

A RECOVERING REDEMPTION RESOURCE

# STEPS

GOSPEL-CENTERED RECOVERY

Mentor Guide

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# Introduction to *Steps* Discipleship

Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

**MATTHEW 28:18-20**

The mission of *Steps* fits into the church’s greater mission of bringing glory to God by making disciples through gospel-centered worship, gospel-centered community, gospel-centered service, and gospel-centered multiplication. *Steps* is an intensive discipleship program that consists of daily Bible study and reflection, one-on-one mentoring, sharing in small groups, and a large-group teaching time. We should not view *Steps* as an attempt to climb a staircase to God through a religious system but rather as steps of obedience in faithful response to what the gospel has already accomplished and promised.

No one can lay a foundation other than that which is laid, which is Jesus Christ. Now if anyone builds on the foundation with gold, silver, precious stones, wood, hay, straw—each one’s work will become manifest, for the Day will disclose it, because it will be revealed by fire, and the fire will test what sort of work each one has done.

**1 CORINTHIANS 3:11-13**

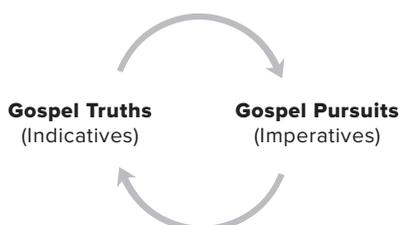
*Steps* begin by laying a foundation of all the gospel accomplishes for those who believe (gospel truths) and then bid people to live out the call to follow Christ (gospel pursuits). To clarify, we are not attempting to legitimize the 12 Steps as presented in traditional, nongospel recovery contexts. However, we will examine and deconstruct each step, claim whatever truth it may hold, reconstruct that truth within a biblical framework, and apply it within a gospel context. To this end we have developed Redeemed Truths.

This mentor guide is designed to help you proclaim the gospel to people who are hurting and broken. The following pages will equip you to take a participant through his or her assessment. It is recommended that you read the entire mentor guide all the way through to familiarize yourself with the process and the materials. You can then use it as a step-by-step guide while you listen to and process someone’s assessment.

# Truth and Pursuit

The message of the gospel is both comfort and call. It presents the comforting truth that in Christ we have been forgiven and made righteous. We are now sons and daughters of God and accepted into His kingdom for eternity, not because of any worth or work of our own but because of the loving choice of the Father and the sacrifice of the Son.

The gospel also offers us, as citizens of the kingdom, a call—a call to come and die, to forsake everything for the expansion of the kingdom of God, and to push back what is dark in the world. This call bids us to throw off the old self and clothe ourselves with the new self.



The structure of *Steps* addresses both the comfort and the call of the gospel message. Weeks 1–4 proclaim gospel truths (comfort), while weeks 5–12 begin to incorporate the importance of gospel pursuits (call).

## **WEEKS 1–4: GOSPEL TRUTHS**

- The nature and character of God
- The fall
- Redemption
- Grace
- Faith and justification
- Adoption
- Sanctification
- Future glory

## **WEEKS 5–12: GOSPEL PURSUITS**

- Holiness
- Reconciliation
- Spiritual disciplines
- Making disciples
- Gospel-centered worship
- Gospel-centered community
- Gospel-centered service
- Gospel-centered multiplication

# The Assessment Process

The assessment process includes both the rooting out of sin and the replanting of biblical truth.

The goal in assessment is not for participants to identify every sin they have ever committed but to illuminate dysfunctional (sinful) patterns of relating to God and others. We want to be free of the things that rob our affections for Christ and hinder our ability to live for His kingdom purposes. Through this process we want to teach participants how to examine their hearts.

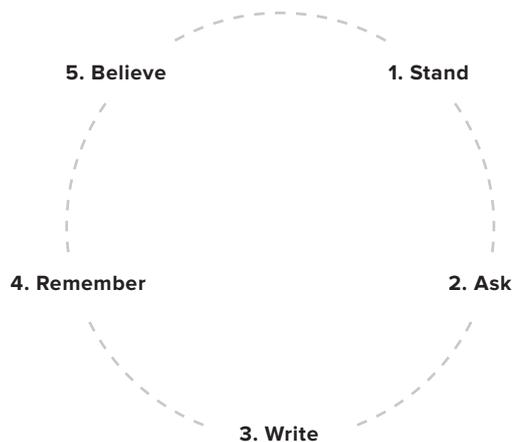
## **ASSESSMENT IS:**

- Examining our hearts, guided by the Holy Spirit
- Being able to identify our sins and the sinful patterns behind them

## **ASSESSMENT IS NOT:**

- An attempt to document every sin
- A one-time event

It is important to root ourselves in the gospel as we examine the darkness of our hearts. We begin by standing in the truths of the gospel—what Christ accomplished, what He is accomplishing, and what He promises to accomplish. We ask the Holy Spirit to reveal areas that hinder us from properly relating to God and others as ambassadors to a lost and dying world. We spend time writing what He reveals in our assessment. We must continually remember the gospel, believe the gospel, and stand in the gospel so that the Enemy does not cause us to stumble.



# An Overview of the Process



## PHASE I: EXAMINE FRUIT (WEEKS 5–7)

When you were slaves of sin, you were free in regard to righteousness. But what fruit were you getting at that time from the things of which you are now ashamed? For the end of those things is death. But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

**ROMANS 6:20-23**

**Traditional step 4:** We made a searching and fearless moral assessment of ourselves.

**Redeemed truth from step 4:** As children of God armed with the Holy Spirit and standing firm in the gospel, we engage in the spiritual battle over the reign and rule of our hearts. God set us apart for holiness, and we look to put to death the areas of our lives that keep us from reflecting Jesus Christ to a dark and dying world. We first examine the fruit in our lives (or moral symptoms). As we move through the assessment process, we will uncover the roots of any ungodly fruit (pride and idolatry) that drive our ungodly thoughts, actions, and emotions.

In phase 1 participants should fill out the lighter shaded areas of the assessment forms. The forms illuminate the fruit of a person's thoughts, actions, and beliefs. There are six forms (two for each week during weeks 5–7): Abuse, Anger and Resentment, Guilt and Shame, Sexual Immorality, Fear, and Grief. Participants should complete and share these forms with their mentors (phase 2) during these weeks.

**PLEASE NOTE:** Mentors should check that all sections are complete, except those in dark blue, which they will complete with the participant.

## PHASE 2: CONFESS AND PRAY (WEEKS 5–7)

If we say we have fellowship with him while we walk in darkness, we lie and do not practice 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 cleanses us from all sin.

**1 JOHN 1:6-7**

After you check for completeness, the participant should begin reading their assessment to you. As they read, allow this to be their time for simple confession—both to you and to God. During this phase you should refrain from pointing out their faults or from giving advice. It is a time to listen and pray. There is power in the simple act of bringing things out of the dark and into the light.

**Traditional step 5:** We admitted before God, ourselves, and another human being the exact nature of our wrongs.

**Redeemed truth from step 5:** Under the covering of God’s grace, we step out in faith, leaving behind our old, self-protective ways of covering sin and hiding from God. We prayerfully come into the light, confessing our sins before God and to one another so that we may be healed.

As the participant confesses each item on the assessment, use the prayer prompts to help them pray about each issue or person. We have also provided two pages for taking notes. We recommend that you take notes to use during phases 3 and 4.

## PHASE 3: EXPOSE ROOTS (WEEK 8)

No good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

**LUKE 6:43-45**

By examining the various columns on each assessment form, you will help the participant uncover roots of pride, idolatry, and spiritual adultery that are causing the sinful fruit of their lives.

## PHASE 4: REPLANT TRUTH AND RENOUNCE LIES (WEEK 8)

This phase of assessment deals with the spiritual dynamics behind the character defects, lies, and vows we consciously or unconsciously believed, pronounced, or entered. We come out of agreement with the Enemy and prayerfully set our intentions on reflecting Jesus to the world.

... assuming that you have heard about him and were taught in him,  
as the truth is in Jesus, to put off your old self, which belongs to  
your former manner of life and is corrupt through deceitful desires.

**EPHESIANS 4:21-22**

**Traditional step 6:** We are entirely ready to have God remove all these defects of character.

**Traditional step 7:** We humbly asked Him to remove our shortcomings.

**Redeemed truth from steps 6 & 7:** In attempting to live independent of God, we have developed dysfunctional (sinful) patterns of coping. After careful examination we have begun to see the demonic roots of our slavery to these sinful patterns. We desire freedom. We renounce our former ways; offer ourselves to God; and, under the waterfall of His grace, ask Him to deliver and heal us by the authority of Christ and the power of the Holy Spirit. We also pray for blessing and the empowerment of the Holy Spirit to live life according to His kingdom purposes.

Using the sample guide provided, you will help the participant identify these lies, vows, and sinful patterns and then pray with them.

## PHASE 5: ENCOURAGE TO FAITHFUL ACTION (WEEKS 9–12)

Walk in a manner worthy of the Lord, fully pleasing to him, bearing  
fruit in every good work and increasing in the knowledge of God.

**COLOSSIANS 1:10**

Through confession, prayer, counsel, and deliverance, the participant has worked to expel the sins, wounds, and oppressive powers that hinder their ability to “walk in a manner worthy of the Lord.” It is now time to encourage the participant toward reconciliation, community, and obedience. You will help them create a list of persons with whom they need to reconcile.

## STEPS

**Traditional step 8:** We made a list of all persons we had harmed and became willing to make amends to them all.

**Traditional step 9:** We made direct amends to such people whenever possible, except when to do so would injure them or others.

**Redeemed truth from steps 8 & 9:** Relationships break down because of sin. If there were no sin in the world, relationships would work harmoniously, evidenced by love and unity. Division among God's people provides opportunities to identify sin and purify the body. The gospel of Jesus Christ brings about justice in a way that the law cannot by inwardly reconciling the very heart of injustice to God. As those forgiven by God, we can humbly approach those affected by our sin and make amends. This change of heart brings glory to God by demonstrating the power of the gospel and reflecting His heart in bringing justice through His reconciled people.

**Additional redeemed truth from steps 8 & 9:** As ambassadors of Christ, we are to be instruments of grace as we confront those who sin against us. We hand our offenses over to God and extend eager forgiveness to those who ask for it. And in this way, fellowship with God and among His people is preserved.

**Traditional step 10:** We continued to take personal inventory and, when we were wrong, promptly admitted it.

**Traditional step 11:** We sought through prayer and meditation to improve our conscious contact with God, praying only for the knowledge of His will and the power to carry that out.

**Redeemed truth from steps 10 & 11:** We continue in the fear of the Lord, putting to death those things that rob our affections for Christ while persevering in our loving and joyful obedience to Him. We return to the Lord quickly with an attitude of repentance, when out of step with the Spirit, as we're trained in godliness and grow spiritually. Since He is our ultimate treasure, we seek to know Him and fill ourselves with those things that stir our affections for Him. We practice spiritual disciplines so that our hearts, so prone to wander, might stay in rhythm with His.

**Traditional step 12:** Having had a spiritual experience as the result of these steps, we try to carry this message to others and to practice these principles in all our affairs.

**Redeemed truth from step 12:** Before the foundations of the earth, God chose us, the church, to live as messengers of reconciliation to a lost and dying world, bearing witness to His wisdom and power through the gospel of Jesus Christ. It is our joy-filled worship to make much of His name, empowered by the Holy Spirit in bringing a comprehensive gospel demonstrated by our deeds and proclaimed by our words, with the goal of making disciples for Jesus Christ. In this same way, we incarnate Christ, being His hands and feet on the earth.

## TIME FRAME FOR COMPLETING ASSESSMENTS

The goal of this process is not to have an hour-long counseling session over each line of assessment. It should not take months to complete the process. The expectation is for mentors to meet weekly with their participants. We recommend one of the following options. (This time is in addition to the review of the Going Deeper questions in weeks 1–4 and 8–12.)

**OPTION 1 (RECOMMENDED):** Schedule three hours per week during weeks 5–7 (two assessments per week) to complete phase 2, then two hours in week 8 for phases 3–4, one hour to apply weeks 9–10, and one hour to develop an after-care plan for the participant.

**OPTION 2:** Schedule an entire day to work through phase 2 instead of three separate sessions during weeks 5–7, then two hours in week 8 for phases 3–4, one hour to apply weeks 9–10, and one hour to develop an after-care plan for the participant.

Choose the schedule that works best for you, the participant, and the ministry format. Each can be effective as long as you complete the entire process.

# The Mentor Role, Expectations, and Accountability

Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.

And behold, I am with you always, to the end of the age.”

**MATTHEW 28:18-20**

## STEPS

*Steps* is a very structured process of discipleship and, due to its brevity, requires competence, character, consistency, and commitment.

### CHARACTERISTICS

Qualified mentors should possess the following characteristics.

- *Competence.* They have completed *Steps* and have been recommended to be a mentor.
- *Character.* They love Jesus. They love, speak, and act toward others in a way that is consistent with His character. They operate under His authority.
- *Consistency.* They attend training to make sure all mentors follow a consistent process. Another aspect of consistency is meeting regularly with the mentee.
- *Commitment.* They are committed to finish the process even if it extends beyond the study and to disciple their mentee.

A person who has not yet completed *Steps* is not necessarily unqualified to be a mentor and may exhibit many characteristics of being a mentor. Enlisting a mentor who has not yet completed *Steps* is permitted but not ideal. This may be necessary, especially the first time your church offers *Steps*. After completing at least one round of *Steps*, experienced and inexperienced mentors can be paired during the *Steps* process to help a new mentor become more qualified.

### EXPECTATIONS

We have the following expectations for mentors.

- Attend the first week of *Steps* with mentees, meet small-group leaders, and exchange information (if applicable).
- Meet weekly with their mentees.
- Attend training as needed and/or required.
- All mentors, regardless of their level of experience, are required to attend the first training, where they will receive their guides and any specific details for this semester.
- Follow the guide for reviewing the Going Deeper questions and completing the assessments.
- Be accountable to coaches and leaders for character and expectations.
- Help develop a next-steps or after-care plan that specifically presents the picture of a growing disciple by emphasizing gospel-centered worship, gospel-centered community, gospel-centered service, and gospel-centered multiplication.

# An Overview of Biblical Counseling

The following overview seeks to differentiate biblical counseling from other forms of counsel that the world offers. Because we bear an influence on the lives that God has entrusted to us as shepherds, we must ensure that our counsel is biblical. Biblical counseling is distinct because it is rooted in the Scriptures, is aimed at the heart with the gospel of Jesus Christ, and exhorts Christ followers with the greatest command.

## Rooted in the Scriptures

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world?

**1 CORINTHIANS 1:20**

The words of the wise are like goads, and like nails firmly fixed are the collected sayings; they are given by one Shepherd. My son, beware of anything beyond these.

**ECCLESIASTES 12:11-12**

## THE WISDOM OF GOD VERSUS THE WISDOM OF THE WORLD

Rightly understood, all wisdom can be categorized in one of two ways. The Bible defines these sources of wisdom as the wisdom of God and the wisdom of the world (see 1 Cor 1:20-21). These two sources of wisdom are actually two different worldviews. One worldview exalts God and His glory as utmost; the other elevates man and his concerns. These two viewpoints regard the other as foolish and stand in opposition to each other. Even some Christians have tried to find a middle ground between these two worldviews. Biblical counseling begins from a perspective rooted in the wisdom of God and is oriented around His glory.

The wisdom of God is displayed most clearly in Jesus Christ. All creation exists to bring Him glory. The wisdom of the world reinterprets our experiences and desires in a way that leads us away from God as we orient our lives primarily around ourselves. The wisdom of the world is limited because it is based in speculation. The wisdom of God is based in revelation. As such, all counsel that mentors provide should be rooted in the wisdom God has revealed in His Word.

## THE RELATIONSHIP BETWEEN ROOT AND FRUIT

Thus says the LORD:

“Cursed is the man who trusts in man

and makes flesh his strength,

whose heart turns away from the LORD.

He is like a shrub in the desert,

and shall not see any good come.

He shall dwell in the parched places of the wilderness,

in an uninhabited salt land.

Blessed is the man who trusts in the LORD,

whose trust is the LORD.

He is like a tree planted by water,

that sends out its roots by the stream,

and does not fear when heat comes,

for its leaves remain green,

and is not anxious in the year of drought,

for it does not cease to bear fruit.”

**JEREMIAH 17:5-8**

As can be seen in the previous passage, the two responses Jeremiah described lead to radically different lives. One is fruitful, and the other is fruitless. The fruit of a person's life will reveal their roots. Those who put their trust in God and His Word are nourished by the living waters of Jesus Christ. Their lives will be characterized by peace and good fruit amid difficult circumstances. Those who trust in man and the world will experience chaos and desolation. Those who seek to counsel biblically will encourage trust and faith in God with the understanding that faithful obedience to the Lord flows from a heart reconciled to Him by faith in Jesus.

## AIMED AT THE HEART

The heart is deceitful above all things

and desperately sick;

who can understand it?

**JEREMIAH 17:9**

## TARGETING SYMPTOMS OR ROOT CAUSES

The Bible describes the heart as the seat of a person, from which our emotions, thoughts, and behaviors originate (see Mark 7:21-22). The heart is the wellspring of our lives that

drives our motivations and desires. Because of sin our hearts are corrupt. Outside the gospel we live with an incurable spiritual heart disease. By God's grace, faith in Jesus brings a new heart with new desires. However, sin and its effects remain, hindering our ability to see God, ourselves, and our lives rightly. Therefore, we need counsel that addresses the fundamental commitments in our lives with the hope of the gospel.

Secular approaches to counseling often treat only symptoms, focusing on behavior, thoughts, and emotions while failing to address the deeper issues of the heart. Treating symptoms has been described as giving aspirin to someone for a headache caused by a brain tumor. It may relieve the headache for a time, but it does nothing to fix the brain tumor.

Thankfully, we are not left without hope. God understands our hearts and has given us insights in His Word to explain the inner workings of man. God pursues the hearts of His people and will not rest until He wins them entirely. The biblical counsel that group leaders provide should address the root causes of our problems, not our symptoms alone.

## THE GOSPEL OF JESUS CHRIST

To those who are called, both Jews and Greeks,  
Christ [is] the power of God and the wisdom of God.

**1 CORINTHIANS 1:24**

The gospel of Jesus Christ is the unfolding plan of God to redeem a people for His glory. God's Word reveals that the cause of all human suffering is sin. Therefore, the counsel that group leaders provide exalts the supremacy of the gospel of Jesus Christ as our ultimate hope amid our sin and suffering. To that end we seek to connect the truths of the gospel to our everyday struggles so that we can rejoice in the transformative grace of Jesus.

## EXHORTING WITH THE GREATEST COMMAND

“Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this: “You shall love your neighbor as yourself.” There is no commandment greater than these.

**MARK 12:29-31**

God has hardwired us for worship. It is an expression of our humanness. We worship what is uppermost in our affections. The question is not whether we worship but what we worship.

## STEPS

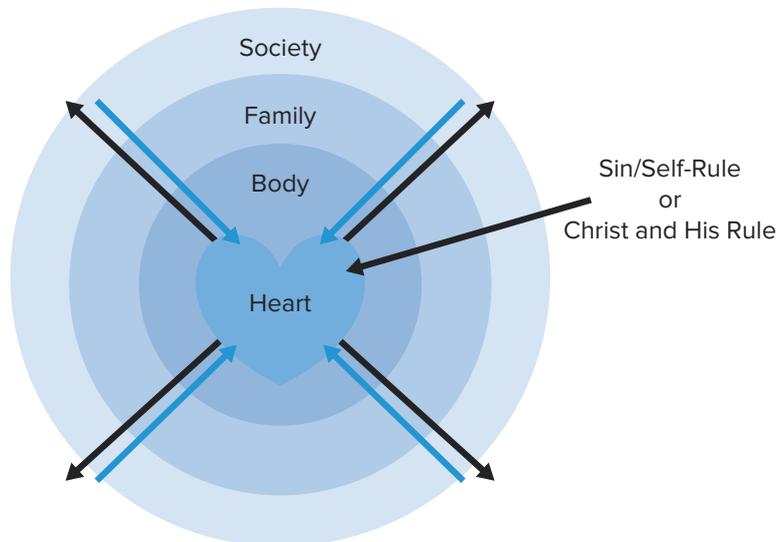
All sin stems from disordered desires. These desires lead to idolatry—the worship of anything other than God. When we sin, we declare that in that moment we love something more than we love God. We give worship that is rightly due Him to another.

Through the gospel we are given new hearts with the reordering of His creative design and the reorientation of our hearts in worship to Him. Gospel-centered worship is a response to the reality that in Christ we have been given all things—the greatest of these being God Himself. Biblical counsel exhorts Christians to pursue rightly ordered worship that spills over into faithful action. We are to be “doers of the word, and not hearers only” (Jas. 1:22).

### **BIBLICAL COUNSELING EXAMPLE: DEPRESSION**

How can these elements of biblical counseling be applied to serious problems like depression? To think biblically about depression, we must first begin by developing a biblical anthropology, or a scriptural understanding of people and what influences them. From this we will see that while it is possible to be spiritually oppressed, physically defective, and pressed by the circumstances around us, we can respond by the Holy Spirit with trust and faith in Christ under God’s sovereign rule.

### **A Biblical Anthropology of the Active and the Passive Heart**



John Henderson, *Equipped to Counsel* (Bedford, TX: Association of Biblical Counselors, 2008).

From the diagram we see that there are physiological, social, and spiritual realities that can influence a person. Our physical bodies, the societies and cultures in which we live, and the unseen spiritual realm all influence our lives. Yet above it all God sits sovereignly enthroned, fully in control. He is sovereign over all things. Therefore, if we trust God in the midst of a chaotic situation, we will bear good fruit regardless of the source of the difficulty (see Jer. 17:7-8). If we place our trust elsewhere, we will be:

like a shrub in the desert  
and shall not see any good come.

**JEREMIAH 17:6**

This truth hints at the greater reality present as we counsel those who are struggling with depression. Despite the influences that surround us, the Bible focuses on the heart as the center of emotion, intellect, will, and desire. It is at the heart level that God ministers His grace to sufferers of depression.

One of the common features of depression is hopelessness. As you listen to others' stories of depression, you often hear evidence of misplaced hope. Many who struggle with depression say they have nothing left to live for. Their desires and dreams have gone unsatisfied. They feel lifeless, plunged into darkness. They have lost hope, motivation, and purpose. What a place for the gospel to enter!

In the greatest commandment Jesus exhorts us not to place our hope in lesser loves (see Mark 12:30). This is both for His glory and our good. In contrast to Jesus' words, depression often results from putting our hope in something other than God and His promise of redemption through the gospel of Jesus Christ. Because the world as we know it is passing away, finding our meaning in this world and the people of this world will leave us like Solomon, who, having it all, exclaimed, "Meaningless! Meaningless! ... Everything is meaningless! ... a chasing after the wind" (Eccl. 1:1-14, NIV).

We are told in Matthew 6:33:

Seek first the kingdom of God and His righteousness,  
and all these things will be added to you.

**MATTHEW 6:33**

In our natural, sinful state we seek the things we love—what we treasure. Jesus warns us that to treasure the things of the earth is to grasp for temporary, fleeting things that can never deliver on the security they promise. Instead, we are called to treasure and seek the eternal things of the kingdom of heaven.

## STEPS

We seek with our eyes, so if our eye is bad (when we seek temporary hopes and treasures), our whole body will be full of darkness. How great is that darkness outside the hope of the gospel! But if our eye is full of light, it brings light to the whole body. Through the gospel we have been given the eternal riches of the Kingdom. If someone is depressed, we want to invite that person to know the only One who brings light to the darkness, life from the dead, and order from chaos.

Even if there is a true chemical imbalance caused by a physical problem in our bodies or if there is spiritual oppression or social anxiety, our ministry to depressed people remains the same. We compassionately minister to the heart with the hope of the gospel of Jesus Christ amid all circumstances. There has never been a case of chemical imbalance (other than Jesus sweating blood in the garden of Gethsemane) that did not also expose heart issues that needed to be addressed.

This does not mean we discourage helpful symptomatic relief through medication or other means. It means we never want to lose sight that our real hope is not a chemical or a feeling. As Paul Tripp has said, “Hope is a person, and his name is Jesus Christ.”<sup>1</sup> No matter how terrible a person feels, it is possible to look on our lives and situation with hope because of the light of the gospel of Jesus Christ.

These truths do not minimize or discount the very real and deep darkness of depression. God sees, and He cares. Because God is sovereign, He takes us into difficult seasons and uses them for good. There is a purpose for our suffering. Often the heart is exposed in seemingly never-ending forms of pride and idolatry, but through the gospel there is unending grace as God rescues us from the bondage of lesser hopes.

**PLEASE NOTE:** Additional Assessment Training can be downloaded from disc 1 of *Steps Bible Study Kit* or at [lifeway.com/steps](http://lifeway.com/steps).

1. Paul Tripp, “Advent: The Promise” [online], 12 December 2012 [cited 2 October 2015]. Available from the Internet: [www.paultripp.com/wednesdays-word/posts/advent-the-promise](http://www.paultripp.com/wednesdays-word/posts/advent-the-promise).



## STEPS

### **SPEAK, LEAD, REMIND, & PRAY**

It is important for those we disciple to see their problems biblically so that we can bring the hope of the gospel to their specific needs. You might feel tempted to think you must have answers to all their problems immediately. Keep your reflections for future sessions and for prayer. Introduce participants to Scriptures that speak to their circumstances. Remind them of their identity and of the promises and character of God.

Before concluding your meeting, be sure you both make note of the time and place you will meet next time.

As the participant is transparent and bares their soul, it is important that you cover them with the gospel in prayer as you conclude.

## Schedule and Contact Information

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PARTICIPANT'S NAME

CONTACT INFORMATION

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DAY AND TIME OF MEETING

LOCATION

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FREQUENCY OF MEETING (LIST DATES YOU WILL MEET)

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WEEKS 1-4

# LAYING A FOUNDATION

**WEEK 1**

# Creation and Fall

**PRAY, LOVE, ASK, & LISTEN**

Always open and close your time together in prayer. Be intentional about connecting organically with the person you are mentoring by asking about the week and showing genuine interest in the details of his or her life. Discuss the Going Deeper questions, taking notes as needed (this is a time to listen).

1. What do you think it means to fear the Lord?
2. Where does your heart go when you read the creation account?
3. Where does your heart go when you consider the suffering, pain, and hardship of our fallen world?
4. How does understanding God's pursuit and plan for redemption affect you?
5. According to the creation account, a functional human being is to live in a loving, dependent relationship with his Creator. In what areas of your life do you rely on creation rather than the Creator for direction, protection, provision, power, satisfaction, comfort, security, stability, hope, and happiness?
6. Describe your current suffering. What is the source?
7. God created us to be in loving relationships with Himself and others. Think about your close community and friends. Do you reach out to others when you need help? Why or why not? Where do they point you for hope?
8. In what ways do you disregard God's voice and follow another voice to pursue your own desires?
9. What do you do and where do you turn in your sin and suffering?
10. How do you attempt to remedy the problem? Or are you just defeated?

Review the redeemed truth for step 1 (see appendix A).

**SPEAK, LEAD, REMIND, & PRAY**

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