



Recovery Guides

A **re:generation recovery guide** is a follower of Christ who provides temporary guidance and encouragement for participants who are beginning recovery until mentors are found. Recovery guides follow up with participants during the week to encourage, pray and help participants until they find suitable mentors. A recovery guide may choose to become a mentor for a participant but has no obligation to do so—this relationship is meant to provide temporary support until a suitable mentor is found. Once a mentor is named by a participant, the recovery guide will direct the participant to his or her mentor and group leaders for support.

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

Before group time:

- Connect with the Groundwork leaders for group assignments – make sure that all of the recovery guides are equally disbursed among the Groundwork circles.
- **Pray** for God will direct you to a person who needs encouragement.
- Use this time to **begin conversations** with participants.

During group time:

- Introduced by Groundwork leader
- On your turn, **share your 2-minute testimony – KEEP IT BRIEF**, remembering that this is their group time and you will be able to share more in depth with individuals later.
- On the roster, **sign in** along with the participants, but note “RG” by your name.

After group time:

- **Pay attention** to those hanging around as the leader is wrapping up or talking to others.
- **Engage** with a participant to encourage them. Ask if they have any questions about re:generation.
- **Give hope by sharing your own story of grace.** Encourage participants that there is hope for healing through Christ. Communicate God's love. Use scripture to tell of God's promises.
- **Communicate that freedom is a result of a daily relationship with God.** Recovery is not a season or event but a journey that happens one day at a time as you grow in your relationship with Christ.

Daily lessons are not meant to overwhelm participants with curriculum but to provide them daily opportunities to grow their relationship with God.

- **Build trust.** Groundwork is a time to establish trust before entering the 12 steps. Participants are building relationships with others, learning to live authentically and demonstrating that they are willing and able to work on recovery daily. Leaders are also working to establish trust with them.
- **Communicate how to get into a group.** Consistent participation and completion of the Groundwork curriculum is how they will communicate their readiness to begin the steps in a closed group.
- **Help participants find the right mentor.** Mentorship is introduced in Week 4 of Groundwork (Appendix B describes a mentor). In Step 1, participants will be asked to secure a mentor. Mentor training is available.
- **Pray** for them tonight and during the week. Possibly email them an encouragement during the week.

Don't:

- **Overextend yourself.** Set expectations for your availability before agreeing to be someone's recovery guide. Be available according to your time table. Hurting people may look to you to be their savior, but that is Jesus' job—it is your job to direct them to him. Be an encourager in Christ while setting healthy boundaries for yourself and participants.
- **Think you are beyond temptation.** Avoid becoming a recovery guide to someone who may tempt you to sin. If you are concerned that a participant's struggle may cause temptation for you, direct him or her to someone else.
- **Think you have to have all the answers.** Don't answer theological questions that you are not able to answer biblically. Try to avoid theological debates. Direct participants to ministry leaders who are available to answer such questions or ask leadership for resources that provide a biblical answers.
- **Overlook warning signs.** Don't dismiss suicide threats or threats of harm to others. Take every threat seriously and involve ministry leaders immediately if someone mentions suicide.
- **Give help that actually hurts.** Don't provide financial support or fulfill unusual requests without ministry leadership involvement or approval.
- **Gossip or promise to keep secrets.** Let participants know up front that you will involve ministry leaders when necessary because you love them and want to see them get well. Don't share what a participant tells you with people who are not part of the problem or part of the solution.