Week / Lesson 1 · Identity in Christ

2 Wakorintho / 2 Corinthians 5:14-21

Name (optional): _____ Date: _____

Distinguish past wrongdoing from identity in Christ while accepting responsibility.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

Past history or Christ: what grounds a renewed life? Christ’s grace begins a renewed life of dignity, truth, and service.

3 · Discuss

How can a family or church honor the dignity of a person responsible for harm while protecting people harmed?

Week / Lesson 1 · Identity in Christ

2 Wakorintho / 2 Corinthians 5:14-21

4 · Examine honestly

Which old label obstructs receiving grace and accepting responsibility? Which truth in the passage challenges the label?

5 · Practice one step

After breakfast on four days, read 2 Corinthians 5:17-20. In a notebook, place one shame label beside one truth from the passage. Within 24 hours, keep one small promise as a practice of renewed life.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of grace, let created dignity and renewal in Christ become foundations for truth, responsibility, and service. Amen.

Week / Lesson 2 · Repentance and Forgiveness

Luka / Luke 15:11-32

Name (optional): _____ Date: _____

Explain repentance as returning to the Father and choose one responsible response.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

What changes when repentance becomes a return to the Father? Mercy precedes repair; repentance bears fruit in truth and changed conduct.

3 · Discuss

How can mercy welcome a returning wrongdoer while upholding protection and justice?

Week / Lesson 2 · Repentance and Forgiveness

Luka / Luke 15:11-32

4 · Examine honestly

Which conduct needs to stop? Which harm requires acknowledgment without excuses?

5 · Practice one step

On the second evening, write down wrongdoing, harm, and one safe step of repair. Read Psalm 51:1-12. Plan a step before the weekend with suitable counsel. Do not demand contact, forgiveness, or closeness from a person harmed.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: Merciful Father, let repentance bear fruit in truth, changed conduct, and wise repair. Amen.

Week / Lesson 3 · Healing Emotional Wounds

Zaburi / Psalm 34:15-22

Name (optional): _____ Date: _____

Recognize the place of lament and choose safe support without rushing healing.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

What room does faith make for a broken heart? God’s nearness makes room for honesty, lament, and support.

3 · Discuss

How can a group listen without demanding disclosure or a quick cheerful ending?

Week / Lesson 3 · Healing Emotional Wounds

Zaburi / Psalm 34:15-22

4 · Examine honestly

Which feeling needs safe space? Which qualities make a listener trustworthy?

5 · Practice one step

After study, compose a brief lament: name a feeling, ask for help, and express a small hope. During the week, arrange contact with a trusted person or appropriate service. Details of the wound may remain in a private notebook.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of comfort, let room for lament, wise support, and hope in Christ encourage a safe next step. Amen.

Week / Lesson 4 · Anger, Bitterness, and Resentment

Waefeso / Ephesians 4:25-32

Name (optional): _____ Date: _____

Distinguish anger from harmful conduct and plan a safe response.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can anger reveal a wound without ruling decisions? Renewed life in Christ seeks justice through truth, restraint, and compassion.

3 · Discuss

What distinguishes seeking justice from wanting another person to suffer?

Week / Lesson 4 · Anger, Bitterness, and Resentment

Waefeso / Ephesians 4:25-32

4 · Examine honestly

Which event triggers anger? Which fear, wound, or need lies beneath the feeling?

5 · Practice one step

Before the next difficult conversation, note two anger signals and one calming response. In safe circumstances, describe the event, impact, and request without insults. At the weekend, record a helpful response and an area needing further support.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of justice, let truth and compassion guide anger; let speech and conduct build safety and peace. Amen.

Week / Lesson 5 · Freedom from Fear of Dark Powers

Wakolosai / Colossians 2:13-15

Name (optional): _____ Date: _____

Evaluate spiritual claims in the light of Christ and choose wisdom over accusation.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God's action or a key word in context.

2 · Understand

How can Christ's victory guide decisions surrounded by fear? Freedom rests on the crucified and risen Christ.

3 · Discuss

How would Christ-centered ministry differ from ministry using fear to control?

Week / Lesson 5 · Freedom from Fear of Dark Powers

Wakolosai / Colossians 2:13-15

4 · Examine honestly

Which claim needs testing against Scripture and evidence? Does the claim cultivate peace and truth or fear and control?

5 · Practice one step

When a frightening claim arises, note the claim, available evidence, and the guidance of Colossians 2:13-15. Discuss with a trusted Scripture reader. Seek support suited to the actual problem without accusing a person of witchcraft.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: Lord Jesus Christ, let the truth of cross and resurrection cultivate faith, wisdom, and love free from accusation. Amen.

Week / Lesson 6 · Peace amid Anxiety

Wafilipi / Philippians 4:4-9

Name (optional): _____ Date: _____

Distinguish evidence from fearful prediction; join prayer to a feasible action.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can faithful living continue while tomorrow remains uncertain? Peace in Christ makes room for prayer, truth, bodily care, and support.

3 · Discuss

How can a group encourage without turning health symptoms into spiritual blame?

Week / Lesson 6 · Peace amid Anxiety

Wafilipi / Philippians 4:4-9

4 · Examine honestly

What is supported by evidence? What remains a fearful prediction? Which need can enter prayer and receive support?

5 · Practice one step

After the evening meal on three days, use three columns: evidence, fear, action. Read Philippians 4:6-9 and note one gratitude. Within 24 hours, take a feasible step such as obtaining accurate information or arranging a supportive conversation.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of peace, let truth guide thought, wisdom guide action, and support be received without shame. Amen.

Week / Lesson 7 · Roots of Spiritual Practice

Zaburi / Psalm 1:1-6

Name (optional): _____ Date: _____

Build a modest rhythm of Scripture, prayer, and rest; review the first half of the journey.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can practices receive grace without attempting to purchase God’s love? Grace precedes discipline; living roots grow through ordinary faithfulness.

3 · Discuss

How would a gracious discipline differ from a schedule measuring a believer’s worth?

Week / Lesson 7 · Roots of Spiritual Practice

Zaburi / Psalm 1:1-6

4 · Examine honestly

Which practice during six weeks has made room for truth and love? Which routine needs simplifying or adjusting?

5 · Practice one step

After waking on four days, allow ten minutes: read Psalm 1, reflect, pray, and choose an act of love. Set aside feasible Sabbath time for worship, rest, or mercy. At the weekend, complete the midpoint review in the worksheet.

6 · Midpoint review

Review weeks 1-6: truth understood; practice attempted; obstacle; needed support; one rhythm to continue through week 14.

Prayer: God of life, let Scripture, prayer, and rest deepen roots of love and faithfulness within Christ’s grace. Amen.

Week / Lesson 8 · A Way through Temptation

1 Wakorintho / 1 Corinthians 10:1-14

Name (optional): _____ Date: _____

Identify a trigger and make an early exit plan with appropriate support.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can an exit be recognized before a harmful cycle returns? Grace calls from secrecy toward truth, protection, and support.

3 · Discuss

What does “just stop” overlook about triggers, circumstances, and addiction care?

Week / Lesson 8 · A Way through Temptation

1 Wakorintho / 1 Corinthians 10:1-14

4 · Examine honestly

Which time, place, or feeling increases risk? Which support needs arranging before temptation?

5 · Practice one step

Before a known risky period, write a plan: trigger, exit action, trusted contact, and professional support where needed. Safely remove one cue. Arrange a weekend check-in without public disclosure of sensitive details.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: Faithful God, let truth overcome secrecy, wisdom recognize a safe path, and grace encourage receiving help. Amen.

Week / Lesson 9 · Healthy Relationships

Wakolosai / Colossians 3:12-15

Name (optional): _____ Date: _____

Distinguish forgiveness, reconciliation, and trust; choose a respectful boundary.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can love uphold dignity, truth, and safety together? God’s beloved people are called to compassionate love and wise boundaries.

3 · Discuss

How can a family welcome a new beginning without demanding immediate trust?

Week / Lesson 9 · Healthy Relationships

Wakolosai / Colossians 3:12-15

4 · Examine honestly

Which relationship needs truth or a clear boundary? Which actions could gradually rebuild trust?

5 · Practice one step

Before a safe conversation, write an event, impact, need, and one request. Frame a boundary as protective conduct without a threat. If conversation is unsafe, arrange protective support or suitable counsel instead.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of love, let compassion and truth guide relationships; let wise boundaries uphold dignity and safety. Amen.

Week / Lesson 10 · Hope and Purpose

Yeremia / Jeremiah 29:1-14

Name (optional): _____ Date: _____

Read the promise in its exilic context and form one 30-day goal of service.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God's action or a key word in context.

2 · Understand

How can purpose begin within unchosen circumstances? God's hope invites building, planting, and seeking a neighbor's welfare now.

3 · Discuss

How does Jeremiah 29:7 shift the measure of purpose toward community welfare?

Week / Lesson 10 · Hope and Purpose

Yeremia / Jeremiah 29:1-14

4 · Examine honestly

Which three resources are presently available? Which neighboring need could meet those resources?

5 · Practice one step

On the first day, list three resources and one actual need. With the affected person’s agreement, choose a 30-day service goal. Set a date, a first step during the week, and a trusted reviewer.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of hope, let available gifts and resources bear fruit in faithful work, justice, and service. Amen.

Week / Lesson 11 · From Loneliness toward Belonging

Zaburi / Psalm 68:4-6

Name (optional): _____ Date: _____

Distinguish loneliness from chosen solitude and choose one bridge toward safe belonging.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can a place of welcome open without forcing intimacy? Christ’s grace builds a family with room, boundaries, and practical care.

3 · Discuss

How can a church make a place at the table for an excluded person?

Week / Lesson 11 · From Loneliness toward Belonging

Zaburi / Psalm 68:4-6

4 · Examine honestly

What stands between loneliness and safe belonging? Which respectful gesture could build a bridge?

5 · Practice one step

Midweek, send a greeting or brief request for conversation to a trusted person. Join one activity with respected boundaries where circumstances allow. Offer welcome without pressing for private details.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of belonging, let respectful welcome, boundaries, and patience create space for safe fellowship. Amen.

Week / Lesson 12 · Preparing for a New Beginning in Society

Warumi / Romans 12:1-2

Name (optional): _____ Date: _____

Build a plan for day one and days 7, 30, and 90 with support and responsibilities.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

When a door opens, what preparation supports a free life? God’s mercy shapes renewed thinking and preparation for the whole of life.

3 · Discuss

How can a community join welcome, justice for affected people, and practical help for a new start?

Week / Lesson 12 · Preparing for a New Beginning in Society

Warumi / Romans 12:1-2

4 · Examine honestly

Which area still has hope without a practical step? Which service, document, or contact needs confirmation?

5 · Practice one step

During a planned session, complete a day 1/7/30/90 map covering housing, health, documents, work or finances, and trusted contacts. Confirm one contact and one first-day action. Prepare an alternative if the first arrangement fails.

6 · A new-beginning map

Day 1 / 7 / 30 / 90 map: housing; health; documents; work or money; trusted contacts; alternative plan.

Prayer: Merciful God, let renewed thinking guide preparation, safe support, and faithful steps. Amen.

Week / Lesson 13 · Community and Accountability

Waebrania / Hebrews 10:19-25

Name (optional): _____ Date: _____

Arrange voluntary accountability with timing, boundaries, and a support plan.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can being known nurture freedom without becoming control? Christ opens the way; community encourages love and good works.

3 · Discuss

What distinguishes a supportive cord of grace from a controlling chain of fear?

Week / Lesson 13 · Community and Accountability

Waebrania / Hebrews 10:19-25

4 · Examine honestly

Which qualities of a safe companion are visible? Which check-in question would support action without invading privacy?

5 · Practice one step

Before the weekend, voluntarily agree to a weekly 15-minute conversation for one month with a trusted companion. Use four prompts: truth learned, practice attempted, obstacle, and next step. Clarify information boundaries and how to seek help in danger.

6 · Review graciously

Weekly check-in: practice attempted; obstacle; question; needed support; next step and date. No score is assigned to the worth of faith.

Prayer: God of fellowship, let gentle truth, boundaries, and shared burdens build a gracious community. Amen.

Week / Lesson 14 · An Eternal Perspective and the Continuing Journey

Wakolosai / Colossians 3:1-17

Name (optional): _____ Date: _____

Connect resurrection hope to present decisions and complete a 90-day continuation plan.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can God’s promised future illuminate present steps? Christ’s resurrection brings hope for new creation and present faithfulness.

3 · Discuss

How can new-creation hope produce present service rather than avoidance of responsibility?

Week / Lesson 14 · An Eternal Perspective and the Continuing Journey

Wakolosai / Colossians 3:1-17

4 · Examine honestly

Which truth about Christ has changed a decision? Which area still needs support and a continuing step?

5 · Practice one step

Within 24 hours, choose one continuing practice. Complete a 90-day plan: a foundational truth, two practices, a consenting trusted companion, needed support, and an act of service. Set reviews for days 30, 60, and 90; adjust graciously without assigning spiritual scores.

6 · Final exercise and continuation

Integrate the journey: a truth about Christ and a changed decision. A 90-day plan: two practices; a consenting companion; support; service. Set review dates for days 30, 60, and 90.

Prayer: God of new creation, let resurrection light guide present faithfulness, love of neighbor, and enduring hope. Amen.