can anyone quote the **Foundation 3** verse – Ephesians 2:4-5?

Encouragement for Leader

* No true recovery exists apart from trusting Christ!
* This week brings participants face to face with Jesus’ true identity and offer to them.
* God is the one who saves, but this may be the time he uses you to redirect someone’s eternity.
* This is a good time to schedule some meetings outside the group with participants to see how they are doing.
* Pray that the eyes of the participants would be opened to see who Jesus really is.
* Pray that participants would trust their lives and wills to Christ.

Step 3, Week 2

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

**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)

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

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

[Step 3, Week 2 Video](https://my.ekklesia360.com/Clients/player/videoplayer.php?sid=13271&url=http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/h264-720/s/0e3867420_1416993125_step-3-week-2-regeneration-hd.mp4&mediaBID=3379560&template=https://my.ekklesia360.com/Clients/player/videoplayer.php&type=video&CMSCODE=EKK&CMS_LINK=https://my.ekklesia360.com&width=480&height=360&autostart=true&playlist=false&target=MediaPlayer)

Things to Remember

* Without Christ, regeneration is impossible. Jesus is the door that opens us up to true recovery and transformation in our lives.
* When we trust Christ as savior, God gives us the gift of eternal life. And we receive Christ’s righteousness and the Holy Spirit. Until we receive this new life, recovery attempts for any hang-up or addiction is tending to symptoms of a mortal disease.
* 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. Talk as co-leaders about where people are and if anyone is not ready, talk to your coach. If needed, connect with their mentor about where they are.
* Schedule your group to attend the next Inventory Training to prepare them for Step 4.

Key Questions

As you review the lesson, ask God which questions to focus on for the lesson. Some possibilities are:

* Day 6 review questions.
* Day 5, Question 1: Did you trust Christ as your eternal savior with prayer on the previous page? Is there anything keeping you from trusting Christ as your savior?

Encouragement for Participants

* If someone has trusted Christ as savior this week, have them share briefly. Celebrate if anyone trusted Christ as savior for the first time this week!
* For those who haven’t yet received Christ, ask them to be honest about what is holding them back.
  + Remind them that it is God who opens our eyes, but that the scripture says we will find him if we seek him our heart.
  + Ask them to send any questions they listed in Question 2 of the review day to their mentor and leadership and that you would love to help.
* Remind participants that the steps build on each other.
  + Step 3 is essential for true recovery. Steps 1 and 2 lead to a decision in Step 3.
  + If they are struggling to take Step 3, you may need to do more work on Step 1 or 2.
  + It’s ok if they aren’t ready, but the next step is to work through whatever is holding them back from trusting Christ.
* Allow time for other participants to share any re-commitments or their stories of when they first came to Christ.
* Have them purchase the Steps 4-6 book and an Inventory Workbook.
* Can anyone quote the **Foundation 3** verse – Ephesians 2:4-5?

Encouragement for Leader

* God is using you in great ways! Isaiah 61 says that Christ saved you to make you into an oak of righteousness, a planting of the Lord so that he may be glorified, that he will use you as a repairer of desolations of generations!
* Praise God for the work that he is doing! Imagine the day when we are all gathered before God and you will see the faces of the people in your group and those who God used you to lead to Christ! We will spend eternity with the lives God intersected with ours.
* Don’t be discouraged if people aren’t ready for Jesus. Remember it is God who saves – not you. Pray for those who aren’t ready. Ask God to open their eyes. Be willing to help them address what is holding them up.
* Celebrate Jesus! This may be a good time to plan a celebration time for your group.
* Praise God for new life! He is using you in his eternal plan! Praise God for Jesus!