



# ONE&ALL Re:generation FAQ

**You have questions. We have answers.**

**What is re:generation?** Re:generation is a 12-step discipleship ministry based on the principles of healing and life transformation found in the Bible.

**Who is re:gen for?** Re:gen is designed to help those struggling with past/present hurts, habits, hang-ups, such as anxiety, depression, anger, abuse, chemical dependency, codependency, pornography, procrastination, pride, control, resentments, feeling spiritually “stuck” or stagnant, and **many other personal struggles. (see separate “Issues” sheet that lists over 100 issues!)**

**Why attend re:gen?** We all experience brokenness in life. At re:gen, we believe that anyone can experience freedom, friendship, and a new life in Christ by working through biblical steps within authentic community. Re:generation is a safe place for everyone, no matter where you are in life or on your faith journey.

- Change is possible - God can transform anyone, no matter what you are struggling with or how stuck you may feel. Thousands of people just like you have found freedom from the same things you are facing.
- An Authentic Community - At re:generation, you can be real. Experience the healing that happens when you are fully known and accepted despite your flaws - and have a community of people committed to helping you overcome those struggles.
- Life as God intends - Addictions and sin struggles steal from us; they keep us from having the life we really want. Come find the fullness of life that God designed us for and desires for us to have.

**Weekly Meetings** You will begin each weekly meeting gathered with others in the program to hear stories of life change or teaching through the steps. Then you will split off into small groups of men or women to discuss what you are learning through the curriculum\*.

**\*Daily Course Work** Each day, you will spend some time working through the re:generation curriculum on your own. The workbooks will guide you thru short reading assignments, personal reflection, and response questions.

**What are the 12 Steps of re:gen?** Through re:gen, you'll work through 12 biblically-based steps that will help you understand and overcome problems in your life. This biblical pathway leads you towards healing, reconciliation, and freedom!

**How does re:generation work?** Re:generation is a biblical 12-step process structured within the context of small groups. Your first couple of months will be spent in either a newcomers group (first week) or a groundwork group. Once you have completed the groundwork curriculum, demonstrated a willingness to participate and decided that you want to move forward, you will be placed into a step-group to go through the 12 steps. Step-groups have a set number of participants and leaders. Once a step-group is launched, no new members will be added. For the next 8 to 10 months you will progress through the steps using daily curriculum along with other step-group members.

**How long does re:generation take?** The entire re:generation process takes about a year; newcomers and groundwork groups take about 2 months, step-groups take 8 to 10 months. The groundwork curriculum lessons take about 10 minutes per day while the step-group curriculum takes about 30 minutes per day. 30 minutes a day with God for one year working on your recovery will change your life!

**What does re:generation cost?** There is no charge to attend re:generation. Once you decide to start the curriculum, you will need to purchase books at different stages of the ministry (~every six weeks). There are a total of six books. The books are each \$15 plus tax. Total cost is approximately \$90 (spread throughout the year).

**Is childcare available?** Some locations do provide childcare for leaders and participants. Contact your local re:generation group for more information.

**Can I come if I don't have a chemical addiction?** Yes! Re:generation is for everyone. God's steps of healing can free you from any addiction, struggle or hurt. Many people come in order to discover the source of their pain. You will always be welcome regardless of the struggle.



# ONE&ALL Re:generation FAQ

**In re:generation, you will walk with others through 12 steps, each one based on the foundation of God's truth.**

**Step 1, Admit:** We admit we are powerless over our addictions, brokenness and sinful patterns—that in our own power our lives are unmanageable. [Romans 7:18](#) → *"For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out."*

**Step 2, Believe:** We come to believe that God is the one whose power can fully restore us. [Psalms 103:2-5](#) → *"Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's."*

**Step 3, Trust:** We decide to trust God with our lives and wills by accepting His grace through Jesus Christ. [Ephesians 2:4-5](#) → *"But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved."*

**Step 4, Inventory:** We make a searching and fearless moral inventory of ourselves. [Psalms 51:6](#) → *"Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart."*

**Step 5, Confess:** We confess to God, to ourselves, and to another human being the exact nature of our sins. [1 John 1:7-9](#) → *"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 cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

**Step 6, Repent:** We become entirely ready to turn away from our patterns of sin and turn to God. [2 Timothy 2:22](#) → *"So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart."*

**Step 7, Follow:** We humbly ask God's Spirit to change our hearts and minds in order to follow Christ fully. [Galatians 5:22-25](#) → *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit."*

**Step 8, Forgive:** We forgive those who have harmed us and become willing to make amends to those we have harmed. [Ephesians 4:32-5:1](#) → *"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children."*

**Step 9, Amends:** We make direct amends whenever possible, submitting to God, his Word and biblical counsel. [Romans 12:17-18](#) → *"Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all."*

**Step 10, Continue:** We continue to examine our lives and when we sin promptly confess and turn to walk with Christ. [Psalms 139:23-24](#) → *"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"*

**Step 11, Intimacy:** We seek to deepen our relationship with God daily and depend on his power to do his will. [John 17:3](#) → *"And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent."*

**Step 12, Regenerate:** Because of our new lives in Christ, we carry God's message of reconciliation to others and practice these biblical principles in every aspect of our lives. [2 Corinthians 5:17-18](#) → *"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation."*