

Welcome to Remedy!

I'm so glad you picked up this book because it is no ordinary book! You are about to begin a journey of transformation. What will happen for you in the pages of this book will forever change the way you look at your life, your struggles, and your relationships. What you hold in your hands is the key to healing what hurts in your life. But make no mistake about it, as simple as it is, it is NOT easy. It will require honesty, courage, and patience to see the changes come. No one can do the work for you, but almost everyone you know will see the change in you if you commit yourself to what you find in these pages.

I have personally walked this road to recovery in my own life. In fact, I spent three years with a small group of men every Thursday night learning how to practice this daily. The difference in my life has been immeasurable. I was hurt, angry, controlling, and very unhappy. Today when those feelings come, I have the tools to know how to work through what hurts, and because of that, I have a new life story. I so badly want that for you too.

This is not a program, it's not a class, it's not just steps....it is a lifestyle! In fact, it is the lifestyle Jesus invited us into. It is the lifestyle of a Jesus follower, and with God's help, a few other people, and the life-changing power of God's Holy Spirit guiding you on this journey, you will find the **"cure for what is broken"** in your life.

Welcome to REMEDY: the cure for what's broken.

A pastor and friend,

Shayne

A handwritten signature in black ink, appearing to read 'Shayne', written in a cursive style.

This book is your complete guide to RockPointe's fall series, REMEDY. It has everything you need to walk through the next 9 weeks. It is designed to be used every day of the week.

Each week you will find a place to take notes on how Sunday's message applies to you along with a devotional for every day of the week. The icons below will be your guide to what you will work on during that day. Below is a key to help you understand what each icon represents:



**Small Groups**



**Personal Devotion**



**Mission Monday**



**Podcast Day**



**Family Devotion**

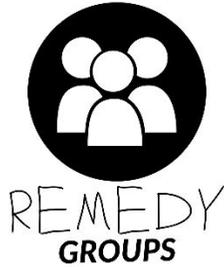
Throughout this book, there are bible references. Bible references come from the NIV Bible translation unless specified otherwise. This book also contains your group guide. During groups, you will watch that week's group video and then use this book as a discussion guide.

***Don't go through Remedy alone!*** Join a group or ask a friend to go through the book with you.



Here we go! It's group time! We hope by now you have heard this: "DON'T DO THIS ALONE"! If you are in a group, way to go! If not, find a friend or two to go through this book with you! You can also find groups to join on the RockPointe App or website!

These materials are designed to be interactive. Each week is set up with fill in the blanks for the group video and discussion questions to go over with your group. If there are any questions you do not complete as a group, take some time on your own to answer. These discussion questions are designed to help you get the most out of Remedy. Answer honestly and openly. Have a great group!



## MAKING YOUR GROUP A SAFE PLACE

### Group Guidelines

1. I will be **vulnerable** by focusing on my own thoughts and feelings rather than just venting about those who have hurt me.
2. I will **respect** my group members by giving others time to share, and I will **listen** when others are sharing - not interrupting or having side conversations.
3. I will **support** my group members by trying not to “fix” or offer advice.  
(Even if I’m only trying to help and have great advice!)
4. I will **honor** other’s privacy and confidentiality. What is shared in the group stays in the group!

#### ***THE ONLY EXCEPTION:***

When someone shares about hurting themselves or others or being abused, we will **protect** them by getting the appropriate help. You are too valuable to God and us to not get you help when you need it most.

*For everything there is a season, a time for every activity under heaven... A time to cry and a time to laugh. A time to grieve and a time to dance. Ecclesiastes 3:1*

# GROUPS MATERIAL – WEEK 1



## THE 8-STEPS THAT COULD CHANGE YOUR LIFE

### STEP 1: GET HELP.

I ADMIT THAT I AM POWERLESS ON MY OWN AND THAT I NEED HELP.

*Happy are those who know they are spiritually poor. (Matthew 5:3)*

### STEP 2: OPEN YOUR HEART.

I NOW KNOW THAT GOD EXISTS, THAT I MATTER TO HIM, AND THAT HE IS THE ONLY ONE WHO HAS THE POWER TO HEAL MY PAIN.

*Happy are those who mourn. God will comfort them. (Matthew 5:4)*

### STEP 3: DEPEND ON CHRIST.

I REALIZE I NEED TO TURN MY LIFE OVER TO CHRIST. I NEED TO DEPEND ON HIM IN ALL THE AREAS OF MY LIFE, INCLUDING ALL THAT I SAY, THINK, AND DO.

*Happy are the humble. (Matthew 5:5)*

### STEP 4: HEAR AND SPEAK.

I AGREE TO EVALUATE MY LIFE AND CONFESS MY FAULTS TO MYSELF, TO GOD, AND TO SOMEONE I TRUST.

*Happy are the pure in heart. (Matthew 5:8)*

### STEP 5: EMBRACE GOD'S WAY.

I WILL STOP DOING THINGS MY WAY AND PUT MY LIFE ON THE PATH THAT LEADS TOWARD GOD'S WAY.

*Happy are those whose greatest desire is to do what God requires. (Matthew 5:6)*

### STEP 6: ASK FOR FORGIVENESS.

I WILL OFFER FORGIVENESS TO THOSE WHO HAVE HURT ME, AND I WILL ASK FOR FORGIVENESS FOR ANY WRONG I'VE DONE TO OTHERS.

*Happy are the merciful. Happy are the peacemakers. (Matthew 5:7,9)*

### STEP 7: LIVE FOR GOD.

I WILL SET ASIDE SOME TIME FOR GOD EACH DAY TO EXAMINE MY LIFE, READ MY BIBLE, AND PRAY SO THAT I HAVE THE POWER TO LIVE GOD'S WAY.

*Happy are those who know they are spiritually poor. (Matthew 5:3)*

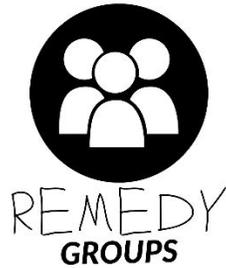
### STEP 8: SHARE WITH OTHERS.

I WILL TAKE THE MESSAGE THAT GOD HEALS TO OTHERS IN NEED AND SHARE IT BY MY WORDS AND ACTIONS.

*Happy are those who are persecuted because they do what God requires.*

(Matthew 5:10)

## GROUPS MATERIAL – WEEK 1



### **The Serenity Prayer**

Reinhold Niebuhr

God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,

Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,

Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.  
Amen.





## **Day 2**

### **Monday, September 28<sup>th</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
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- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

- Hill Country Community Ministries
- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 3**  
**Tuesday, September 29<sup>th</sup>**

Did you know RockPointe has a podcast? Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about the first week of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting "**REMEDY**" to 512-710-2323.



**Day 4**  
**Wednesday, September 30<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. By the end of the 9 weeks, you will have 9 new verses committed to memory. Today, let's start with Psalm 147:3.

**Tip for memorizing: Commit! Make it part of your day!**

*He heals the brokenhearted and he binds up their wounds.*  
Psalm 147:3



**Day 5**  
**Thursday, October 1<sup>st</sup>**

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**Day 6**  
**Friday, October 2<sup>nd</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*Genesis 16:1-15*

**Devotional:**

We may feel that we're trapped by the demands of others and that there's no way to please them all. It's a double-bind: to please one is to disappoint another. Sometimes when we feel stuck and frustrated with our relationships, we look for a measure of control by escaping through our behaviors.

Hagar is a picture of powerlessness. She had no rights. As a girl, she was a slave to Sarai and Abram. When they were upset because Sarai could not bear children, she was given to Abram as a surrogate. When she did become pregnant, as they had wanted, Sarai was so jealous that she beat the girl and she ran away. All alone, out in the wilderness, she was met by an angel who told her, *"Return to your mistress, and submit to her authority. . . . I will give you more descendants than you can count. . . . You are now pregnant and will give birth to a son. You are to name him Ishmael (which means 'God hears'), for the LORD has heard your cry of distress."* (Genesis 16:9-11)

When we are caught in no-win situations, it's tempting to run away through our compulsive escape hatches. At times like these, God is there, and he is listening to our hurts. We need to learn to express our pain to God, instead of just trying to escape. He hears us and is willing to give us hope for the future.

**Prayer:**

God today, I acknowledge You are my greatest hope. You are the only one I can turn to. You are right here with me. Today I am asking You to bring to my heart and mind the areas in my life that I need help with. Praying for courage to see the truth about myself. To stop the old patterns and begin these steps to become more like You. Jesus, I am tired of doing it my way, I ask to feel Your presence, hear Your voice, and be full of Your spirit. Amen.





## **Day 7**

### **Saturday, October 3<sup>rd</sup>**

The next nine weeks are a great opportunity to grow spiritually as a family. These weekly devotionals are a tool to connect with your family and serve as talking points. Each week there will be some key scriptures to read and discuss together. We want to encourage you to take the initiative to make the most of these as we go through it together as a church.

### **Bible Reading**

*Romans 12:2*

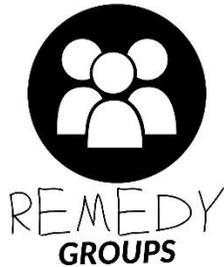
### **Discuss**

The best way for us to come to know Jesus and follow Him is through the Bible. Our faith grows as we learn about His story and it shows us how we can live that out. This is where the real adventure begins and our relationship with Him comes to life.

Talk about how our world and culture around us can have a negative impact in our lives. Ask everyone what they think it means when the Bible says, "God will transform you into a new person." What does that look like and how do you do that? This week, work together to support each other on how you can do that as a family.



## GROUPS MATERIAL – WEEK 2



### LESSON 2 – DENIAL

#### STEP 1: GET HELP.

I ADMIT THAT I AM POWERLESS ON MY OWN AND THAT I NEED HELP.

*Happy are those who know they are spiritually poor. (Matthew 5:3)*

#### WATCH THIS WEEK'S GROUP VIDEO

Before we can truly grow in our faith and experience God's healing in our lives, we must first face and admit our denial.

**What can happen if we do not face our denial?**

- **D - \_\_\_\_\_ OUR FEELINGS**

When we bottle up and disregard our feelings, we freeze our emotions. When we seek to understand and feel our feelings, we find freedom.

“You can't heal a wound by saying it's not there!” (Jeremiah 6:14)

- **E - \_\_\_\_\_ US**

A side effect of denial is anxiety. Anxiety causes us to waste precious energy by running from our past and worrying about and dreading the future. It is only in the present, today, where positive change can occur.

The Lord frees the prisoners . . . . The Lord lifts the burdens of those bent beneath their loads. (Psalm 146:7-8 NLT)

- **N - \_\_\_\_\_ LET US GROW**

We are as sick as our secrets. We can't grow in our healing or faith in God until we're ready to step out of our denial into the truth.

They cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains. (Psalm 107:13-14)

- **I - \_\_\_\_\_ US FROM GOD**

God's light shines on the truth. Our denial keeps us in the dark.

*God is light; in him, there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. (1 John 1:5-7)*

- **A - \_\_\_\_\_ US FROM PEOPLE**

Denial tells us we are getting away with it. We think no one knows—but they do. It also affects our desire to be with people. Dishonesty (even about ourselves) will keep us from significant relationships.

What's the answer?

Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. (Ephesians 4:25)

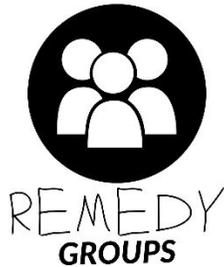
- **L - \_\_\_\_\_ OUR PAIN**

We have the false belief that denial protects us from our pain. In reality, denial allows our pain to fester and grow and turn into shame and guilt.

God promises: "I will give you back your health and heal your wounds." (Jeremiah 30:17)

Accept the first step to healing: Get help! Admit you're powerless to fix all the troubles in your life and seek help.

## GROUPS MATERIAL – WEEK 2



### GROUP DISCUSSION

**This is important: Break into men's and women's groups.**

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

1. Introduce yourself and share how you came to be in this group this semester. Your group may be brand new or you may have been meeting together for a long time. Did you start the group? Did someone invite you? What made you decide to show up here today?

2. After hearing the introduction to Remedy and this lesson, how are you feeling about it? Tell your group a little more about that.

**Let's dig a little deeper. Pick one of these to discuss as a group...**

3. Do you pretend that everything is great when it really isn't? When was the last time you did this? Why?

4. How out of control does your life feel right now? Rate yourself on a scale of 1 to 5 with 5 being really out of control and 1 being in control. What areas of your life are out of control and unmanageable? Be specific.

5. Look back at the 6 effects of DENIAL. Which of these has been true in your life? List some specific ways.

### **PRAY ABOUT IT TOGETHER**

How can your group pray for you?





## **Day 9**

### **Monday, October 5<sup>th</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
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Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 10**  
**Tuesday, October 6<sup>th</sup>**

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**Day 11**  
**Wednesday, October 7<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let's use the verse from Step 1.

**Tip for memorizing: Write it out! Over and Over and Over again!**

*Happy are those who know they are spiritually poor.*  
Matthew 5:3



**Day 12**  
**Thursday, October 8<sup>th</sup>**

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**Day 13**  
**Friday, October 9<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*Romans 7:15-20*

**Devotional:**

A key to recovery is breaking through our denial and admitting our powerlessness. We may want to pretend that all of our struggles are in the past, especially after we begin to "understand the problem."

The apostle Paul expressed some thoughts that probably sound like something we might have written ourselves. He says, "I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. But if I know that what I am doing is wrong, this shows that I agree that the law is good. So, I am not the one doing wrong; it is sin living in me that does it. And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it." (Romans 7:15-20)

The apostle Paul spoke in the present tense about his own condition. And he spoke for all of us. We will never escape the struggle of being human and susceptible to the pull of our lower nature. Admitting this is the first step toward wholeness.

**Prayer:**

God, I admit, I am powerless. I continue to do the things I do not want to do, I can't do it on my own. Today I am asking You to help me. I am asking You as my great physician to begin the emotional healing in my life. God, I know the pain from my past is great, but You are greater. I pray as old thoughts and feelings begin to surface You will feel closer than ever. Jesus, I trust You more than I trust myself. Amen.



## **Day 14**

**Saturday, October 10<sup>th</sup>**

### **Bible Reading**

*John 4:5-15, 19-25*

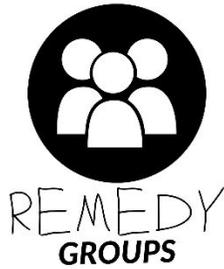
### **Discuss**

The Bible tells us the Samaritan woman was making some really bad choices. But as soon as she met Jesus and realized He could do amazing things, she wanted to tell the world about Him! Jesus is STILL amazing, and He wants to change our lives too!

Talk about some ways that Jesus changes lives. Ask your kids to give you examples. It's important to realize—the Samaritan woman had to be willing to take action! Jesus wasn't going to force her to tell her friends about Him. We have to be willing to be changed and willing to take action. Just saying we believe in Jesus isn't enough to change us.



## GROUPS MATERIAL – WEEK 3



### LESSON 3 – HOPE

#### GOD HEALS

##### STEP 2: OPEN YOUR HEART.

I now know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain.

**“Happy are those who mourn. God will comfort them.” (Matthew 5:4)**

#### WATCH THIS WEEK’S GROUP VIDEO

*Anyone who comes to God must believe that he exists and that he rewards those who earnestly seek him. (Hebrews 11:6)*

**In the first step, we admitted we were powerless. Now, in the second step, we come to believe God exists, that we are important to Him, and that we are able to receive His power to heal us. It’s in the second step we find HOPE!**

- **HOPE IS HAVING A H - \_\_\_\_\_ POWER (HIS NAME IS JESUS CHRIST)**

Our Higher Power has a name: Jesus Christ! Jesus desires a hands-on, day-to-day, moment-to-moment relationship with us. He can do for us what we have never been able to do for ourselves.

*Everything comes from God alone. Everything lives by his power. (Romans 11:36)*

*Oh yes, you [God] shaped me first inside, then out; you formed me in my mother’s womb . . . Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you. The days of my life all prepared before I’d even lived one day. (Psalm 139:13,16 MSG)*

• **HOPE IS BEING O - \_\_\_\_\_ TO CHANGE**

Throughout our lives, we will continue to encounter hurts and trials that we are powerless to change. That's life. Life can hurt at times. With God's help, we can allow tough times to change us—to make us better, not bitter.

*Now your attitudes and thoughts must all be constantly changing for the better. Yes, you must be a new and different person. (Ephesians 4:23)*

• **HOPE IS HAVING P - \_\_\_\_\_ TO CHANGE**

In the past, we have wanted to change and were unable to do so. We could not free ourselves from our hurts and habits. In Step 2, we come to understand that God's power can change us and our situation.

*For I can do everything God asks me to with the help of Christ who gives me the strength and the power. (Philippians 4:13)*

• **HOPE IS E - \_\_\_\_\_ TO CHANGE**

Remember you are only at the second step . . . don't quit before God works! With God's help, the changes that you need are just steps away.

*I am sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns. (Philippians 1:6)*

**Life without Christ is a hopeless  
end;  
with Him, it is an endless hope.**

How do we find hope? By faith in our Higher Power, Jesus Christ.

*Now faith is being sure of what we hope for and certain of what we do not see. (Hebrews 11:1)*

*NOTE: MAKE SURE YOU DISCUSS YOUR REMEDY SUPPORT TEAM TONIGHT.*

### **Why do I need a Support Team?**

Bottom line: We were not meant to do life on our own. We need each other. Without help and accountability, we WILL NOT make it through life's difficult times. Today, you are encouraged to connect with one other person in your group. Share contact information and commit to being available to each other for support and encouragement for the next 9 weeks.

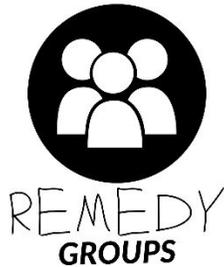
Do:

- Be honest and direct with each other
- Celebrate victories along the way
- Contact your teammate when you are struggling
- Pray with and for each other

Don't:

- Attempt to "fix" each other

## GROUPS MATERIAL – WEEK 3



### GROUP DISCUSSION

(from last week's Personal Reflection)

**This is important: Break into men's and women's groups.**

**Take your time as you answer honestly.**

**From last week's lesson, THE FIRST STEP** in healing is admitting that I am powerless on my own and that I need help. How often have you heard yourself or a friend say any of the following statements?

"Let's pretend it didn't really happen." "He really doesn't drink *that* much." "It doesn't hurt when he does that; really, I'm fine!" "Bill drinks more than I do." "I couldn't care less about what they think of me." "If you didn't nag me all the time, I wouldn't . . ." "I don't have a problem with eating . . . I just don't eat very much, that's all!" "All the guys look at that stuff, it doesn't mean that I have a problem."

The reason so many people remain stuck with their pain for so long is that they deny the source and depth of their pain. Before you can take this first step and get help, you need to **admit** your pain and/or struggle. Obviously, you can't ask for help if you don't admit your pain! It's that simple. If you're living in denial, you won't face your pain. And if you don't face your pain, you won't get help. So, this journey toward healing begins with facing the pain you've been denying.

1. CELEBRATE: Have you taken some kind of step out of denial this week? Let's hear about it!

2. How do you normally handle pain and disappointment? What is your "drug of choice"?

3. What scares you about facing your denial?

4. What can you do this week to step out of denial? What might that look like for you? Who do you need to say it out loud to? When will you do that?

**PRAY ABOUT IT TOGETHER**

How can your group pray for you?



## **Day 16**

### **Monday, October 12<sup>th</sup>**

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Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

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**Day 17**  
**Tuesday, October 13<sup>th</sup>**

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**Day 18**  
**Wednesday, October 14<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let’s use the verse from Step 2.

**Tip for memorizing: Speak it! Say it out loud 7 times!**

*Happy are those who mourn. God will comfort them.*  
Matthew 5:4



**Day 19**  
**Thursday, October 15<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 3 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting “**REMEDY**” to 512-710-2323.





**Day 20**  
**Friday, October 16<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*Hebrews 11:1-10*

**Devotional:**

Step 2 is often referred to as "the hope step." In coming to believe that God who is greater than ourselves, can restore us to sanity, we must remember what it was like to live sanely and have the faith and hope that sanity can return.

"What is faith?" the Bible asks. "Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see." (Hebrews 11:1) How can we be confident that something we want is going to happen, especially if all of our hopes have been dashed? How can we risk believing that the life we hope for is waiting for us around the bend?

The Bible tells us that the key is in the nature of the higher Power we look to. We are told, "Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him." (Hebrews 11:6)

If we are to remain free, we must go beyond just accepting deliverance. It's not enough to just let Christ clean us up. We must use our season of healing to go back and deal with filling up the empty, broken places in our hearts and lives.

**Prayer:**

God, today I am asking You to give me the hope I need in the areas where I am lacking. To help me fully grasp the fact that YOU ARE THE ONLY ONE who has the power to heal me. I pray You will heal the empty broken places in my heart and life. Jesus, Restore me. Amen.



## **Day 21**

**Saturday, October 17<sup>th</sup>**

### **Bible Reading**

*1 Samuel 3*

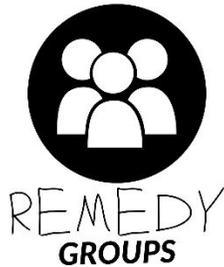
### **Discuss**

God took the first step to get close to Samuel by calling out to Samuel. Samuel responded when he listened, spoke the truth, and kept speaking the truth. As he grew up, he always told people what God said. He listened to God even when God said things that Samuel did not expect—like making a shepherd boy king.

Back in Samuel's time, you needed a special gift to talk to God and hear from Him. Because of Jesus, we can hear God just as clearly as Samuel did. There are two ways to do that. We can hear God's word when we read the Bible, because when we read the Bible, we are actually reading God's word. When we read the Bible, we get to know God and grow closer to Him. The second way to hear God is to pray. Pray to God and ask Him to help us hear His voice and grow closer to Him. God has already taken the first step by giving us His word and letting us pray to Him. All we have to do is open up His Word and ask Him to help us know Him more.



## GROUPS MATERIAL – WEEK 4



### LESSON 4 – TURN

#### GOD HEALS

##### STEP 3: DEPEND ON CHRIST.

I realize I need to turn my life over to Christ. I need to depend on Him in all the areas of my life, including all that I say, think, and do.

***“Happy are the humble.” (Matthew 5:5)***

#### WATCH THIS WEEK’S GROUP VIDEO

How do you turn your life over to the one and only Higher Power, Jesus Christ? The act of turning takes total dependence on God. Here are some definitions of dependence based on the acrostic TURN.

- **DEPENDING IS T - \_\_\_\_\_**

When you decide to turn your life and your will over to God, all that’s required is trust. Trust is putting the faith you found in Step 2 into action.

*If you declare with your lips, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9)*

- **DEPENDING INVOLVES U - \_\_\_\_\_ YOUR DOUBT**

Relying solely on your own understanding of life, led to poor decisions, consequences, and pain. Since we don’t have all the answers, but God does, give your doubts to God and trust His will for your life in all your decisions.

*“My thoughts are completely different from yours,” says the Lord. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts higher than your thoughts.” (Isaiah 55:8-9 NLT)*

- **DEPENDING MEANS R - \_\_\_\_\_ YOUR LIFE**

Rearranging one's life means turning away from living the world's way and turning toward living God's way. Living this way allows you to enjoy the freedom of your loving relationship with God.

*"Turn from your sins and believe this Good News!"* (Mark 1:15 NLT)

*Don't let the world around you squeeze you into its own mold, but let God remake you so that your whole attitude of mind is changed.* (Romans 12:2)

- **DEPENDING PROVIDES A N - \_\_\_\_\_ DIRECTION**

After you commit to God's way, you will have a new direction in life! You will no longer be bound to living the world's way. God has declared you NOT GUILTY, and you no longer have to live under the power of sin!

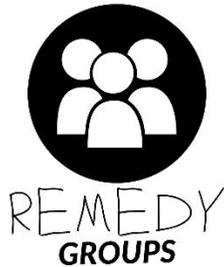
*Now God says he will accept and acquit us—declare us 'not guilty'—if we trust Jesus Christ to take away our sins.* (Romans 3:22)

We will work on the "how" of TURNING our lives and will over to God in future lessons, but don't forget this key point: Turning your life over to Christ is a once-in-a-lifetime commitment. Turning your will over to Him is a daily re-commitment!

Consider praying the following prayer every day.

**Dear God, I have tried to do it all by myself, on my own power, and I have failed. Today, I want to turn my life over to You. I ask You to be in control of my life. I ask that You help me start to think less about me and my will. It is my prayer to turn my will over to You daily and to seek Your direction and wisdom for my life daily. Please continue to help me overcome my hurts and habits and may my victory over them help others as they see Your power at work in changing my life. It is my prayer to do Your will always. In Jesus' name, I pray, AMEN.**

## GROUPS MATERIAL – WEEK 4



### GROUP DISCUSSION

(from last week's Personal Reflection)

**This is important: Break into men's and women's groups.**

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

**From last week's lesson, THE SECOND STEP** invites us to open our hearts to the fact that there is a Higher Power who is God, who cares about us, and is the only One who has the power to heal our pain.

In Step 1 we admitted that alone we are powerless and that we need help. In the past, we have opened our heart to many things. We have tried to fill the void with sex, drugs, alcohol, cutting, pornography, pleasing people, distancing ourselves, pride, etc. We've tried to heal on our own power, and it hasn't worked. This has left us empty and discouraged. To receive true healing, we need to open our heart to the only source, the HOPE that can truly fill the void. Step 2 reminds us that God offers us everything we need. He is ready and waiting to heal our pain and be our HOPE.

1. CELEBRATE: Did you step out of denial this week, seek help for some area of your life, or come to God as your Higher Power - expecting Him to help you change? Tell us about it!

2. When you think about your life, do you feel hopeful? Why or why not?

3. Read this passage: "...*you have received the Spirit of God's adopted children by which we call out, "Abba! Father!"*" (Romans 8:15 GW) Our lesson said, "God isn't the REFLECTION of your earthly father, He is the PERFECTION of your earthly father."

Have you ever recognized God as your "dad?" What do you think about that?

4. How do you feel about your earthly dad?

5. Are you beginning to see how a personal relationship with Jesus Christ can give you hope?

6. Are there any areas that you're not ready to give to God?

7. What areas of your life are you ready to change and give over to God?

### **PRAY ABOUT IT TOGETHER**

How can your group pray for you?



## **Day 23**

### **Monday, October 19<sup>th</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
- Write a letter to someone in a nursing home
- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

- Hill Country Community Ministries
- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 24**  
**Tuesday, October 20<sup>th</sup>**

Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about Week 4 of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAP team by texting "**REMEDY**" to 512-710-2323.



**Day 25**  
**Wednesday, October 21<sup>st</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let's use the verse from Step 3.

**Tip for memorizing: Post it! Write on a post note and place it somewhere you look often!**

*Happy are the humble.*  
Matthew 5:5



**Day 26**  
**Thursday, October 22<sup>nd</sup>**

Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about Week 4 of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAP team by texting "**REMEDY**" to 512-710-2323.



**Day 27**  
**Friday, October 23<sup>rd</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*Matthew 6:25-34*

**Devotional:**

It is often our worries about the small details of life that lead to our undoing. Life's daily demands can be overwhelming. Perhaps, our "acting out" is a way of escaping. When we are without our coping mechanisms, we are once again faced with the pressures of life. Learning to manage these in a new way is key to maintaining our new outlook.

*Jesus said, "I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing. . . . And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. . . . So don't worry about these things. . . . Your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." (Matthew 6:25-34)*

**Prayer:**

God, I know You care deeply for me. Today I choose to live one day at a time and turn the details of my life over to you. When life feels overwhelming, I pray I will turn to You. There is no detail too small or worry too big for You to care about. Jesus, we are overwhelmed with the love You have for us. Amen.



## **Day 28**

**Saturday, October 24<sup>th</sup>**

### **Bible Reading**

1 Corinthians 10:31 says “*So whether you eat or drink, or whatever you do, do it all for the glory of God.*”

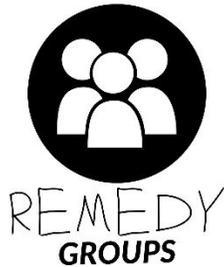
### **Discuss**

Daniel wanted to be set apart for God. He wanted to be able to honor God and did that in the foods he ate. Daniel knew that even the food he ate could bring glory to God and it did! He and his friends were healthier than everyone else, even though the others had more to eat.

Do you spend all your time thinking about what you are going to eat next? Eating healthy foods and getting exercise is one way to honor God, by choosing to take care of the gift He has given us—life here on Earth. Just remember, our body is a tool we can use on Earth. Let’s use this tool God has given us and take care of our body this week.



## GROUPS MATERIAL – WEEK 5



### LESSON 5 – TRUTH

#### GOD HEALS

##### STEP 4: HEAR AND SPEAK.

I agree to evaluate my life and confess my faults to myself, to God, and to someone I trust.

*“Happy are the pure in heart.” (Matthew 5:8)*

#### WATCH THIS WEEK’S GROUP VIDEO

In this principle, you’re going to list all the significant events—both good and bad—in your life; a “searching and fearless moral inventory.” You’ll need to be as open and honest as you can be so that God can show you how each event positively or negatively affected you and others. The acrostic for this lesson, TRUTH, shows you how to begin.

- **YOU NEED TO SET ASIDE T - \_\_\_\_\_ TO GET THE TRUTH**

Set aside a special time to begin your review. Schedule an appointment with yourself. Set aside a day or several hours to get alone with God! Clear your mind of the present hassles of daily life. This life-review can’t be done alone in just a few minutes.

“Then listen to me. Keep silent and I will teach you wisdom!” (Job 33:33 NLT)

- **YOU NEED TO R - \_\_\_\_\_ ON GOD TO GET THE TRUTH**

Rely on God to give you the courage and strength this evaluation will require.

*Love the Lord, all of you who are his people; for the Lord protects those who are loyal to him . . . . So cheer up! Take courage if you are depending on the Lord. (Psalm 31:23-24)*

- **YOU NEED TO U - \_\_\_\_\_ THE PAST TO GET THE TRUTH**

It's time to open your heart and your mind and bring back the past! What's that mean? Well, it's kind of like "waking up" your feelings. Ask yourself, "What do I feel guilty about? What do I resent? What do I fear?"

*Let me express my anguish. Let me be free to speak out of the bitterness of my soul.*  
(Job 7:11)

- **YOU NEED T - \_\_\_\_\_ RECALL TO GET THE TRUTH**

List both the good and the bad from your past. Keep your list balanced. If you just look at all the bad things from your past, you will distort your inventory and open yourself to unnecessary pain.

*Let us examine our ways and test them.* (Lamentations 3:40)

The verse doesn't say, "Examine only your bad, negative ways." You need to honestly focus on the pros and cons of your past. As you compile your inventory, you'll find that you have done some harmful things to yourself and others. No one's life is without fault. Everyone has messed up in some areas of life. But we need to understand the past so that we can begin to allow God to change us. Jesus told us: *"My purpose is to give life in all its fullness."* (John 10:10 NLT)

- **YOU NEED TO BE H - \_\_\_\_\_ TO GET THE TRUTH**

Be honest as you analyze your past. That's what the word honesty means. This fourth step requires you to get rid of your denial and focus on the truth.

*The Lord gave us mind and conscience; we cannot hide from ourselves.* (Proverbs 20:27)

#### **Step 4 Prayer**

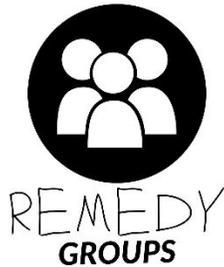
***Dear God, You know my past and all the good and bad things that I've done. In this step, I ask that You give me the strength and the courage to list those things so that I can come clean and face the truth. Thank You for those you have placed in my life to help me through this step. In Christ's name, I pray, AMEN.***

Courage is not the absence of fear but the willingness to conquer it.

#### **A Word of Caution**

This lesson is to prepare you for the personal evaluation. Don't begin Step 4 without a strong teammate, mentor, or even a professional counselor. In the next lesson, you'll actually begin the evaluation process.

## GROUPS MATERIAL – WEEK 5



### GROUP DISCUSSION

(from last week's Personal Reflection)

**This is important: Break into men's and women's groups.**

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

**From last week's lesson, THE THIRD STEP** involves turning our everyday lives over to the care of Christ. Every day we depend on others to live. We depend on drivers around us to make good decisions when they're on the road. We depend on our friends being there for us when we need them. We depend on many things that we don't even think twice about.

Unfortunately, some of us have also depended on someone, something, or a situation that left us disappointed.

Here's the point: Depending on others is a big part of life.

Step 3 is good news for all of us! Step 3 asks us to depend on Christ. He will never leave us or forsake us. Where other people or situations have let us down, He promises to never disappoint us. He knows every detail in our lives and wants to share life with us.

1. CELEBRATE: Did you come to God for hope and a new direction - committing your life to Him for the first time? Or if you were already a follower of Jesus, did you commit an area of your life to Him that you had been trying to control?

2. Read 2 Corinthians 5:17 *Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!*

When you turn your life over to Jesus Christ, you have a “new life.” How do you feel about the idea of having a “new life”?

3. What might be different in your life if you committed your life to Jesus Christ?

Note: If you turned your life over to Christ since Remedy began, let someone know about it. Share the good news with your leader or someone in your small group. Welcome to the family!

4. What “baby step” of faith do you need to take this week or even today?

### **From this week’s lesson, TRUTH**

5. In today's lesson, we heard that “what you don’t talk about, you will act out destructively.” Has this been true for you? If so, how?

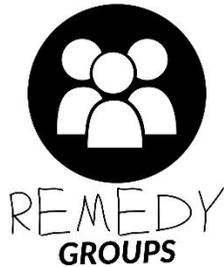
6. Doing a life-review is a crucial step in healing your past and finding the freedom and healing to move forward in life. How do you feel about that? What are your fears about doing a “searching and fearless moral inventory?”

7. This step focuses on evaluating your life and confessing to yourself, to God, and to someone you trust. Find a good spot for you to go to do your evaluation (somewhere where you will have no interruptions, quiet, etc.) and schedule a time. When and where will you work on your life review?

### **PRAY ABOUT IT TOGETHER**

How can your group pray for you?

## GROUPS MATERIAL – WEEK 5



### LIFE REVIEW

#### STEP 4: HEAR AND SPEAK.

I agree to evaluate my life and confess my faults to myself, to God, and to someone I trust.

***“Happy are the pure in heart.” (Matthew 5:8)***

### BEGINNING YOUR LIFE REVIEW

**The following are some tools to help you begin your Life Review. There is a lot of information here. Don't let it overwhelm you. These are just tools to help you get started. Use as much of it as you find helpful.**

The following is a worksheet with important instructions. You can print as many as you need or use it as a template to create your own spreadsheets or journal entries.

You might prefer journal free form. Do whatever works best for you, referring to these as your guide.

You may want to make this your prayer as you begin to honestly evaluate your life: ***Search me, O God, and know my heart: test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life. (Psalm 139:23–24)***

## Worksheet Instructions

### **I. The first column - "The Person and the Circumstance".**

A. Identify the people and related circumstances that have impacted us in the past.

- Here you are looking for people:
  - Who have hurt you
  - Who were indifferent to you
  - Who tried to minimize you
  - Who scared or intimidated you
  - Who manipulated you
  - Who disappointed you
  - And so on
- You are also looking for circumstances that existed at that time these people impacted you. For example:
  - Maybe you failed at something
  - Maybe it got blown out of proportion
  - You didn't meet somebody's expectations
  - You didn't meet your own expectations
  - You were involved in an embarrassing situation
  - There was a crisis
  - You are working for an unfair boss
  - You had abusive parents
  - You had a cruel teacher
  - You were unjustly accused of something
  - And so on

B. Record this information in column number one.

- Record one event at a time.
- Finish it before moving to the next event.
- Ask God to give you clarity by praying through Psalm 139:23-24. "Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life."

### **II. The second column – "The Cause".**

A. Record what the person identified in Column 1 did to you.

- Here you are looking for people who:
  - Abused you – physically, emotionally or psychologically
  - Tried to control or dominate you
  - Humiliated you – a teacher, a boss or a friend
  - Lied about you
  - Lied to you
  - Was insensitive to you
  - Rejected you
  - And so on
- It's important to understand what happened to you.

- Once again pray through Psalm 139:23-24 as you do this.

### **III. The third column – “The Effect”.**

A. Record how the events in the first two columns affected you AT THE TIME they happened.

- Here is what you are looking for:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Did you feel shame?</li> <li>• Did you feel rejected?</li> <li>• Did you feel stupid?</li> <li>• Did you feel weak and powerless?</li> <li>• Did you feel overwhelmed?</li> <li>• Did you think there was something wrong with you?</li> </ul> | <ul style="list-style-type: none"> <li>• Did you avoid certain people?</li> <li>• Did you become fearful?</li> <li>• Did you become tentative about life?</li> <li>• Did you develop phobias?</li> </ul> |
|---|--|

### **VI. The fourth column – “the Damage”.**

A. In this column, you will record how each past event (identified in the first three columns) is AFFECTING YOU TODAY.

- Here are some areas to consider:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• When I think of the past event, do I feel pain today?</li> <li>• Do I have any bad habits that can be traced to that event?</li> <li>• Examples are swearing, laziness, lack of direction, anger, overeating, giving up easily, and on and on.</li> <li>• Do I have any hang-ups that can be traced to the event?</li> <li>• Am I afraid of life as a result of the event?</li> </ul> | <ul style="list-style-type: none"> <li>• Do I have fears as a result of the event?</li> <li>• Do I avoid certain kinds of people?</li> <li>• Am I afraid to take on certain kinds of tasks?</li> <li>• Do I avoid certain kinds of circumstances?</li> <li>• And so on.</li> </ul> |
|--|--|

- Here are some more areas to consider:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Am I preoccupied with adversity and impending disaster?</li> <li>• Am I concerned that I will not be able to meet life's challenges?</li> <li>• Am I worried about rejection, humiliation, failure?</li> <li>• Do these concerns impact my ability to be intimate?</li> <li>• Do they impact how I feel about myself – my self-worth?</li> </ul> | <ul style="list-style-type: none"> <li>• Am I stuck with the idea that I'm no good?</li> <li>• Do I think people don't like me?</li> <li>• Do I use unhealthy ways of dealing with my pain?</li> </ul> |
|---|--|

B. Here is a good approach to filling out the column:

- **Step 1** - Review the information you collected in the first three columns. Do this one event at a time.
- **Step 2** - Review the “AREAS TO CONSIDER” in point “A” above.
- **Step 3** - Ask the Lord to show you any damage.
- **Step 4** - Discuss what you discover with someone from your support team.
- **Step 5** - Record your conclusions in column 4.

**VII. The fifth column – “My Part”.**

A. Identify how we MAY have contributed to our problems.

- Honesty is essential.
- We have to resist our natural tendency to blame others.

B. In this column, we focus only on ourselves.

- We want to know what we did to contribute to our problem.
- There will be times when we are blameless. In that case, we write, “No Part”.

**VIII. As we progress through our inventory it’s important to identify positive events as well as negative events.**

A. We don’t have to add another column to our form to do this.

- Start your inventory by identifying the first negative issue and filling in the appropriate information in all the columns.
- After that, identify a positive event and fill out all the columns.
- And then repeat the process - alternating positive and negative events until you are completed.

B. To help you identify positive events focus on what the Scriptures say about our value.

- For example, Ephesians 1:3-14 describes how valuable we are to God.
- We can use this in our inventory forms. Many other passages in the Bible can be used in the same way.

**Life Review Worksheet**

<b>The Person</b>	<b>The Cause</b>
Who is the object of my resentment or fear?	What specific actions did the person take that caused this?









## **Day 30**

### **Monday, October 26<sup>th</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
- Write a letter to someone in a nursing home
- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

- Hill Country Community Ministries
- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 31**  
**Tuesday, October 27<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 5 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAP team by texting “**REMEDY**” to 512-710-2323.



**Day 32**  
**Wednesday, October 28<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let’s use the verse from Step 4.

**Tip for memorizing: Listen to it! Record yourself saying it and listen!**

*“Happy are the pure in heart.”*  
Matthew 5:8



**Day 33**  
**Thursday, October 29<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 5 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAP team by texting “**REMEDY**” to 512-710-2323.





**Day 34**  
**Friday, October 30<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*James 1:21-25*

**Devotional:**

When making an inventory, some kind of list is usually used to help take stock of what's on hand. If we've lived our lives with dysfunctional influences, our idea of what's "normal" probably won't be a very good measuring stick for evaluating our lives. We'll need another standard to help us take an account of where we are.

The Jewish exiles who returned to Jerusalem had grown up in captivity. They started their inventory by finding a new standard. *"They remained standing in place for three hours while the Book of the Law of the LORD their God was read aloud to them. Then for three more hours, they confessed their sins"* (Nehemiah 9:3)

The apostle Paul ridiculed the idea that we could measure our lives by the people around us. He said this of the Corinthian believers: *"They are only comparing themselves with each other, using themselves as the standard of measurement. How ignorant! . . . We will boast only about what has happened within the boundaries of the work God has given us."* (2 Corinthians 10:12-13)

James wrote, *"Humbly accept the word God has planted in your hearts, for it has the power to save your souls. . . . But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it."* (James 1:21, 25)

**Prayer:**

God, I pray in doing my moral inventory, I will use Your Word as a measuring stick. I pray You will give me the perspective I need as I seek to sort out my life, as I am coming to terms with myself as I really am. Jesus, I pray You will set me free. I need You. Amen.



## Day 35

Saturday, October 31<sup>st</sup>

### **Bible Reading**

*2 Chronicles 1:7-12*

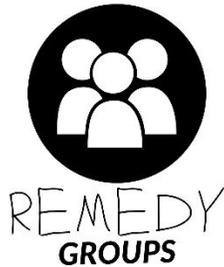
### **Discuss**

Solomon knew he would have to really focus on his role as king. When God asked Solomon what he wanted, Solomon knew what was really important. He did not need riches to be a great king. He needed to be able to make good decisions for his people. He asked God to fill his mind with the things that would help him make the right choices. Later in his life, Solomon would forget this. He got so obsessed with all his riches and the comforts he earned that he turned away from God. Because Solomon chose to fill his mind with the wrong things when he got older, he lost sight of what was really important.

What do you choose to fill your mind with? Imagine if Jesus was sitting next to you all day (guess what...He is). Would you be embarrassed about what you watch and how you spend your time? The Bible says in Philippians 4:8 "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." Ask yourself if you are filling your mind with true, pure and lovely things that bring you closer to God or if you are focusing on things that drag you away from Him. Ask God to help you make the right choice



## GROUPS MATERIAL – WEEK 6



### LESSON 6 – CONFESS

#### STEP 4: HEAR AND SPEAK.

I agree to evaluate my life and confess my faults to myself, to God, and to someone I trust.

*“Happy are the pure in heart.” (Matthew 5:8)*

#### WATCH THIS WEEK’S GROUP VIDEO

- **C - \_\_\_\_\_ YOUR SHORTCOMINGS AND RESENTMENTS.**

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.” (Proverbs 28:13)

- **O - \_\_\_\_\_ GOD’S DIRECTION**

“Confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)

- **N - \_\_\_\_\_ MORE GUILT**

“There is now no condemnation now for those who are in Christ Jesus.” (Romans 8:1)

- **F - \_\_\_\_\_ THE TRUTH**

“Then you will know the truth and the truth will set you free.” (John 8:32)

- **E - \_\_\_\_\_ THE PAIN**

“There was a time when I wouldn’t admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration...My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, ‘I will confess them to the Lord.’ And you forgave me! All my guilt is gone.” (Psalm 32:3–5)

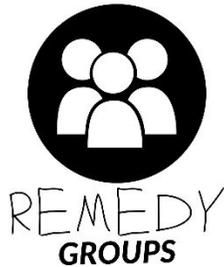
- **S - \_\_\_\_\_ THE BLAME**

“Why do you look at the speck of sawdust in your brother’s eye and fail to see the plank in your own? How can you say to your brother, ‘Let me get the speck out of your eye,’ when there is a plank in your own? ...Take the plank out of your own eye first, and then you can see clearly enough to remove your brother’s speck of dust.” (Matthew 7:30)

- **S - \_\_\_\_\_ ACCEPTING GOD’S FORGIVENESS**

“But if we confess our sins, he will forgive our sins, because we can trust God to do what is right. He will cleanse us from all the wrongs we have done.” (1 John 1:9)

## GROUPS MATERIAL – WEEK 6



### GROUP DISCUSSION

**This is important: Break into men's and women's groups.**

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

1. CELEBRATE: Did you write or start writing a life review? That is something to celebrate! How was that experience? Tell us a little about it. (Without sharing the details of your inventory.)

**THE FOURTH STEP** is the courage step. It involves looking within and asking myself some difficult questions. It asks us to be truthful and let go of the things in our lives that are weighing us down. If we want to move past our hurts and nagging habits and let go of the guilt and shame, then making the choice to clear your conscience is the only way. It is the key to relieving the guilt we feel.

Another way of saying this is we need to confess. When we confess, we open our lives to the healing, restoring, loving, kindness of Jesus Christ who loves us despite ourselves. 1 John 1:9 reminds us that: *"If we confess our sins, He will forgive our sins because we can trust God to do what is right. He will cleanse us from all our wrongs we have done."*

**READ: Psalm 32:1-2** *"What happiness for those whose guilt has been forgiven. What relief for those who have confessed their sins and God has cleared their record."*

2. How do you feel about sharing your Life Review with someone you trust? Nervous? Afraid? Ashamed? How might this verse help? What does God promise in this verse?

**READ: James 5:16** *"Admit your faults to one another and pray for each other so that you may be healed."*

3. What does God promise to do in this verse if we will confess our faults to one another and pray for each other?

**READ: Romans 3:23-24** *“All have sinned and are not good enough for God’s glory, and all need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ.”*

4. How does this verse say we can receive God’s forgiveness and be free from guilt? (This includes forgiveness of ourselves.)

**PRAY ABOUT IT TOGETHER**

How can your group pray for you?



## **Day 37**

### **Monday, November 2<sup>nd</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
- Write a letter to someone in a nursing home
- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

- Hill Country Community Ministries
- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 38**  
**Tuesday, November 3<sup>rd</sup>**

Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about Week 6 of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting "**REMEDY**" to 512-710-2323.



**Day 39**  
**Wednesday, November 4<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let's use Psalm 32:2.

**Tip for memorizing: Break it up! Start small, to memorize longer verses.**

*"What relief for those who have confessed their sins and God has cleared their record."*  
Psalm 32:2



**Day 40**  
**Thursday, November 5<sup>th</sup>**

Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about Week 6 of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting "**REMEDY**" to 512-710-2323.





**Day 41**  
**Friday, November 6<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*Isaiah 49:8-12*

**Devotional:**

Many of us have lived life with a recurrent sense of dissatisfaction. There's a hunger and thirst inside that just can't be filled. Our problems seem like mountains, far too big for us to scale. Our own shortcomings seem like deep, dark valleys; they lead us away from all the positive goals we've set. We set out to deal with the mountains in life and find ourselves going down into the deep valleys of old patterns and addictions. Will we ever break free and find a better way?

*God has said, "I will say to the prisoners, 'Come out in freedom,' and to those in darkness, 'Come into the light.' They will be my sheep, grazing in green pastures and on hills that were previously bare. They will neither hunger nor thirst. The searing sun will not reach them anymore. For the LORD in his mercy will lead them; he will lead them beside cool waters. And I will make my mountains into level paths for them. The highways will be raised above the valleys" (Isaiah 49:9-11)*

God can free us from the constant hunger and thirst by providing new sources of nourishment for our souls. In his mercy, he will provide refreshing streams to satisfy us deeply. With God's help, some of the problems that now seem insurmountable will become approachable.

**Prayer:**

God, I pray You will help me find alternate routes to my goals without having to go back to my old ways. I am praying as I take steps forward, I will have more faith than fear, that I will have more courage and strength. Jesus, lead me where You want me to go. Amen.



## **Day 42**

**Saturday, November 7<sup>th</sup>**

### **Bible Reading**

*Acts 9:1-19*

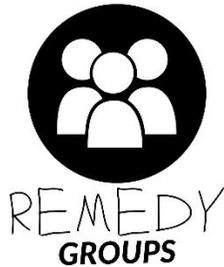
### **Discuss**

Paul thought he could please God by doing the right thing. He spent his life trying to be the very best and the most righteous. By the world's standards Paul was a pretty great guy. But Paul said even though he had more to brag about than anyone else, he knew those things were worthless.

Our righteousness, goodness, is not because of us. When Jesus died on the cross, He took all of our sins on Him and traded them for His innocence. We are clean and good not because of the good choices we make but because Jesus put His goodness in us. When Jesus spoke to Saul, Saul was changed forever. His name was changed to Paul to show this. Paul knew that it does not matter what we do because we can never be good enough. All that matters is believing in Jesus. When we believe in Him, He takes away our sin and gives us His innocence and righteousness. All we have to do is come to Him and ask.



## GROUPS MATERIAL – WEEK 7



### LESSON 7 – READY

#### STEP 5: EMBRACE GOD’S WAY.

I will stop doing things my way and put my life on the path that leads toward God’s way.

*“Happy are those whose greatest desire is to do what God requires.”  
(Matthew 5:6)*

#### WATCH THIS WEEK’S GROUP VIDEO

**What does it mean to be entirely READY to have God help you in your areas of weakness?**

- **GET READY BY R - \_\_\_\_\_ TO LET GOD LEAD**

In Step 3 God didn’t force His will on you. He waited for you to invite Him in. Now in Step 5, you need to be entirely ready and willing to let God into every area of your life. He won’t come in where He is not welcomed.

*Help me to do your will, for you are my God. Lead me in good paths, for your Spirit is good. (Psalm 143:10)*

- **GET READY BY E - \_\_\_\_\_ CHANGE TO TAKE TIME**

These principles and steps are not quick fixes! You need to allow time for God to work in your life. This principle goes further than helping you to stop doing wrong. It goes after the very defect that causes you to sin. It takes time!

*Commit everything you do to the Lord. Trust Him, and He will help you. (Psalm 37:5)*

- **GET READY BY A - \_\_\_\_\_ GOD’S HELP**

Seeing the need for change and allowing the change to occur are two different things. Step 5 will not work if you are still trapped by your pride. You need to be ready to accept

God's help throughout the transition. If you could have fixed the problem, you would have.

*So then, have your minds ready for action. Keep alert and set your hope completely on the blessing which will be given you when Jesus Christ is revealed. Be obedient to God, and do not allow your lives to be shaped by those desires you had when you were still ignorant. (1 Peter 1:13–14)*

• **GET READY BY D - \_\_\_\_\_ NEW HABITS**

You spent a lot of time with your old habits, compulsions, and obsessions. When God removes one, you need to replace it with something positive, such as hanging out with good friends, church, and serving others. If you don't, the old habits you worked hard to get rid of may return.

*“Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.” (Hebrews 12:1)*

• **GET READY AND SAY Y - \_\_\_\_\_ TO GOD!**

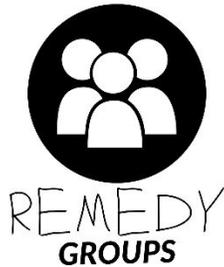
Self-doubt and low self-esteem may tell you that you are not worthy of the growth and progress that you are making. But by saying “Yes!” to God, you give Him an opportunity to work in you.

*The person who has been born into God's family does not make a practice of sinning, because now God's life is in him; so he can't keep on sinning, for this new life has been born into him and controls him—he has been born again. (1 John 3:9)*

Are you entirely ready—willing—to voluntarily submit to any and all changes God wants to make in your life? If you are, pray the following prayer:

*Dear God, thank You for taking me this far in my journey with You. Now I pray for Your help in making me entirely ready to change all my shortcomings. Give me the strength to deal with all of my character defects that I have turned over to You. Allow me to accept all the changes that You want to make in me. Help me be the person that You want me to be. In Your Son's name, I pray, AMEN.*

## GROUPS MATERIAL – WEEK 7



### GROUP DISCUSSION

**This is important: Break into men's and women's groups.**

1. CELEBRATE: Did you write or start writing a life review? Did you share it with someone you trust? That is something to celebrate! How was that experience? Tell us a little about it. (Without sharing the details of your inventory.)

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

**THE FIFTH STEP** allows me to embrace God's way. By the time we get to Step 5, we are certain that our way isn't working and we are ready to give it to God. In Step 3, God didn't force His will on you. He waited for you to invite Him in! Now in Step 5, you need to be entirely ready and willing to let God into every area of your life. He won't come in where He is not welcomed.

*Seeing* the need for change and *allowing* the change to occur are two different things. Step 5 will not work if you are still trapped in your pride. You need to be ready to accept God's help throughout the transition. If you could have fixed the problem, you would have.

1. How is seeing a need for change different from being ready to do things God's way instead of the world's way?

2. Share some of the areas of your life that you have turned over to Jesus Christ.

3. Is there an area of your life that you still hold on to. (In other words, what would we find in the closet of your heart or under the bed of your life?)

4. What area of your life are you attempting to find a “quick fix” for? Are you willing to allow God to help you through a real fix—one that will last?

5. Sometimes it is difficult for us to see the positive changes that God is making in our lives. What changes have you seen? Which one(s) are you most excited about? Maybe you need to ask some people close to you what changes they’ve been able to see in your life.

**PRAY ABOUT IT TOGETHER**

How can your group pray for you?



## **Day 44**

### **Monday, November 9<sup>th</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
- Write a letter to someone in a nursing home
- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

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- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 45**  
**Tuesday, November 10<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 7 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAP team by texting “**REMEDY**” to 512-710-2323.



**Day 46**  
**Wednesday, November 11<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let’s use the verse for Step 5.

**Tip for memorizing: Flash it! Use flashcards to memorize more than one at a time.**

*“Happy are those whose greatest desire is to do what God requires”*  
Matthew 5:6



**Day 47**  
**Thursday, November 12<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 7 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAP team by texting “**REMEDY**” to 512-710-2323.





**Day 48**  
**Friday, November 13<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**  
*Matthew 18:23-35*

**Devotional:**

Listing all the people we've harmed will probably trigger a natural defensiveness. With each name we put on our list, another mental list may begin to form—a list of the wrongs that have been done against us. How can we deal with the resentment we hold toward others, so we can move toward making amends?

Jesus told a story: *"A king . . . decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars." (Matthew 18:23-24) The man begged for forgiveness. "Then his master was filled with pity for him, and he released him and forgave his debt. But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment." (Matthew 18:27-28)*

*This was reported to the king. "Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you for that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?' Then the angry king sent the man to prison to be tortured until he had paid his entire debt. That's what my Heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart." (Matthew 18:32-35)*

**Prayer:**

God, I pray when I look at all that You have forgiven me for, that it makes sense to choose to forgive others. I pray for freedom from the torture of festering resentment. God, I know I can't change my past, but I can open my heart to make amends. Jesus, I love You. Amen.



## **Day 49**

**Saturday, November 14<sup>th</sup>**

### **Bible Reading**

*1 Samuel 20:1-17*

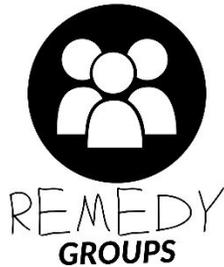
### **Discuss**

Jonathan helped his friend not just because David was his friend, but because it was the right thing to do. Sometimes our friends need our help to make wise choices. Sometimes it will be like it was with David and Jonathan and you have to stand up for your friends. Sometimes you will have to help your friends by telling them they are making bad choices and they need to stop and think. It is not easy to help a friend when things get tough, but it is worth it! Jonathan chose a great friend.

Do you have people in your life who will help you no matter what? Are you a person who is ready to do that for others? Ask God to bring friends into your life who can help you out and help you learn more about God



## GROUPS MATERIAL – WEEK 8



### LESSON 8 – FORGIVE

#### STEP 6: ASK FOR FORGIVENESS.

I will offer forgiveness to those who have hurt me, and I will ask for forgiveness for any wrong I've done to others.

*“Happy are the merciful. Happy are the peacemakers.” (Matthew 5:7,9)*

#### WATCH THIS WEEK'S GROUP VIDEO

Seeking forgiveness is the beginning of the end of your isolation from others and God. The FORGIVE acrostic will help you get started.

- **FORGIVING REQUIRES US TO F - \_\_\_\_\_ ON PRAYER**

This is simply a reminder to take this step with lots of prayer. Enthusiasm is good, but enthusiasm with prayer is better.

Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. (Philippians 4:6)

- **FORGIVING REQUIRES US TO O - \_\_\_\_\_ OUR PART**

We need to once again face the hurts, resentments, and wrongs others have caused us and deal with the wrongs that we have caused others. Blaming doesn't work. In order to forgive, you must own your part in the pain.

“Do not judge others, and God will not judge you; do not condemn others, and God will not condemn you; forgive others, and God will forgive you.” (Luke 6:37)

- **FORGIVING REQUIRES US TO R - \_\_\_\_\_ FOR SUPPORT**

Before you offer your forgiveness to others, be sure to have an accountability partner. This person will encourage you and give you valuable insights and ensure that your motives stay pure.

And let us consider how we may spur one another on toward love and good deeds. (Hebrews 10:24)

- **FORGIVING REQUIRES US TO G - \_\_\_\_\_ IT ON PAPER**

Go back to your life-review pages (Step 4; Lesson 7). As you look them over, you'll find the list of people that you need to forgive. Write down those names and add any new ones that may have come to mind.

"Treat others the same way you want them to treat you." (Luke 6:31 NASB)

- **FORGIVING REQUIRES US TO I - \_\_\_\_\_ OUR MISTAKES (NOT THEIRS)**

You need to approach those to whom you are asking for forgiveness or making things right with a humble, sincere, and willing heart. Don't offer excuses or attempt to justify your actions. Focus only on your part. Don't expect anything back.

"Love your enemies, do good to them, and lend to them without expecting to get anything back." (Luke 6:35)

- **FORGIVING REQUIRES US TO V - \_\_\_\_\_ FORGIVENESS AT THE RIGHT TIME**

This step not only requires courage, good judgment, and a willingness to act, but also a careful sense of timing! It is key to prayerfully ask for God's guidance and direction.

Each of you should look not only to your own interests but also to the interests of others. (Philippians 2:4)

- **FORGIVING REQUIRES US TO E - \_\_\_\_\_ OUR NEW FREEDOM**

If you work this step to the best of your ability, you'll be amazed at the freedom and happiness you'll feel. You won't regret the past and you'll have a new understanding of joy and peace. Your feeling of uselessness and self-pity will disappear.

Your whole attitude and outlook on life will change and you'll suddenly realize that God is doing for you what you could not do for yourself.

**To be completely free from your resentments, anger, fears, shame, and guilt you need to both give and accept forgiveness in all areas of your life. If you do not, your growth as a Christian (and your health as a person) will stall and be incomplete. Before you begin answering questions, you need to be able to answer yes to the following questions:**

**1. Have you accepted God's forgiveness?**

Have you really accepted Jesus' work on the cross? By His death on the cross, all your sins were canceled—paid in full! He exclaimed from the cross, "It is finished." (John 19:30)

God puts people right through their faith in Jesus Christ. God does this to all who believe in Christ because there is no difference at all: everyone has sinned and is far away from God's saving presence. But by the free gift of God's grace, they are all put right with him through Jesus Christ, who sets them free. God offered him so that by his sacrificial death he should become the means by which people's sins are forgiven through their faith in him. (Romans 3:22–25)

**2. Have you forgiven others who have hurt you?**

You must "let go" of the pain, harm, and abuse caused by others. Until you can release it and forgive it, your past pain will continue to hold you prisoner.

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. (Romans 12:17–18 NLT)

**NOTE: If you have been the victim of sexual abuse, physical abuse, emotional abuse, or neglect, you are not to blame! But you will not find the peace and freedom from the person(s) who harmed you until you can forgive that person. Remember, forgiving him or her in no way excuses the harm done against you. Forgiveness will allow you, however, to be released from the power that the person has had over you. If you're a victim of any kind of abuse, understand that while this step may be incredibly painful for you, it is absolutely essential.**

**3. Have you "forgiven yourself"?**

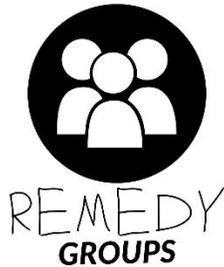
You may feel that the guilt and shame of your past are just too much to forgive. This is what God wants you to do with the darkness of your past: "Come, let's talk this over! says the Lord; no matter how deep the stain of your sins. I can take it out and make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool. If you will only let me help you." (Isaiah 1:18–19)

If it is possible, as far as it depends on you, live at peace with everyone.  
(Romans 12:18)

If you're ready to take the next big step in your relationship with God and with others, consider praying the following prayer:

“Dear God, I pray for willingness—willingness to evaluate all my past and current relationships. Please show me the people that I have hurt and help me become willing to ask for their forgiveness. Also, God, give me Your strength to become willing to offer forgiveness to those who have hurt me. I pray for Your perfect timing in taking the action I need to. I ask all these things in Your Son's name, AMEN.”

## GROUPS MATERIAL – WEEK 8



### GROUP DISCUSSION

**This is important: Break into men's and women's groups.**

1. CELEBRATE: Did you begin to allow God to replace your character defects with new habits this week? Tell us about a new habit that you started and how it went!

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

**THE SIXTH STEP** focuses on learning about forgiveness. It challenges us to forgive others who have hurt us and offer forgiveness for any wrong we have done to others. This is an extremely important step because seeking forgiveness can end our isolation from God and others. (You may want to read that last sentence again.)

Here is the bottom line: God can handle our situation better than we can. When we work, we work; when we pray, God works. Step 4 showed us how important it is to open up to God and to others. Our feelings have been bottled up far too long and have interfered with all our important relationships. In this step, we need to once again face the hurts, resentments, and wrongs others have caused us - or those we have caused.

If we work this forgiveness step to the best of our ability, we will experience new freedom and happiness. We will no longer regret the past. We have a new understanding of joy and peace. We will see how our experience with our hurts and habits can actually benefit others. Our whole attitude and outlook on life will change

2. Forgiving doesn't mean forgetting, saying it didn't matter, or repairing the relationship—but it does mean a total release of the person or hurt in our lives. Is this any different than you've thought about forgiveness in the past?

3. Forgiveness requires us to own our mistakes, not look to blame the other person. If we do this and truly offer amends, then we can't expect anything in return. What does it mean to "not expect anything in return?"

4. As you look at the three kinds of forgiveness (at the end of the lesson above), which one of them is the easiest for you to practice? Why?

Which of the three is the most difficult for you to practice? Why?

### **PRAY ABOUT IT TOGETHER**

How can your group pray for you?

## GROUPS MATERIAL – WEEK 8



Using the following worksheet, first list the names of those who have hurt you that you need to forgive; then list the names of those that you need to ask for forgiveness. Begin praying for God's direction, wisdom, and the courage to complete this step.

### Forgiveness List

**THOSE WHO HAVE HURT ME**  
I NEED TO FORGIVE . . .

**THOSE I HAVE HURT**  
I NEED TO ASK FORGIVENESS FOR. . .





## **Day 51**

### **Monday, November 16<sup>th</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
- Write a letter to someone in a nursing home
- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

- Hill Country Community Ministries
- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 52**  
**Tuesday, November 17<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 8 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting “**REMEDY**” to 512-710-2323.



**Day 53**  
**Wednesday, November 18<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let’s use the verse for Step 6.

**Tip for memorizing: Draw it! Can you conceptualize it and draw it out?**

*“Happy are the merciful. Happy are the peacemakers.”*  
Matthew 5:7,9



**Day 54**  
**Thursday, November 19<sup>th</sup>**

Today, check out RockPointe’s “Asking For A Friend” podcast for a more in-depth discussion about Week 8 of Remedy. “Asking For A Friend” is available on iTunes, Spotify, or on RockPointe’s app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting “**REMEDY**” to 512-710-2323.





**Day 55**  
**Friday, November 20<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*1 Timothy 4:7-8*

**Devotional:**

It is amazing to behold what a human being can achieve through a consistent, disciplined effort. How many times have we watched seasoned gymnasts or other athletes and marveled at the ease with which they performed their sport? We realize that they developed that ability through rigorous training, which is what sets the true athlete apart from the spectator. There are parallels to the discipline of continuing our inventories.

Paul wrote to Timothy, *"Train yourself to be godly. 'Physical training is good, but training for godliness is much better.'"* (1 Timothy 4:7-8) The word translated training specifically referred to the disciplined training done by gymnasts in Paul's day. Spiritual strength and agility only come through practice. We need to develop our spiritual muscles through consistent effort and daily discipline.

Continuing to take personal inventory is one of the disciplines we can develop. The Bible describes it as having our *"senses exercised to discern both good and evil."* (Hebrews 5:14, NKJV) Like the athlete, we can motivate ourselves to continue in a disciplined routine by looking at our reward. This kind of discipline *"is much better, promising benefits in this life and in the life to come."* (1 Timothy 4:8) We must not expect overnight results. As we continue practicing these disciplines each day, we'll eventually grow to enjoy the benefits.

**Prayer:**

God, You are a God of love and patience. Thank You for loving me. Today I pray that when I am wrong, I will promptly admit it. I pray I will be filled with love and patience for those around me. God help me be faithful and consistent in my relationship with You. Jesus, You are the only reason I am where I am. Thank You. Amen.



## **Day 56**

**Saturday, November 21<sup>st</sup>**

### **Bible Reading**

*Mark 12:41-44*

### **Discuss**

We might feel like we do not have much to give. We are not really in charge of our own money or even our own time. We may hear about people giving lots of money and wish we could do that. It was like that in Jesus's time too. There were people who were very rich and could give all kinds of money to God. There were also people who were very poor and did not have much at all to give to others. Some people then, just like some people now would appreciate those who gave a lot and ignore those who only gave a little.

Jesus turned that all upside down. He said it is not about how much you give. It is all about how much faith it takes for you to give. If you have \$100, it is not hard to give away \$10. But if all you have is \$10 as your allowance this week, it is a lot harder to give away \$10.

Do you trust God to take care of you when you give a lot? This week, think about what you do with your time, your talent (what you are good at), and your treasure (the money or things you have). Would you be willing to give them up if God asked? If not, ask God to help you not make those things so important in your life.



## GROUPS MATERIAL – WEEK 9



### LESSON 9 – THE MAINTENANCE STEPS

#### STEP 7: LIVE FOR GOD.

I will set aside some time for God each day to examine my life, read my Bible, and pray so that I have the power to live God's way.

***“Happy are those who know they are spiritually poor.” (Matthew 5:3)***

#### WATCH THIS WEEK'S GROUP VIDEO

The path toward God's way encourages us to spend time with Him daily so we can grow and develop spiritually. The path toward the world's way keeps us busy but also keeps us from developing an intimate, inner relationship with God.

When your heart is not right, things don't go right. When your heart needs work, you're easily distracted and discouraged. Because of this, it's important to spend time evaluating the conflicts which attack your heart. Below is a tool you can use to stop, step outside yourself, and evaluate your heart.

*Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad and lead me along the path of everlasting life.*  
(Psalm 139:23-24)

- **IS YOUR HEART H - \_\_\_\_\_ OR H - \_\_\_\_\_?**

Is your heart healthy or hurting? We often just live on autopilot, just reacting to life as it comes. So often we are not being honest with ourselves. One way to test our heart's condition is to be honest about whether or not there's still pain in your life that you need to deal with. It's difficult to love others with a hurting heart.

*“The heart is the most deceitful thing there is and desperately wicked. No one can really know how bad it is! Only the Lord knows! He searches all hearts and examines deepest motives so he can give to each person his right reward, according to his deeds—how he has lived.” (Jeremiah 17:9)*

• **IS YOUR HEART E - \_\_\_\_\_ OR E - \_\_\_\_\_ ?**

Are you too tired to spend time with God? Not interested in caring for or showing love to others? We all have moments like that, but if we're consistently not eager to do the things God desires, that's not healthy. It's a reflection of a tired or exhausted heart. If you are always tired, it's time to pay attention to your body, mind, and spirit. Get some rest, go for a walk, see a doctor, open up God's Word, worship with those around you.

*Happy are those who . . . find joy in obeying the Law of the Lord . . . they study it day and night. They are like trees that grow beside a stream, that bear fruit at the right time.* (Psalm 1:1–3)

• **IS YOUR HEART A - \_\_\_\_\_ LOVING OR A - \_\_\_\_\_ ?**

Which description fits you? Think back to everything you've said today – both with your words and body language. What was the tone? What was your intent? What were the actual words? Was an attitude of love flowing from your words, your smile, and your eyes? Or, were you easily angered when you saw certain people? What we say to others is a big indicator of the condition of our hearts. Our words reveal more about ourselves than we probably want.

*When you talk, do not say harmful things, but say what people need—words that will help others become stronger. Then what you say will do good to those who listen to you.* (Ephesians 4:29)

• **IS YOUR HEART R - \_\_\_\_\_ OR R - \_\_\_\_\_ ?**

Is there an event or incident from your past that you're still upset about? Is there something that keeps you from sleeping . . . keeps you from enjoying time with friends . . . keeps you from growing in your relationship with God and others? If so, your heart is probably full of resentment and it needs to be refreshed! Resentment is ugly and drains life from your heart. God wants your heart to be refreshed with Him. Take out some paper and work a 4th step!

*Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.* (Philippians 4:6)

• **IS YOUR HEART T - \_\_\_\_\_ OR T - \_\_\_\_\_ ?**

How do you feel about other people? Do you care what happens to them? Are you interested in telling them about ways God can help, or do you avoid sharing good news with them? If people are a bother, you might have a tense heart. A tender heart feels the pain of others and responds. *"Be still, and know that I am God."* (Psalm 46:10)

**STEP 8: Support others. I will take the message that God heals to others in need and share it by my words and actions.**

***“Happy are those who are persecuted because they do what God requires.”  
(Matthew 5:10)***

Step 8 is called the “giving-back” step. Why “giving-back”? It’s a reminder that God wants you to take what you’ve learned and help others grow as you have been growing.

*What a wonderful God we have! He is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. And why does He do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort He has given us. (2 Corinthians 1:3-4)*

Are you willing to help others learn what you’ve learned? If so, you’re ready to GIVE.

*“Freely you have received, freely give.” (Matthew 10:8)*

### **What does it mean to GIVE?**

- **GIVING MEANS YOU G - \_\_\_\_\_ LIKE CHRIST DID.**

You are never more like God than when you give—not just money or things, but your very self. That’s what Jesus did for you. He gave you the greatest gift of all—Himself.

*God did not even keep back his own Son but offered him for us all! God gave us his Son—will He not also freely give us all things? (Romans 8:32)*

- **GIVING MEANS YOU I - \_\_\_\_\_ OTHERS.**

The Christian life is not meant to be traveled alone. Just as you’ve been helped along on your journey, so you should reach out and help others learn and grow too.

*“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’” (Matthew 22:37–39)*

*Two are better off than one because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone . . . there is no one there to help him . . . . Two men can resist an attack that would defeat one man alone. (Ecclesiastes 4:9–12)*

- **GIVING MEANS YOU V - \_\_\_\_\_ THE CHANGE IN YOUR LIFE.**

God never wastes a hurt! Step 8 gives us the opportunity to share our experience, strength, and hope. “This is how it was for me...” “This is what happened to me...” “This is how I gained the strength....” Your change is not a secret to be kept.

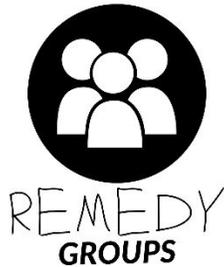
*Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! He helps us in all our troubles so that we are able to help those who have all kinds of troubles, using the same help that we ourselves have received from God. (2 Corinthians 1:3)*

- **GIVING MEANS YOU E - \_\_\_\_\_ OPPORTUNITIES TO GIVE BACK.**

James 1:22 says we are to be doers of the word. To help one another, we need to keep our eyes open to the opportunities that God provides. And He provides new opportunities each and every day! Look for those opportunities and your “eyesight” to help others will dramatically improve.

*My children, our love should not be just words and talk; it must be true love, which shows itself in action. (1 John 3:18)*

## GROUPS MATERIAL – WEEK 9



### GROUP DISCUSSION

**This is important: Break into men's and women's groups.**

1. CELEBRATE: Did you take a step toward forgiveness this week: make a Forgiveness List, forgive those who have hurt you, make a plan for making amends with those you have hurt? Tell us about it!

**You may not get through all of these questions in your group. That's okay!  
Take your time as you answer honestly.**

**THE SEVENTH STEP** asks us to examine our hearts. It gives us the tools to continue to live God's way and not fall back into our patterns of doing things the world's way. So, Step 7 really brings us to a crossroads. Do you want to continue doing things God's way, or take the easy path and fall back into your pattern of doing things the world's way (your own way)?

Living for God will be challenging. It is never easy! Ever feel like taking a vacation from God? Ever want to have a time-out from doing the right thing? It's easy to feel like that, especially during stressful times. Getting stuck in a rut is real. It happens! And it can be very costly to your life. But the good news is that you don't have to stay in the rut.

The tools given to help you live God's way are simple: spending time with Him on your own, examining your life, reading the Bible, and praying.

2. Specifically, what do you do when you are . . .

- Hurting?
- Exhausted?
  
- Angry?
- Resentful?
- Tense?

3. Tell us what you “look like” when your heart is healthy. Use these to get you started...

- Eager:
- Abundantly loving:
- Refreshed:
- Tender:

**THE EIGHTH STEP** is called the “giving-back” step. Why “giving-back”? Well, it’s a reminder that God wants us to take what we’ve learned and help others grow as we have been growing. 2 Corinthians 1:3-4 says: *What a wonderful God we have—He is the Father of our Lord Jesus Christ, the source of mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort God has given us.* God tells us that we can be in a position to help others through giving.

Matthew 10:8 sums up Step 8: *“Freely you have received, freely give.”* In this step, we support others by giving away God’s message of healing through our words and our actions.

When we place God first in our lives, we realize that everything we have is a gift from Him. We understand that a healthy life is not dependent or based on material things but instead built upon faith and a desire to live God’s way. We are never more like God than when we give—not just money or things, but our very selves.

4. How has your understanding of what God has done for you changed since the start of this Remedy series? How does this truth affect your desire to put God first in your life?

5. Does God’s grace to you change what it means for you to give to others? What’s an example?

### **PRAY ABOUT IT TOGETHER**

How can your group pray for you?



## **Day 58**

### **Monday, November 23<sup>rd</sup>**

During this process, it's important to step outside of yourself and serve others. We do this so we can remember, healing isn't just about us, but how we can help *others* heal from life's hurts as well. Today, we encourage you to give an hour of community service.

Needs some tips? We got you! Here are a few suggestions:

#### **Serve the people around you:**

- Mow a neighbor's yard
- Grocery shop for an elderly person or single mom
- Send dinner to a single mom
- Give a *REALLY* generous tip to a delivery driver or a waitperson
- Donate blood
- Create and distribute care kits for people who are homeless
- Send treats to your doctor's office to thank the healthcare workers
- Write a letter to someone in a nursing home
- Clean up your neighborhood park

#### **You can also contact one of RockPointe's Community Partners to see how you can serve in your community:**

- Hill Country Community Ministries
- The Key2Free
- Hope House
- Operation Liberty Hill
- Drive A Senior

Serving doesn't have to come from a list. Keep your eyes open to see other opportunities where you can serve around you. What other ways can you think of to serve? Each week make a note of how you've served others!



**Day 59**  
**Tuesday, November 24<sup>th</sup>**

Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about the last week of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.

Want to participate in the conversation? Ask questions anonymously, to the AFAF team by texting "**REMEDY**" to 512-710-2323.



**Day 60**  
**Wednesday, November 25<sup>th</sup>**

Scripture is one of the best tools to have during the healing process. Every Wednesday, you will be given a new verse to memorize. Today, let's use the verse for Step 8.

**Tip for memorizing: Type it! Type it repeatedly!**

*"Happy are those who are persecuted because they do what God requires."*  
Matthew 5:10



**Day 61**  
**Thursday, November 26<sup>th</sup>**

Today, check out RockPointe's "Asking For A Friend" podcast for a more in-depth discussion about the last week of Remedy. "Asking For A Friend" is available on iTunes, Spotify, or on RockPointe's app and website.



**Day 62**  
**Friday, November 27<sup>th</sup>**

It's important to stay connected with God every day of this process. Use these devotionals to stay on track. Remember: don't do this alone!

**Bible Reading:**

*Romans 12:1-5*

**Devotional:**

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

We may feel like we're not good enough to be an example for others. We may realize that we need other people, but we find it hard to believe that our story could help anyone else.

The apostle Paul said, "*Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other.*" (Romans 12:4-5)

To have a true view of where we fit in the scheme of things, we need to see that God has a purpose for our lives. God created each of us with abilities and talents. He compares us to a part of a body where every part is needed for the proper working of the whole. If you isolate any one part of a body and examine it, apart from its proper place among the other members, it may seem odd and useless. It is only when it is connected to the body and doing its appointed job that it realizes its usefulness. And so it is with us.

We need to find a place where our talents and abilities can be used to help others. Doing this will show that we have gained an honest understanding of whom God created us to be. He loves us and wants to help us realize our place in the body of Christ and our purpose in life.

**Prayer:**

God, today I am full of thanks for what You have done in my life. I am thankful for the changes You have made in me. I pray that as I grow, I will continue to work the steps and use what You have done in my life to help others. Jesus, show me Your purpose and will for my life. Amen.



## **Day 63**

**Saturday, November 28<sup>th</sup>**

### **Bible Reading**

*Matthew 9:12*

### **Discuss**

Following Jesus requires so much of us as we live to serve others and continue to grow. There are still future hurts in our lives that we will have to face. Thankfully, Jesus is going to be with us and help us navigate through them as we face those things. As you've worked through these nine weeks together, hopefully you have some new tools to work with moving forward.

Congratulations! You worked hard to stay with it through these nine weeks. Take some time and discuss these things with each other:

- What would you say is the most important thing you learned about yourself and Jesus through these nine weeks?
- What are some ways that you've grown and healed together as a family through this?
- How can you take what you've learned and share this with those God has put in your life around you? Are there any specific people you can help today or this week?

YOU DID IT!!! You've come to the end of this book! That is something to celebrate. Way to go! I'm really proud of you!

As I mentioned on the opening pages of this book, this is a journey. It's not a book to read or a program to complete. It is a lifestyle to live. That lifestyle took me three years to learn and fully put into practice. Many have done it faster than I did, but no one I have ever known worked it perfectly and didn't need more.

So, what's next?

We offer an extended version of what you have learned in this study. It's called Remedy and we meet each Monday night on our campuses. If your life is "all good", then best of luck to you. However, if you are like me and many, many more, there is still work to do.

My prayer for you as a pastor and friend is that you would not stop until you are actively living the recovery lifestyle. It is the lifestyle of a follower of Jesus.

So once again, congratulations! But from one recovering Jesus follower to another....  
**KEEP GOING!**

Your brother in recovery,

Shayne O'Brien

A handwritten signature in black ink, appearing to read 'S. O'Brien', written in a cursive style.