

# REHAB

A GROUP STUDY



**DISCIPLESHIP MINISTRIES**  
The United Methodist Church

# Rehab

A Group Study

**Lesson 1: Wilderness**

**Lesson 2: Intervention**

**Lesson 3: Program**

**Lesson 4: Recovery**

**Lesson 5: Promise**

**About Rehab**

*Rehab: A Group Study* is a five-week companion study based on the Lent 2018 worship series, “Rehab,” developed by the worship team at Discipleship Ministries. Each lesson uses the same Scriptures and themes as the previous Sunday’s worship service.

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The study is available as a free PDF or for purchase on Amazon (search for Rehab A Group Study) for \$5.95 per copy.

**Resources and links will be available on the Discipleship Ministries Website at [www.umcdiscipleship.org/worship](http://www.umcdiscipleship.org/worship).**

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## Lesson 1: Wilderness

### STARTERS (10 minutes)

#### What wilderness experiences have you had?

- Being lost in the woods without a GPS.
- Waiting for test results in a hospital bed.
- Trying to navigate conflict with a loved one.
- Being confused by a difficult decision.
- Being overcome with the results of bad choices.
- Being in the midst of a spiritual battle.
- Other

#### Discuss with one or two people, and then share with the whole group:

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- What image comes to mind when you think about being in the wilderness?
  - What does it feel like to be lost?
-

### **In the Know (15 minutes)**

**Read the information below. If your group has more than seven members, divide into groups of four to discuss.**

What is the wilderness? Wilderness represents times in our lives when we begin to face, head on, our own brokenness. We admit we have fallen and can't get up on our own. We admit we have lost our way. We admit we are facing trials and temptations. We admit we have come face to face with evil. We admit that we can no longer manage on our own. We need help. We need a Savior.

For some, being in the wilderness is temporary. For others, it is the status quo of their entire lives. But whether our wilderness is temporary or seems to be permanent, we experience it the same. Being in the wilderness is a time of testing.

The wilderness is where the wild things are. There is no ready supply of food or fresh water. The wilderness is desolate. It is a place of desperation. But wilderness also speaks to periods of life or states of mind: lost, unsettled, wandering, discerning, tempted by Satan, tested by God. The wilderness is a time of trial. It is a probationary period.

Heading into the wilderness, whether it's imposed upon us or we voluntarily go, is only the first step in the rehab journey toward reconciliation, healing, and wholeness. But it is a step we must take to start the process of recovery.

### **Share your thoughts about wilderness.**

1. What is the difference between planning to go into the wilderness versus finding yourself in the wilderness without preparation? (*Survivor vs Lost*)
2. How does going into the wilderness lead to transformation and hope?

### **Reflection on the Bible (20 minutes)**

**Ask a participant to read aloud the following passages from Mark 1:9-15 and Deuteronomy 8:2. Ask another person to read the background.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news' (Mark 1:9-15).

Remember the long way that the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments (Deuteronomy 8:2).

## Background

Our image of repentance can often be of a one-time decision made at an altar rail or revival service while the congregation sings “Just as I Am.” However, the biblical image of repentance is much broader. This is displayed in the Old Testament: God makes a covenant with Israel; Israel promises faithfulness; Israel slides into unfaithfulness; prophets warn the people; punishment eventually comes; Israel repents and returns to God. With repentance, there is both *a turning away* from sin and unfaithful habits and a *turning toward* God. Repentance results in reconciliation and in new behaviors (obedience, faithfulness) that demonstrate new commitments.

Repentance is at the heart of the gospel announcement. This is demonstrated in Jesus’ preaching and teaching (Mark 1:15) and with the first Christians (Acts 2:38). Repentance is an ongoing, continuous action with the life of the growing disciple. As we grow closer to God, the more we see that we need to repent from. As we grow closer to God’s love, the more we see our need for transformation.

### Questions for Discussion

If your group has more than seven members, divide into groups of four to discuss the Scripture passage.

- 
1. Why do people go through times of testing?
  2. Why is the call to repentance linked to making changes in our lives?
  3. What lesson do we learn about how Jesus went from the joy of his baptism immediately into the wilderness where he was tempted by the devil?
- 

### Making It Personal (10 minutes)

- How do you think you would handle an intense period of temptation similar to what Jesus faced for forty consecutive days? What would it reveal about you? (Not fit enough spiritually? spiritually broken?)
- How is beginning rehab or physical therapy similar to a wilderness experience? (Certain luxuries are not accessible; habits will have to change; often there is a radical departure from previous practices; there may be feelings of disorientation; often a long duration of time.)

### Close in Prayer (5 minutes)

## Lesson 2: Intervention

### STARTERS (10 minutes)

#### What do you wish you could change?

- Your weight.
- A bad habit.
- The way you interact with “that” person.
- An addiction.
- Your feelings toward God.
- Your anger at unforeseen circumstances.
- Other

#### **Discuss with one or two people, and then share with the whole group:**

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- Why is it easier to see what others need to change than working on your own changes?
  - Have you had to make an intervention? On yourself? On behalf of someone else?
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#### **In the Know (15 minutes)**

**Read the article below. If your group has more than seven members, divide into groups of four to discuss.**

Rehab is a journey into a very hard place. It is about taking up the cross and denying yourself. It is about following a leader or a program or a Savior into the hard place of suffering, rejection, and even death. Rehab requires that we give up control for the time being and let someone else tell us what to do.

It may be publically humiliating to have to go to rehab. It may be hard to confess your sin and ask for help. It is humbling to admit that you can't fix it on your own, that the disease or the evil has gained control over you, and that you need intervention to get out from underneath the weight of your problem. But no matter what difficulties we face, after taking the first step—admitting we have a problem—we have to take the second step of entering into a time of pain and suffering. The only way to survive is to take a deep breath, trust in the people who love us and in the healing power of grace, and walk bravely into the depths of despair, whatever it may be.

If we try to preserve ourselves by ignoring or denying that we have a problem, be it with our heart, or with drugs, or with alcohol, or with sex, or food, or PTSD, or whatever it is from which we need to recover, then we risk death. We risk not just physical death, but spiritual death as well.

Being a follower of Jesus means that we bravely head into the storms that life sends our way. It means we walk into the suffering that life brings, not just to us, but to others. And if we aren't following Jesus into the path that leads to suffering, then we are heading in the wrong direction.

Because being a Christian is not a magic pill that we can take to avoid the suffering that is part of life. The good news is that we know when we are in Christ, pain and suffering, evil and death, no longer have dominion over us. We know that on the other side of the pain and the suffering of rehab is the promise of resurrection. Jesus promises that when we willingly give up our lives, do whatever it takes, even suffer and die, it is through this path that we will find eternal healing and life everlasting.

**Share your thoughts about intervention.**

1. What is the breaking point at which you know you need to make a change?
  
1. How does your faith both challenge you and encourage when you are in hard places?

**Reflection on the Bible (20 minutes)**

**Ask someone to read aloud the following passages from Mark 8:31-38. Ask another person to read the background.**

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels' (Mark 8:31-38).

## **Background:**

Peter hoped Jesus would meet his expectations for a Jewish Messiah. Probably like many other Jews of this time, Peter hoped for a Messiah who would conquer the Romans and setup a physical throne to rule over a faithful Israel. When Jesus hinted at something different (that the Messiah would not only suffer but die!), Peter was willing to confront Jesus. Peter's attempt was really about control. He wanted Jesus to conform to his expectations. However, Jesus rebuked Peter's attempt at manipulation and control.

This rebuke is quickly followed by a challenge, "If any want to become my followers, let them deny themselves and take up their cross and follow me." This challenge highlights a central principle of change: change demands action. It is not enough to hear the words of Jesus; we must also act upon them.

## **Questions for Discussion**

**If your group has more than seven members, divide into groups of four to discuss the Scripture passage.**

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1. Have you ever been rebuked?
  2. What does Jesus' example teach us about suffering?
  3. How can denying yourself open you to God?
- 

## **Making It Personal (10 minutes)**

- Not many adults like to admit they've made mistakes or have been to rehab. While some adults might wear physical therapy as a badge, few are as willing to admit their need for emotional and relational help. What might this reveal about our human condition?
- How does our need to feel in control play a role in our unwillingness to admit our need for outside help?
- When Jesus rebuked Peter, might there be a rebuke of us as well? What might Jesus' rebuke of us be?

## **Close in Prayer (5 minutes)**

## Lesson 3: Program

### **In the Know (15 minutes)**

This lesson starts with “In The Know”. Read and discuss.

In recovery support groups, the phrase “working the steps” or “working the program” is used to describe how a participant goes through a process of recovery under the direct supervision of a sponsor. Likewise, in cardiac or other physical rehabilitation programs, there is a prescribed set of exercises and activities that the person goes through, a program the individual “works,” also under the supervision of a trained specialist. So a fundamental component of rehab is a program. A second critical component is people who support and encourage you as you follow the program.

This study proposes that the Ten Commandments form the basis of our program of Christian living. Indeed, for Christians, those are bedrock. Jesus himself taught that those who love him keep his commandments. We study Scripture, pray, take Communion, worship, and engage with those in need, not as an end in themselves. We do so because they are means of grace—our actions transform us and draw us closer to God and one another.

The Ten Commandments make up our ten-step program as followers of Jesus Christ. This is why the Ten Commandments are among the first things we teach our children. Following these commandments is about character. They are about what we stand for as people of God and as community members. These are foundational principles for living in community with one another.

### **Share your thoughts about the Ten Commandments.**

1. In what ways are the Ten Commandments foundational for Christians?
2. How does following the commandments allow you to grow in your faith?

**STARTERS (15 minutes)**

**TEN COMMANDMENTS ASSESSMENT**

**STEP ONE:** Read through the Ten Commandments, looking for the ones that are the most challenging for you to follow.

**Worship only the Lord God.**

**Don't worship idols.**

**Don't take the Lord's name in vain.**

**Remember the Sabbath and keep it holy.**

**Honor your parents.**

**Do not commit murder.**

**Do not commit adultery.**

**Do not steal.**

**Do not lie.**

**Do not covet what other people have.**

<b>STEP TWO:</b> List the <i><b>four</b></i> commandments that are hardest for you to follow.	<b>STEP THREE:</b> Look over the four you identified and write down <i><b>two</b></i> that most challenge you.
1.	1.
2.	2.
3.	
4.	

**Discuss with one or two people, and then share with the whole group:**

- 
- What did you discover about yourself as you identified the hardest commandments to follow?
  - What does your 'two most challenging commandments' say about you at this time in your life?
-

### **Reflection on the Bible (20 minutes)**

**Ask someone to read aloud the following passage from Exodus 20:1-17. Ask another person to read the background.**

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor. Exodus 20:1-17

## **Background:**

Keeping the commandments was the way the Israelites revealed their love and gratitude for all that God had done, was doing, and would do for them in the future. They referred to these not as commandments, but as “instructions for life.” The commandments were seen as a gift from God. Thus the Psalmist could declare, “Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the **law** of the Lord, on his **law** they meditate day and night.” (Psalm 1:1-2; see also 119:97 NRSV)

In the New Testament, Jesus boiled down the law in what we call the Greatest Commandment, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.” (Matthew 22:37-40)

## **Questions for Discussion**

**If your group has more than seven members, divide into groups of four to discuss the Scripture passage.**

- 
1. How does being part of a community of faith help you to meditate on the law?
  2. What is the link between a person’s love of God and of neighbor?
- 

## **Making It Personal (10 minutes)**

- Similar to a rehab plan, the Ten Commandments were designed to strengthen the character of the Israelites. How do the practices of spiritual disciplines (prayer, worship, reading the Bible, acts of mercy, and so on) become a spiritual formation plan for allowing God to work in us and through us?
- Oftentimes, the results of a diet or rehab plan seem so slow that we fail to notice them (even though others might). Might this also be the case when it comes to growth in maturity as a Christian? What role do instructions and commandments play for Christians today?

## **Close in Prayer (5 minutes)**

## Lesson 4: Recovery

### STARTERS (10 minutes)

#### From what are your recovering?

- From an injury or physical illness
- From the death of a loved one.
- From a missed opportunity.
- From a moral failing.
- From a loss of confidence.
- From a crisis of faith.
- Other

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#### Discuss with one or two people, and then share with the whole group:

- What sustains you in the midst of recovery?
  - What does your faith say about the journey of recovery?
- 

### In the Know (15 minutes)

Read the article below. If your group has more than seven members, divide into groups of four to discuss.

The original sin of Adam and Eve was the desire to have the knowledge of good and evil for themselves, apart from God. They imagined they could do it on their own. They imagined they really didn't need God to show them the way to the truth.

It is this original sin, of thinking that we can do everything without God, that leads to all the rest of our sins. So the first thing we need to do to begin to get out of the vicious cycle of our sinful behaviors is to admit that we can't do it alone and to ask God and others to help us. And God has already provided the path to recovery!

The good news is all we need to do is look to the cross. All we need to do to receive God's healing grace is lift our eyes and gaze into the face of our Lord Jesus Christ. All we need to do is trust that he is the one who can transform us, change us, restore us, heal us, save us. And then let him keep doing it.

#### Share your thoughts about recovery.

1. How does thinking we can do it on our own mess us up?
2. How does looking at the cross lead to recovery?

### **Reflection on the Bible (20 minutes)**

Ask someone to read aloud the following passage: John 3:14-18. Ask another person to read the background.

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

‘Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God (John 3:14-18).

### **Background**

It is common to read “eternal life” and make a mental leap to images of clouds, angels, and pearly gates. Yet the way John uses this phrase is a bit more “earthy.” “Life” in this passage has more to do with the quality of life. Eternal life would have been a phrase that Jesus’ audience would have understood along the lines of “age to come,” which was their hope (not an escape to a distant place).

The strategy and work of recovery prepares us to hear even more clearly the good news that our faults and weaknesses do not define us. Recovery has a destination—healing and wholeness. Easter reveals God’s ultimate purpose for the world is not condemnation, but redemption—redemption that can be won only by God’s redeeming power.

### **Questions for Discussion**

If your group has more than seven members, divide into groups of four to discuss the Scripture passage.

- 
1. How do you define salvation?
  2. How does God’s love fuel recovery?
- 

### **Making It Personal (10 minutes)**

- Rehab is not always a neat and easy path. Failures, setbacks, and new obstacles often appear. How do you persevere when recovery seems so far away?
- What difference does it make believing that God is “for us,” specifically when it comes to growing in Christian maturity? What about in the midst of doubt?

### **Close in Prayer (5 minutes)**

## Lesson 5: Promise

### STARTERS (10 minutes)

Promises are made by us and to us all the time. When we get a product like a TV, the company promises to fix it if it doesn't work. Our job promises to pay us for what we do. If we complete all our classes with satisfactory grades, we are promised a diploma. We also make promises to others. To our children, that we will feed them, teach them, and put a roof over their heads. To a spouse or partner, that we will be faithful. To a friend, that we will be there in times of deepest need. To our church, that we will support it with our prayers, our presence, our gifts, our service, and our witness. With this in mind, answer the following.

Write down three promises you have made in the past.

- 1.
- 2.
- 3.

Write down two broken promises  
(broken by you or by another).

- 1.
- 2.

### **Discuss with one or two people, and then share with the whole group:**

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- What is the difference between promises made to you by companies or institutions versus promises made in a relationship?
  - How do promises kept ensure trust? How do broken promises undermine trust?
-

### **In the Know (15 minutes)**

**Read the article below. If your group has more than seven members, divide into groups of four to discuss.**

Where do we find strength for today? Where do we find bright hope for tomorrow? This week, we find it in the promise God sent through the mouth of the prophet Jeremiah some 2,600 years ago. And the amazing thing about this Scripture lesson is that the power of Jeremiah's words speak to us just as clearly and profoundly today as they did to the children of Israel held in captivity in Babylon all those generations ago.

The Lord is saying to them, and to us, "No matter what you are going through, no matter how much it hurts or how difficult it is to imagine a future with hope, I promise you, it will get better one day. And you are not alone. I am with you to the end of the age."

- One day, the Lord says, the house of Israel and the house of Judah will be restored.
- One day, you will be able to return to the land that the Lord gave to you.
- One day, your homes and businesses will be rebuilt.
- One day, you will have work again.
- One day, your divorce will be a thing of the past.
- One day, shame will no longer control your life.
- One day, your grief will become manageable, and you will smile and laugh again.
  - One day, you will no longer be a slave to your addiction.
  - One day, there will be a new covenant.
  - One day, the sins of the past will all be forgotten and you will be given a fresh start. The slate will be wiped completely clean.
  - One day, Christ will come in final victory and we will feast at his heavenly banquet.

One day. Some day. The days are surely coming, the Lord promises.

Do you think the people being held captive in Babylon found comfort in Jeremiah's words? Probably not at that point. Sometimes we just aren't in a place where we can hear *any* word of hope, not even from a prophet sent by the Lord God. But perhaps the one thing that we *can* do is put our faith in this new covenant, this promise of forgiveness, reconciliation, peace and even prosperity that is, because of Christ, offered to all of us.

This covenant will not be made with words. It will be inscribed on our hearts. It will come as an assurance in which we *know for certain* that God is with us and that God loves us whether we can feel it right now or not.

### **Share your thoughts about promises.**

1. How do promises lead to hope?
2. Reflect on how hard it is to believe in God's grace when you are in hard times.

### **Reflection on the Bible (20 minutes)**

Ask someone to read aloud the following passages from Jeremiah 31:31-34. Ask another person to read the background.

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, ‘Know the Lord’, for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more (Jeremiah 31:31-34).

### **Background**

Jeremiah contrasts the old covenant and the new. The old covenant, made with Israel, was based on Israel following the law—the Ten Commandments. But because the people were unable to keep the commandments, the covenant was broken. The new covenant rests solely on God’s intentions, to offer wholeness and healing to all who follow. “I will put my law with them, and I will write it on their hearts” is a statement that is fulfilled when God’s sends the Holy Spirit to guide and heal us. His promise is from the least to the greatest, a promise of the forgiveness of sins that is found in the sacrifice of Jesus on the cross.

### **Questions for Discussion**

If your group has more than seven members, divide into groups of four to discuss the Scripture passage.

- 
1. Have you ever made promises that you know will not be appreciated or reciprocated?
  2. What does it feel like to be forgiven?
  3. How does forgiveness fit into a plan of rehab?
- 

### **Making It Personal (10 minutes)**

- Where does the desire for rehab begin? Is it something we discover? Something we are told we must do? Or does it start when we pay attention to God’s voice that calls us to health and wholeness?
- What is God’s role in your rehab?
- How has this study helped you move through the steps of wilderness, intervention, program, recovery, and promise?

### **Close in Prayer (5 minutes)**

## Rehab Resources

**Connection:** Individuals, families, and small groups can support one another to make changes. The following resources are designed to encourage people as they start their rehab journeys:

- Abundant Health resources: <http://www.umcabundanthealth.org/resources/>
- Alcohol Anonymous/UMC: <http://www.manhacaumc.org/alcoholics-anonymous> and <https://www.greatplainsumc.org/addictionministries>
- Families in Recovery: <https://nacoa.org/families/family-recovery/>

**Church:** Congregations are called to serve the needs of the people. Addiction is real. Some congregations will provide meetings. Others will offer advocacy programs. All will seek to celebrate transformation through the love of Jesus Christ. The following resources are designed to encourage congregations to gain information that supports people on their rehab journeys:

- The United Methodist Special Program on Substance Abuse and Related Violence (SPSARV) resources: <http://www.umcmision.org/SPSARV>
- Addressing addictions: <https://www.umcjustice.org/what-we-care-about/health-and-wholeness/addictions>
- Health Minister Training: <http://www.umcabundanthealth.org/wp-content/uploads/2017/10/Spring-2018-Health-Certificate.pdf>
- Addressing Issues/Community Worksheet: <https://www.umcjustice.org/documents/36>
  - Faith and Facts—Alcohol and Other Drugs: <https://www.umcjustice.org/documents/6>
  - The United Methodist Church beliefs regarding alcohol and drug abuse: <http://www.umc.org/what-we-believe/alcohol-and-other-drugs>
  - Social Principles: <http://www.umc.org/what-we-believe/the-social-community#alcohol-drugs> and <https://www.umcjustice.org/who-we-are/social-principles-and-resolutions/alcohol-and-other-drugs-3042>

**Community:** Restoring hope takes a community! Recovery occurs in community! The following resources are designed to encourage communities to gain information that supports people on their rehab journeys:

- Impact on children and youth: <http://www.umc.org/what-we-believe/keep-children-and-youth-free-from-alcohol-and-other-drugs>
- Churches and recovery ministries: <https://www.memphis-umc.net/newsdetail/65845>
- Celebrate Recovery: <http://www.humc.org/ministries/adult/celebrate-recovery/>
- Recovery Worship: <https://www.umcjustice.org/documents/61>
- Justice Ministry Grants: <https://www.umcjustice.org/what-you-can-do/grants>
- 12 Step Prayers: <http://www.12step.org/references/commonly-used/12-step-prayers/>

## Additional Resources from Discipleship Ministries

<http://www.umcdiscipleship.org/worship> Here you will find the worship and sermon notes for this series. Originally designed for Lent 2018, it can be used at any time of the year. Other worship series are posted at this site as well.

<http://www.umcdiscipleship.org/> The Discipleship Ministries site has resources for starting new churches, leading your church, ministering to people, and living the United Methodist way. It also is the gateway to the Upper Room Bookstore and numerous resources for worship, stewardship, evangelism, and leader development.

<http://www.umcdiscipleship.org/webinars>

This is your connection to an ongoing collection of webinars that covers all the essential areas of congregational life. Webinars on stewardship, worship, laity, church leadership, children's ministry, older-adult ministry, congregational development and numerous other topics are offered by Discipleship Ministries staff to create vital congregations.



<http://www.teamworksumc.org/>

This is your portal to the TeamWorks site at Discipleship Ministries. Here you will find TeamWorks seminars, downloadable presentations, and information on how to use these materials in your church to create vital congregations. TeamWorks Guidebooks, created by Craig Kennet Miller, can be ordered from Amazon.

[www.umcdiscipleship.org/leadershipresources/covenant-discipleship](http://www.umcdiscipleship.org/leadershipresources/covenant-discipleship)

*Disciples Making Disciples: Guide for Covenant Discipleship Groups and Class Leaders* by Steven W. Manskar is an essential resource for congregational leaders and Covenant Discipleship group members. The first half of the book is a brief review of the theological, biblical, and historic foundations for CD groups. Part Two is a practical guide for organizing a Covenant Discipleship group, writing a covenant of discipleship, leading a weekly meeting, and answering common questions and objections. Ideally, everyone in a CD group should have a copy of this book. They will find it to be a practical and useful resource.

<https://www.umcdiscipleship.org/topics/courageous-conversations>

What might happen if we decide to engage in courageous conversations? We might have to swallow our pride. We might name some of our deepest fears. We might engage in some painful and scary conversations with those closest to us. We also might learn to express our deepest desires more clearly for others to meet. We might learn to hear someone's perspective that challenges us to new heights in our relationship with God and others. A scarier question might be, "What if we fail to engage in courageous conversations?"

Growing as a disciple often requires hard work on our part. It takes the courage of posturing ourselves with openness and curiosity like Nathanael and like Jesus did in offering grace and truth. We end with Margaret Wheatley's advice, "I hope you'll begin a conversation, listening for what's new. Listen as best you can for what's different, for what surprises you. See if this practice helps you learn something new."

## Instructions for Leaders

**Rehab: A Group Study** is a five-week companion study based on the worship series “Rehab” developed by the worship team at Discipleship Ministries designed for Lent 2018. Each lesson uses the same Scriptures and themes as the Lenten worship series. The preferred pattern is for people to experience the worship service based on the theme first, followed by the group study during the week that follows. This study can be used at any time of the year.

**Each participant will need a copy of the material. Make copies off this PDF or purchase the guide on Amazon (see next page for instructions). Resources and links will be available on the Discipleship Ministries Website at [www.umcdiscipleship.org/worship](http://www.umcdiscipleship.org/worship).**

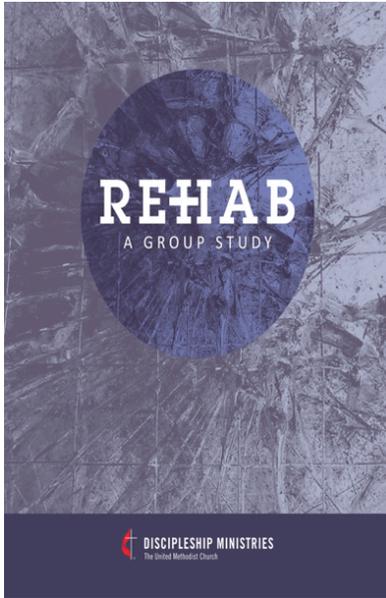
### Time

Each lesson is designed for sixty minutes. Alongside each section, you will see a recommended time for that particular part of the study. To facilitate greater discussion, you may instruct the group to focus on one question in the discussion following the Scripture and in “Making It Personal.”

### Why Use This in a Group?

People learn best when they are in conversations with others. The format of this resource is designed to generate discussion and interaction. Rather than having a large-group discussion, the participants will break into groups of two, three, or four during the lesson. Instead of having the discussion dominated by one or two people, this grouping allows everyone to get involved. To get the most out of this study, be sure to follow the instructions in the material.

<b>Starters</b>	Each lesson has a survey or set of questions for each participant to read and to answer. (Provide pencils or pens for people to use.)
<b>Discussion Questions</b>	First, have participants share with one or two other people, then with the whole group.
<b>In the Know</b>	An article based on the preaching notes for Rehab will focus on the topic of the lesson.
<b>Reflection on the Bible</b>	The Scriptures are used to help the participants focus on the theme for the lesson.
<b>Background</b>	This is a brief commentary on the passage to help participants understand the Scripture and apply it to their lives.
<b>Questions for Discussion</b>	Break into groups of three or four to discuss the Bible material.
<b>Making It Personal</b>	Questions are designed to take the discussion deeper.
<b>Close in Prayer</b>	Close in prayer.



***Rehab: A Group Study*** is also available for purchase on Amazon.

Go to [https://www.amazon.com/Rehab-Group-Craig-Kennet-Miller/dp/1981662685/ref=sr\\_1\\_1?ie=UTF8&qid=1515156582&sr=8-1&keywords=rehab+a+group+study+miller](https://www.amazon.com/Rehab-Group-Craig-Kennet-Miller/dp/1981662685/ref=sr_1_1?ie=UTF8&qid=1515156582&sr=8-1&keywords=rehab+a+group+study+miller)

Or go to Amazon and search for “Rehab: A Group Study Miller.”

Cost is \$5.95 each.

Please order two-weeks before your first lesson

For further information about this study and how to start small groups, contact Scott Hughes at Discipleship Ministries at [shughes@umcdiscipleship.org](mailto:shughes@umcdiscipleship.org) or Craig Kennet Miller at [cmiller@umcdiscipleship.org](mailto:cmiller@umcdiscipleship.org).



[www.umcdiscipleship.org/worship/  
lent-2018-worship-planning-series](http://www.umcdiscipleship.org/worship/lent-2018-worship-planning-series)

Go to the worship planning site at Discipleship Ministries to download all the material you need to lead worship based on the theme for 2018 Lent, Rehab.

- Peaching Notes
- Music notes and suggestions
- Worship Services

For more information about these worship resources contact Taylor Burton-Edwards at Discipleship Ministries at [tburtoneidwards@umcdiscipleship.org](mailto:tburtoneidwards@umcdiscipleship.org).