

Quest 180°

Christ Centered Recovery

January 4-11

Lesson #17 Forgiveness

Principle 6 (Steps 8 and 9)

January 18-25

Lesson #18 Grace

Principle 6 (Step 9)

January '07

find hope • get connected • discover grace

Principle 6: Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

"Happy are the merciful." "Happy are the peacemakers."

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

"You can't heal a wound by saying it's not there." (Jeremiah 6:14)

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

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

Biblical Teaching of the week:

Long-Awaited Healing

Returning to someone we have hurt is a scary thing. The passing years, lack of communication, and memories of anger and hateful emotional exchanges can all create tremendous anxiety. Even though we may make some contact through a third party, there will still be tension until we see that person face-to-face.

This was the case for Jacob upon returning to see Esau. *"Then, in the distance, Jacob saw Esau coming with his four hundred men...Then Jacob went on ahead... Esau ran to meet him and embraced him affectionately and kissed him. Both of them were in tears." After being introduced to Jacob's family, Esau asked, "And what were all the flocks and herds I met as I came?"...Jacob replied, 'They are gifts, my lord, to ensure your goodwill.' 'Brother, I have plenty,' Esau answered. 'Keep what you have.' 'No, please accept them,' Jacob said, **'for what a relief it is to see your friendly smile. It is like seeing the smile of God! Please take my gifts, for God has been very generous to me. I have more than enough.'** Jacob continued to insist, so Esau finally accepted them" (Genesis 33:1, 3-4, 8-11).*

Jacob's tremendous fear gave way to relief. The last time Jacob had seen Esau, Jacob was in fear for his life. With the passing of time, both of them had changed. When Jacob faced his brother, he found that there was still affection, even though they both remembered the pain.

Taken from - The Life Recovery Bible

Lesson # 17: Forgiveness

Three kinds of forgiveness

1. extended from God to us
2. extended from us to others
3. extended to us from ourselves

Forgiveness

- 1 Forgiveness extended from God to us—"God puts people right through their faith in Jesus Christ. God does this to all who believe in Christ, because there is no difference at all: **everyone** has sinned and is far away from God's saving presence. But by the **free gift of God's grace** all are put right with him through Jesus Christ, who sets them free. God offered him so that by his sacrificial death he should become the means by which people's sins are forgiven through their faith in him." (Romans 3:22-25)
- 2 Forgiveness from us to others—**Causing** an injury puts you **below** your enemy; **revenging** an injury make you **even** with your enemy; **forgiving** him sets you one **above** him. But more importantly, **it sets you free!**
- 3 Forgiving ourselves—No matter how unloved or worthless you may feel, **GOD LOVES YOU!** Your feelings about yourself do not change His love for you one bit. And we must forgive ourselves before we can honestly forgive others. Self-forgiveness acknowledges that you've reached the stage in your recovery where you are able to give yourself greater respect. When you forgive yourself, you don't change the past, but you sure do change the future!

“ An eye for an eye makes the whole world blind. *Mahatma Gandhi*

If you want to make peace, you don't talk to your friends. You talk to your enemies. *Moshe Dayan 1915 - 1981*

It really doesn't matter if the person who hurt you deserves to be forgiven. Forgiveness is a gift you give yourself. You have things to do and you want to move on. *Gordon Atkinson, Pastor/Covenant Baptist Church* ”

January 4

Focus Questions:

Lesson #17 Forgiveness

- 1 Have you accepted Jesus' work on the cross for the forgiveness of your sins? Have you told anyone?
- 2 Do you believe Jesus' death and shed blood covered all your sins, and they are cancelled? And are paid in full?
- 3 Have you forgiven others that have hurt you? If you haven't what hurts are holding onto you?
- 4 If others have hurt you, can you release it and let God free you from being a prisoner of your past?
- 5 Do you agree with the statement "forgiveness is all about 'letting go'?"

Memory Verse:

"After you have borne these sufferings a very little while, the God of all grace, who has called you to share in His eternal splendor through Christ, will Himself make you whole and secure and strong." 1 Peter 5:10

January 11

- 6 The Bible tells us that if we confess our sins God is faithful and will forgive us our sins. What holds you back from accepting this free gift?
OR
tell your discussion group of God's grace and mercy as He has forgiven you and the freedom you now experience in Christ Jesus.
- 7 "If we confess our sins, He is faithful and just to forgive us our sins and purify us from all unrighteousness." 1 John 1:9
- 8 The statement: "We know that one of the roots of compulsive behavior is pain-buried pain," is a true statement. Are you holding onto a very real pain tonight? Can you begin to give it up?
- 9 What blessing has God given you this past year—2006—that you can share with your small group? Praise God—for His love endures forever!

Memory Verse:

"For all have sinned and fall short of the glory of God." Roman 3:23

The Five G's

A Healthy Church & Worshipful Life

Grace

We receive God's grace—his favor, forgiveness, and acceptance—when we believe, allowing Jesus Christ into our lives, and accepting him as our Lord and Savior.

Growth

As authentic followers of Christ, we work hard to grow in wisdom (know), establish character (be), and remain obedient to God's commands (do).

Group

Together, we learn to apply God's word. We encourage each other in community, offer guidance, remove our masks to reveal who we really are, and hold each other accountable to right living.

Gifts

In order to serve God and others, we discover and use our SHAPE: spiritual gifts, heart, abilities, personality and experiences.

Good Stewardship

We respond to God by being faithful with the time, talent, and treasure with which God entrusts us.

Eagle Brook Service Times

Lino Lakes:

7775 20th Ave. N, Lino Lakes 5503

Saturday 4 & 6 pm

Sunday 9 & 11 am

White Bear Lake:

2401 E Buffalo St, White Bear Lake 55110

Saturday 6 & 7:30 pm, The Edge

Sunday 9:30 am, The Brook

Sunday 11:00 am

G-Training Seminars at Eagle Brook Church are designed to foster your spiritual growth in areas that will help you become more informed, better equipped, and fully supported in your Christian walk. The following seminars are available for registration at www.eaglebrookchurch.com:

Partners in the Mission

White Bear: Saturday, January 6th, 8 am-12 pm

White Bear: Tuesday, January 30th, 6-9 pm

An important seminar for those who want to find out more about EBC or for those wanting to become members, Partners in the Mission covers everything you need to know about the mission, vision, values, beliefs and strategies that you'd be supporting as a member of Eagle Brook. It also covers spiritual growth and transformation as you make steps to become an authentic follower of Christ and reach others for him. Cost is \$5.00 and covers food, snacks and materials. Scholarships are available.

SHAPE

White Bear: Saturday, January 27th, 8 am-2 pm

This seminar is a gift identification and service discovery experience designed to fit your busy schedule and help you get connected at EBC. Cost is \$10.00 for materials and lunch. Scholarships are available.

New Group Leader Orientation

Lino Lakes: Saturday, January 13th, 9-11 am

Are you ready to help others grow in their faith and begin living out the 5G's in their life? Are you great with people and desire to see transformation take place? If that's the case, we want to help train and develop you to lead a group. The group leader orientation offers the training and tools necessary to begin and lead an effective, life-transforming group. Be infused with the "DNA" of a focused and purposeful group. (FREE) (Meet in Kids Worship Center)

Debt Reduction Workshop

Lino Lakes: Tuesday, Feb. 6th, 6:30-9:00 pm

Credit card debt got you down? If you are ready to take steps that will help you reduce the financial stress in your life, then don't miss this two and a half hour workshop. Learn Biblical stewardship principles and develop a debt-reduction plan that really works in a fast-paced, motivating and interactive workshop. Cost: \$5 suggested donation for materials.

Everybody's Normal 'Till You Get To Know Them

Lino Lakes: Sunday, Feb. 11th, 10:05-10:55 am

Normal? Who's normal? Discover God's heart about community and gain wisdom and tools for drawing closer to others in powerful and impactful ways. Also, find out how you can experience community here at Eagle Brook. (FREE)

Life Stories

Quest 180°
Christ Centered Recovery

Quest 180 is looking for people who are willing to jump in and give their life stories. This is a great way to reach out and carry the message and do some really beneficial 12-step work. If you feel called to serve in this capacity, please email Dave at dkjonaas@comcast.net.

Pick up a **good book** from the resource table!

Sacred Obsession by Becky Tirabassi

Tirabassi speaks of the things that drive and control one's life, how to overcome the obsessive passions that distract one from God, and how to replace them with holy obsession.

Boundaries by Henry Cloud

Having clear boundaries is essential to a healthy, balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not.

Just Say Thanks and Total Forgiveness by R. T. Kendal

When that surprise bill arrives, you miss an appointment because of traffic snarls, or the in-laws arrive at the worst possible time—can you say "thanks"? Gratitude doesn't come naturally. Using stories, songs, and Scripture he teaches three invaluable principles to help you foster a lifestyle steeped in thankfulness.

from the
parents group...

“ Our son, who had drifted from God during his teenage years and is now finished with college refused to come to Church with us. Having experienced the wonder of a personal relationship with Jesus Christ, we as parents, wanted more than anything for our son to do the same. We wanted him to feel the peace that Jesus Christ can bring to your life. We prayed hard for a miracle. In the fall of 2005 we told our son that all we wanted for a birthday gift from him was a commitment to join us for a 6 week series at Eagle Brook Church. To our surprise and delight he agreed to go.

After the series, and over the next few months, our son hesitatingly, on occasion, went to church with us. At first he said he didn't like it. We knew that he had built up a wall against church in general and maybe even God, but we prayed that God would soften his heart and open his mind. Over time, our son continued to, little by little, attend Eagle Brook on a more regular basis. God was beginning his miracle. Christmas 2005, our precious son, who we love so very much, accepted Jesus Christ into his heart and to be his Savior.

In hindsight, we can now see how God was preparing us and how Eagle Brook was providing the tools, guidance and support that we would need. In February of 2006, our son came to us and asked for help. He said he was in trouble. We knew that he had experimented with drugs and had used alcohol and pot recreationally, but what we didn't know was how addiction was controlling his life. We were in shock and filled with anguish that our son was in so much pain.

And yet another miracle, God had opened his eyes, mind and heart to the messages he heard at Eagle Brook and sent him to us, knowing that we loved him enough that he could come to us for help. Our prayers were being answered.

Our son worked hard through detox, inpatient and outpatient treatment. After being clean for 4 months he relapsed. We were devastated. We knew if our son didn't get back to working on his recovery and his relationship with God that early death was imminent. We asked everyone to pray. We had always asked God to keep our son safe. Our prayers had been answered. With his amount of use and risks that he took, he should have been dead. We have now asked God for a miracle of healing and believe it will happen.

Our son continues to grow in his relationship with Jesus and understanding of the disease of addiction on a daily basis. We are so proud of the work he is doing. We are so thankful for the resources we have at Quest 180. We have attended as a family on Thursday nights since March of 2006. Our son also attends a Quest 180 small group Step Study on Monday nights. The support and concern from his group and the parent group has been amazing. What an incredible bunch of loving, caring and sharing people. We are not in this alone. We have truly felt God's grace.

We thank Eagle Brook and the Quest 180 volunteers who work so hard providing this invaluable resource for a Christian based recovery. We are so blessed. ”

Principle 6: Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.

"Happy are the merciful." "Happy are the peacemakers."

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

Therefore, if you are offering your gift at the altar and then remember that your brother has some thing against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matthew 5:23-24)

Biblical Teaching of the week:

Making Peace

We all suffer brokenness in our life, in our relationship with God, and in our relationships with others. Brokenness tends to weigh us down and can easily lead us back into our addiction. Recovery isn't complete until all areas of brokenness are mended.

Jesus taught: *"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God."* The apostle John wrote: *"If someone says, 'I love God,' but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we have not seen?" (1John 4:20).*

Much of recovery involves repairing the brokenness in our life. This requires that we make peace with God, with ourselves, and with others whom we have alienated. Unresolved issues in relationships can keep us from being at peace with God and ourselves. Once we go through the process of making amends, we must keep our mind and heart open to anyone we may have overlooked. God will often remind us of relationships that need attention. We should not delay going to those we have offended and seeking to repair the damage we have caused.

Taken from - The Life Recovery Bible

Lesson # 18: Grace

If we are going to implement Principle 6 to the best of our ability, we need to learn to model God's grace. But how? *2 Corinthians 12:0-10* says *"But he said to me, 'My grace is enough for you. When you are weak, my power is made perfect in you.' So I am very happy to brag about my weaknesses. Then Christ's power can live in me. For this reason I am happy when I have weaknesses, insults, hard times, sufferings, and all kinds of troubles for Christ. Because when I am weak, then I am truly strong."*

- G** **God's gift:** Grace cannot be bought. It is freely given by God to you and me. *Romans 3:24* tells us, *"All need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ."* He gives the strength to make the amends and offer the forgiveness that Principle 6 requires.
- R** **Received by faith:** No matter how hard we work, we cannot earn our way into heaven. "For it is by grace you have been saved, through faith—and this not from yourselves. It is the gift of God—not by works, so that no one can boast." You and I tend to be more interested in what we DO. God is more interested in what we ARE.
- A** **Accepted by God's love:** God loved you and me while we were still out there sinning. *"God demonstrates his own love for us in this: While we were still sinners, Christ died for us."* (*Romans 5:8*) We can, in turn, love others because God first loved us. He sees all my failures and loves me anyway!
- C** **Christ paid the price:** *"In Christ we are set free by the blood of his death, and so we have forgiveness of sins. How rich is God's grace!"* (*Ephesians 1:7*)
- E** **Everlasting gift:** God's gift of grace is forever. *"And I'm sure that God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished on that day when Jesus Christ returns"* (*Philippians 1:6*)

“ Grace is available for each of us every day our spiritual daily bread but we’ve got to remember to ask for it with a grateful heart and not worry about whether there will be enough for tomorrow. *Sarah Ban Breathnach*

I know, to banish anger altogether from one’s breast is a difficult task. It cannot be achieved through pure personal effort. It can be done only by God’s grace. *Mohandas Gandhi*

Grace is when God gives us what we don’t deserve and Mercy is when God doesn’t give us what we do deserve. *Dan Roberts* ”

January 18

Focus Questions:

Lesson #18 Grace

1 Grace is a gift. Grace cannot be bought. It is freely given by God to you and me. When we offer or give our amends and expect nothing back, that’s a gift from us to those whom we have hurt. Consider...

- What sort of expectations do we have when giving or receiving a gift? And how do those expectations differ from God’s gift of Grace?
- How can you model God’s gift of grace to others when making amends?

2 Talk about ways in which you have experienced God’s grace in your own recovery or how you have noticed God’s grace in the recovery of a loved one?

3 Once you have accepted Jesus Christ as your Lord and Savior, God’s gift of grace is forever..what does that mean to you?

Memory Verse:

“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.” 1 Peter 2:9-10

January 25

4 While we were still sinners, Christ died for us. We can love others because God first loved us. We can also forgive others because God first forgave us. Discuss.....

- What is holding you back?
- How might you reconsider ways to forgive?

5 The Big Book of AA says, “once you have completed Step Nine, you will know a new freedom and a new happiness... You will comprehend the word serenity and know peace... You will suddenly realize that God is doing for you what you could not do for yourself.

- Describe your own personal experience with this.

6 As a codependent or parent of someone in recovery—have you experienced him or her making amends to you or someone else? Have you or will you make amends to the loved one in recovery?

Memory Verse:

“If you forgive men when they sin against you, your heavenly Father will also forgive you.” Matthew 6:14

Prayer for Serenity

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

Living one day at a time, enjoying one moment at a time;
accepting hardship as a pathway to peace; taking, as
Jesus did, this sinful world as it is,
not as I would have it.

Trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

AMEN

Confident Kids

next unit begins **January 11 – March 8, 2007**

• Making Wise Choices

"I Always, Always Have Choices." Children and parents learn the difference between wise and unwise choices, a six step process for making wise choices, and how to find wise adults when they need to ask for help. Visits from Queen Esther and Mordecai show children how to follow God's directions, even through the most difficult of choice making situations.

As before, we will start at 6:30 and finish by 8:15 so the kids are ready to be picked up at 8:30 by their parents.

Think about it....

Nothing worth doing is completed in our lifetime,

Therefore, we are saved by hope.

Nothing true or beautiful or good makes complete sense in any immediate context of history;

Therefore, we are saved by faith.

Nothing we do, however virtuous, can be accomplished alone.

Therefore, we are saved by love.

No virtuous act is quite as virtuous from the standpoint of our friend or foe as from our own;

Therefore, we are saved by the final form of love which is forgiveness.

Reinhold Niebuhr

Author of *The Big Book/Alcoholics Anonymous*

Find **Freedom** Through
Forgiveness!

Check out other Christ Centered Recovery Groups...

on Sundays

Constance Free Church at 5:00 p.m.
16150 Crosstown Blvd. NW, Andover, MN 55304
Larry Weight: (763) 434-5995
smedleyldw@aol.com

Christ Center Assembly of God at 9:00 a.m.
810 Northview Drive, Hudson, WI 54016
Rev. Tom Hennes: (715) 220-5319
t.hennes@sbcglobal.net

on Mondays

Oak Haven Church at 7:00 p.m.
1555 NE Constance Blvd., Ham Lake, MN 55304
Susan Freeburg: (612) 280-9760
susan_4723@yahoo.com

on Tuesdays

Sonlight Church of the Nazarene, at 6:30 pm
3860 Flowerfield Road, Blaine, 55014
Bruce Hill: (763) 784-1607
bhhjcgf@msn.com

Crystal Evangelical Free Church at 6:30 p.m.
4741 Zealand Avenue N., New Hope, MN 55428
Donna Hoshor: (763) 971-5118
dhoshor@cefc.com

East Immanuel Church at 6:30 pm
1473 E. Payne Avenue, St. Paul, MN 55101
Thomas Zachary: (612) 600-0909,
bluejay1953@yahoo

Brooklyn Park Evangelical Free Church at 6:30 p.m.
7849 West Broadway, Brooklyn Park, MN 55445
Rick Ensrud: (763) 3941-6140
plaubershelmer@bpafc.org

The River Community Church at 7:00 p.m.
510 Central Avenue, Fairbault, MN 55021
Angela Ubl: (507) 333-9751
angelaubl@charter.net

River Valley Church at 7:00 pm
14898 Energy Way, Apple Valley, MN 55124
Chris Manthey: (952) 210-3876,
crrvc@hotmail.com

North Haven Church at 6:00 p.m.
2240 15th Avenue East, North St. Paul, MN 55109

Church of the Open Door at 6:45 p.m.
9060 Zanzibar Lane North Maple Grove, 55311
Julia: (763) 416-5887

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