

Step One Overview - ADMIT

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

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

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:

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:

Day 1: Realize the Disease of a 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"

Possible Discussion Topics and Curriculum Questions:

- How well they are doing in keeping up with curriculum? Have they established a regular time and place to do their re:gen lesson?
- For this step, what has been especially meaningful? What has been challenging?
- Week 1, Day 3, Question 6: Describe the tipping point or bottom that brought you to recovery?
- Week 1, Day 2, Question 4: Did your family have secrets? How did they keep secrets from being exposed?
- Week 2, Day 1, Question 5: What desires have led you down a path of sin towards death?
- Week 2, Day 3, Question 1: What in this world have you looked to for meaning and purpose apart from God?
- Step 1 Footprint: Letter to Self
 - Describe what life was like when you decided to come to re:generation. 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.