

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

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”

Goals:

- Be honest with yourself.
- Admit something is broken inside of you.
- Realize that you have played a part in your brokenness.
- Admit you need help outside of your own power.
- Be honest with others; build trust/get help through a support network.
- Live one day at a time.

OVERVIEW

re • gen • er • ate

1. To affect a moral reform in someone
2. To re-create, or make over, in a better condition
3. To revive or produce anew; bring into existence again
4. To renew or restore (a lost or injured part)

THE EXTRA MILE MEMORY VERSE:

REALIZE

SINFULNESS:

“If we say we have no sin, we deceive ourselves, and the truth is not in us.”

(1 John 1:8)

STEP 1, ADMIT TEACHING AND STORY:

Visit our website, regenrecovery.org, to see Step 1 teaching and stories. Click on the “Resources” tab, then “12-Step Teaching and Stories.”

STEP 1 ADMIT

WEEK 1 DAY 1

REALIZE THERE IS HOPE

PRAY FIRST: God, give me hope.

God loves you.

This may not make sense to you right now. You may not even be sure that God exists—let alone that he cares about you and understands your pain. But he does love you, which means there is hope!

No matter who you are or where you live, you have experienced pain. Pain is the common language of humanity.

Your pain may come from many sources: a broken world, brokenness in others, or even a brokenness within yourself. Whatever the source, pain affects how we view the world. It influences how we see others, how we manage life and relationships, what we teach our children, how we see ourselves, and largely how we view God.

Q1: How has pain affected the way you approach each day? How you approach people?

Q2: Describe a specific time of suffering in your life. Do you feel that God was with you during this time or absent?

Q3: Has pain affected whether or not you believe that God exists? If you believe God exists, how has pain affected what you think he is like?

“O LORD, how long shall I cry for help, and you will not hear? Or cry to you ‘Violence!’ and you will not save? Why do you make me see iniquity, and why do you idly look at wrong? Destruction and violence are before me; strife and contention arise.”

(Habakkuk 1:2-3)

Sometimes pain so overwhelms us that it becomes the lens through which we view life. Over the course of your recovery in *re:generation*, we want you to consider a different perspective. The Bible has a lot to say about our experiences with pain and brokenness, and provides many answers to the questions created by these experiences (see Habakkuk 1:2-3).

You may not yet believe that the Bible can be trusted, but the Bible does lay out a plan for your healing. Moreover, it is not just a plan for the healing of your addiction or the pain that brought you into recovery. It is a plan for a life of freedom and purpose.

Consider the following Bible verses:

- *“The LORD looks down from heaven; he sees all the children of man; from where he sits enthroned he looks out on all the inhabitants of the earth, he who fashions the hearts of them all and observes all their deeds.”* (Psalm 33:13-15)
- *“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake.”* (Psalm 23:1-3)
- *“I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you... steadfast love surrounds the one who trusts in the Lord.”* (Psalm 32:8,10)
- *“...In the world you will have tribulation. But take heart; I have overcome the world.”* (John 16:33)

Is there a God who understands the pain in this world and the brokenness in you? What if this God cares about you, wants to restore you, and is powerful enough to heal you? What if God has great plans for you?

No matter how hurt or trapped you are, God does have a plan for you. He loves you. He wants to heal you and set you free.

Q4: How do think God sees you? If God were to describe you, what would he say?

Q5: Do the verses above help you believe that there is hope for you? Why or why not?

CLOSING PRAYER: God, teach me who you truly are and who I am.

TAKE NOTE: Members of your group are at different stages of faith. Some do not yet believe in God while others have been Christians for decades. Do not record “the right answer” to a question just because you have been taught well in the past. Wrestle through doubts and thoroughly examine your professed beliefs. Answer questions with rigorous honesty. Honesty with yourself, God, and the group will help everyone grow as you progress through *re:generation*.

TAKE ACTION: Write out Foundation 1, Romans 7:18, and begin to memorize it.

STEP 1 ADMIT

WEEK 1 DAY 2

“For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.”

(Psalm 32:3-4)

sin

a missing of a standard, mark, or goal

STEP OUT OF HIDING

PRAY FIRST: God, help me to be honest with myself.

The moment that you decide to participate in recovery, you have already started your first step of healing.

Step 1 is about being humble: to admit that something is broken inside of you. It is also about being honest: to realize that you have contributed to that brokenness. Not only has the pain in the world affected you, but you also have played a part in your own pain and the pain of others.

You may have come to recovery because you feel stuck and simply want to move forward. Perhaps this is your last desperate step. It is natural to try to hide and self-protect because of your own failings, but the Bible tells us to come out of hiding.

Consider the Bible story of when **sin** entered the world. It says that God created the heavens, the earth, and everything in nature. He made Adam and Eve, the first humans, and placed them in a beautiful garden. God's only restriction was not to eat the fruit of the tree of the knowledge of good and evil. Read how Adam and Eve came to disobey God:

¹Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’” ²And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, ³but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’” ⁴But the serpent said to the woman, “You will not surely die. ⁵For God knows that when you eat of it your eyes will be opened and you will be like God, knowing good and evil.” ⁶So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. ⁷Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. ⁸And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹But the Lord God called to the man and said to him, “Where are you?” ¹⁰And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.” (Genesis 3:1-10)

Q1: Adam and Eve disobeyed God and their eyes opened to the knowledge of good and evil (verse 7). Realizing that they were “naked” and exposed, they covered themselves. What might they have felt? From what do you think they were hiding?

Q2: When you have sinned or “missed the mark,” what feelings have you experienced? How did you respond to these feelings?

Q3: In verse 10, Adam and Eve hid when they heard God approaching. Why do you think they hid from him?

Q4: Adam and Eve helped each other cover up sin and hide. When you were growing up, did your family have hidden secrets? If so, what were they? How did your family try to hide secrets?

Read Psalm 139:1-3 in the margin. If God is acquainted with our ways, knowing our thoughts and movements, then God knew where Adam and Eve were hiding and what they had done. If God knew this, think about what he wanted from Adam when he asked, “Where are you?”

The first step of recovery is to come out of hiding (denial), and humbly admit to yourself that you have contributed to your own brokenness.*

Q5: What are some of the “fig leaves” and “trees” that you have used to hide your sin: from yourself, from others, and from God?

Q6: What are your fears about being honest with yourself and others?

“O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways.”

(Psalm 139:1-3)

CLOSING PRAYER: God, give me the courage and humility to step out of hiding.

***TAKE NOTE:** If you are dealing with the pain of abuse, or question whether or not you are a victim of abuse, please remember that the victim did not cause or deserve the abuse. **Appendix C** of the *re:generation* books contains definitions, explanations and curriculum supplements for each of the twelve steps to assist people working through recovery related to abuse and/or assault.

STEP 1 ADMIT

WEEK 1 DAY 3

“And the Lord God commanded the man, saying, ‘You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.’”

(Genesis 2:16-17)

“I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the Lord,’ and you forgave the [wrongdoing] of my sin.”

(Psalm 32:5)

sin

a missing of a standard, mark, or goal

FACE THE DAMAGE OF SINFUL CHOICES

PRAY FIRST: God, help me see the damage of sin.

When we begin to see how ugly and harmful our sin is, our natural response is to hide. Pride, fear, shame, and failure are just a few reasons that we hide. We try to reduce, delay, or avoid the damage of our sin.

The cost of eating the fruit of the tree of the knowledge of good and evil was high: death. God wanted Adam and his family to continue to fully enjoy his goodness and the purity of his creation, so before Eve was ever created, God gave a command to Adam as a protective boundary (Genesis 2:16-17 in margin). Eve crossed God’s boundary and Adam followed her lead without objection (revisit Genesis 3:6). See how Adam and Eve responded when confronted by God:

¹¹[God] said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?” ¹²[Adam] said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” ¹³Then the Lord God said to the woman, “What is this that you have done?” The woman said, “The serpent deceived me, and I ate.” (Genesis 3:11-13)

Because God already knew all of their thoughts and actions, the questions he asked Adam and Eve were not for his own understanding, but for their benefit. He did not leave them alone in their brokenness. Instead, he called out to them. He invited them to step out of hiding, to be known in their brokenness, and to realize the damage of their choices. But, Adam and Eve continued to self-protect by shifting blame. They passed up several chances to let God into their brokenness.

Q1: What effect do you think Adam and Eve’s disobedience had on their relationship with God? With each other?

Q2: How have you tried to avoid taking responsibility for your sin? Who or what have you blamed for your actions?

Q3: Think of a specific time you passed up an opportunity to be honest. Why did you lie, deceive, or hide?

God wants us to love him freely. Therefore, he gives us opportunities to choose his ways. He does not want to keep good things from us; in fact, all of his ways are good. The best things in life come from him when we are united with him.

God created things which had free will. That means creatures which can go either wrong or right. Some people think they can imagine a creature which was free but had no possibility of going wrong; I cannot. If a thing is free to be good it is also free to be bad. And free will is what has made evil possible. Why, then, did God give them free will? Because free will, though it makes evil possible, is also the only thing that makes possible any love or goodness or joy worth having. A world of automata — of creatures that worked like machines — would hardly be worth creating. The happiness which God designs for His higher creatures is that happiness of being freely, voluntarily united to Him and to each other...And for that they must be free. (C. S. Lewis)

Q4: In the past how have you chosen to reject God? To love God?

Q5: Describe the damage caused by poor choices you have made.

Q6: Why did you come to *re:generation*? Describe the tipping point, or “bottom,” that brought you to recovery.

CLOSING PRAYER: God, help me see the opportunities to get well that are in front of me now. Give me the courage and humility to step into them.

TAKE ACTION:

- Follow-up and encourage someone from your *re:generation* group today.
- Pray for the group member whose prayer card you picked up.

STEP 1 ADMIT

WEEK 1 DAY 4

ADMIT YOU ARE POWERLESS TO MANAGE SIN

PRAY FIRST: God, show me that you have what I do not — the power to overcome the struggles.

cha · os

a state of utter confusion or disorder; total lack of order

“And God saw everything that he had made, and behold, it was very good...”

(Genesis 1:31)

guilt

a feeling of conviction that arises from your own sinful actions: “What have I done?”

shame

a painful feeling about who you are as a person because of your actions or the actions of others: “Who am I?”

Without help, you cannot overcome the damage of sin.

Adam and Eve were unsuccessful in their attempts to manage the pain and **chaos** of their sin. Before eating from the tree of the knowledge of good and evil, they had only experienced a creation which God called, “very good” (Genesis 1:31). The knowledge they gained was the knowledge of evil. An even worse realization was that “the evil,” or sin of rebellion, was present within them! They were guilty and they knew it.

Despite attempts, Adam and Eve could not cover their shame or hide their guilt. Their efforts to manage the chaos of their choices only made matters worse. They were powerless to repair the damage. They passed through a door of sin, and on the other side lay a new reality for them.

Like Adam and Eve, we can easily fall into a cycle of brokenness. Pain and chaos are the consequences of sin. We often try to avoid these consequences without ever dealing with their source. We may even try to lessen the damage of sin with more sinful choices—which often leads to more pain and chaos. In some ways, we are like someone who is sick and dehydrated, who keeps drinking from the same polluted water source not realizing it contains the bacteria causing the illness. To become well, we need help from someone who knows the source of the illness, treats the illness, and who can direct us to the resources that will cure the illness.

Q1: Which “doors of sin” did you choose to walk through that you now wish you had not walked through? What evil did others introduce or force upon you?

Q2: Review **guilt** and **shame** in the margin. How have you struggled with feelings of guilt? Feelings of shame?

Q3: In what ways has trying to “manage the chaos” brought on by sin led you into more sin?

We are often free to make choices but powerless to choose our consequences. Read Proverbs 14:12.

The choice to eat from the tree of the knowledge of good and evil brought Adam and Eve difficulty and pain. God had warned them that death would result if they crossed his boundary of protection.

But Adam and Eve's eventual death was not the only consequence for them. God banned them from the Garden of Eden. Because rebellion had entered the world, life became much harder for them. The ground was cursed, making it more difficult for Adam to produce crops. Eve would suffer pain in childbirth and desire to contend with Adam. Finally, the knowledge of evil would remain with them. Their sin affected their ability to produce, reproduce, and live peacefully ignorant of evil. It was a costly decision (Genesis 3).

Q4: What unavoidable consequences have you experienced from your sin?
The sinful actions of others?

"There is a way that seems right to a man, but its end is the way to death."
(Proverbs 14:12)

Even when we are stuck in the consequences of our sin, God still pursues us. God did not abandon or destroy Adam and Eve; instead, he lovingly pursued them and graciously provided for them.

God knew that Adam and Eve would now have to die, yet he mercifully substituted the life of an animal instead, a sacrifice that would delay their death sentence* (see Genesis 3:21). God provided an animal skin for Adam and Eve that would protect them from exposure. So by substituting the animal's life for their life, God delayed their physical death, protected them, and allowed them to continue experiencing life.

God does not want you exposed or hiding in your sin and shame. He is pursuing you with a provision that will give you life.

"And the Lord God made for Adam and for his wife garments of skins and clothed them."
(Genesis 3:21)

CLOSING PRAYER: God, help me out of my cycle of brokenness.

***TAKE NOTE:** The substitution of an animal's life may be difficult to understand at this point, but we will revisit what this substitution reveals about God's nature and his love for you in Steps 2 and 3.

TAKE ACTION: Write out Romans 7:18. Try to recite it from memory.

ACCEPT HELP

PRAY FIRST: God, give me the humility to accept your help by your means.

The God of the Bible loves you, pursues you, and wants to help you. You may not be certain that you want his help, but he offers it. Consider the following verses from Psalm 34:

- *“The Lord is near to the brokenhearted and saves the crushed in spirit.”* (Psalm 34:18)
- *“Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!”* (Psalm 34:8)
- *“I sought the Lord, and he answered me and delivered me from all my fears.”* (Psalm 34:4)

God offers many ways for you to get help and encouragement. He offers help through prayer and his word, the Bible:

- *“And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.”* (James 5:15)
- *“Your word is a lamp to my feet and a light to my path.”* (Psalm 119:105)

God also provides people to help you. The Bible says that we need the help and encouragement of others. Read the verses below:

- *“Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.”* (Proverbs 18:1)
- *“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up.”* (Ecclesiastes 4:9-10)
- *“Brothers, if anyone is caught in any [sin], you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ.”* (Galatians 6:1-2)
- *“...for by wise guidance you can wage your war, and in abundance of counselors there is victory.”* (Proverbs 24:6)

We need the support, counsel, strength, and encouragement of others if we want to live wisely. Isolation will lead to poor decisions, heavy burdens and losing battles. This is why *re:generation* recovery is group-based.

Re:generation provides several levels of support in recovery:

Mentor(s): A mentor is a person or small group outside of your *re:generation* group that will stay connected to you and give biblical counsel through the 12 steps and beyond. Preferably, a mentor is someone who was in your life before you joined *re:generation* and will be in your life after your group ends. You were introduced to mentorship during Groundwork. If you have not yet found a mentor, please let your group leaders know. **Appendix D** gives a more detailed description of a mentor and shows how to find one.

Recovery partners: A small group of participants (recommended 3-4) within your *re:generation* group committed to help each other come to group, do the daily work, stay connected, know and ask about personal struggles, confess sin, pray for one another, and memorize Scripture. Group leaders will provide the guidance and counsel necessary to form this group. Recovery is a long and difficult journey. You and the group will need each other's support.

Worship and testimony participation: It is critical that you attend the worship and testimony portion of *re:generation*. The testimonies and teachings of those who have gone before you in recovery will remind you of God's love for you and his power to heal. This is a significant part of your recovery!

Re:generation group participation: Consistent and open participation in your *re:generation* group is essential. You will form bonds, see life change, learn, encourage, and grow with one another as you journey through the recovery process. Through trial, failure, and success, some of these relationships will grow into deeply bonded lifelong friendships. Make your best effort to participate every week.

Local Bible-teaching church participation: Involvement in the local church beyond your *re:generation* group is also crucial. Instruction, discipleship, fellowship, service, and worship are key elements of a life of freedom in Christ. If you are not involved in a local church, ask your leaders for referrals to local churches with sound biblical teaching.

Recovery is a daily way of life. To deal with the daily rigors of life, many of us have turned to painful patterns. We have become experts at escaping the difficulties of life through isolation and sin. You will need the day-by-day support of God's people in all aspects of your recovery.

PAUSE: List your *re:generation* leaders, mentor(s), and recovery partners in the margin. Then, answer the questions on the following page.

**re:generation
LEADER(S)**

Name/contact info:

Name/contact info:

MENTOR(S)

Name(s)/contact info:

RECOVERY PARTNERS

Name/contact info:

Name/contact info:

Name/contact info:

Q1: What fears do you have about letting others get close to you?

Q2: How has isolation created problems in your life?

Q3: When have you felt most supported in your life?

CLOSING PRAYER: God, use *re:generation* to heal me. Help me to remain committed each day and trust you to work through imperfect people to help me heal.

TAKE ACTION: Review **Appendix D** to understand mentorship. Work on finding a mentor if you have not yet found one. Explore local Bible-teaching churches to attend if you are not involved in a church.

REVIEW AND CATCH UP

STEP 1 ADMIT

WEEK 1 DAY 6

Catch up on any of the *re:generation* curriculum from this week and complete the review below:

Q1: What did you learn that was most meaningful to you this week? Why?

Q2: What are some concerns or fears that you have after the first week?

Q3: What Scripture or quote was most meaningful to you? Why?

Q4: Pick one answer from each lesson that you are willing to share with your group this week.

Q5: Is there a struggle that you need to confess to your *re:generation* group this week or an encouragement that you are willing to share?

CLOSING PRAYER: God, give me the courage to trust you with my recovery journey as I work through the Bible, the ministry of *re:generation*, and the people that you put with me.

TAKE ACTION: Review Romans 7:18. Practice memorizing 1 John 1:8 if you are Going the Extra Mile.

