

INTRODUCTION:

First of all; **THERE IS HOPE FOR YOU!** We here at America's Keswick want those of you who are waiting for a bed date to know that we desire to begin and maintain a relationship with you while you are waiting. We care about you and pray regularly for you before you even get here. We understand the feelings of hopelessness and despair that accompany a life that has been devastated by addiction. Surely you said when confronted with a sometimes lengthy waiting list "What am I going to do now, I will die out here?" Some of you have suffered great loss as a result of your addiction such as homelessness and alienation of loved ones. We want you to know that **THERE IS HOPE** and that **there are some things you can do, while you wait, to get the help you need** no matter what your circumstances are. Whether you have limited or much knowledge about the Bible and God's promises to you or none at all, **you can:**

- 1.) **Receive** encouragement, **hope** and comfort from God's word "For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have **hope.**" (Romans 15:4).
- 2.) **Seek** a Bible believing Church if you do not already have one, and talk with someone there as you attempt to get involved and begin the process of getting away from bad influences. "Do not follow the crowd in doing wrong." (Exodus 23:2).
- 3.) **Know** that there have been many men who have gone before you that have been **set free** and are experiencing changed lives as productive members of society and their families. "So if the **Son sets you free**, you will be free indeed." (John 8:36).
- 4.) **Do** the following studies that have been designed just for you. Even if you are an experienced believer, you may have missed something. "The man who thinks he knows something does not yet know as he ought to know." (1 Corinthians 8:2)
- 5.) **Answer** the questions in this study as honestly as possible. There are no stupid answers; this study is designed to help us to help you. "Good people are guided by their honesty; treacherous people are destroyed by their dishonesty." (Proverbs 11:3)

STUDY ONE: REPENTANCE

Repentance is feeling sorry for doing wrong and desiring forgiveness. **True repentance is characterized by an effort to change the offending behavior!** You may have said "I'm sorry" many times but had little desire or felt powerless to change. True Biblical repentance is realizing that you have been walking away from God, feeling deeply sorry for it and doing an about face so that you are now walking toward Him. The Bible calls the things you do that offend God "sin" and the sorrow that produces change, "repentance." Sorrow without change is "worldly sorrow." "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death." (2 Corinthians 7:10).

1.) Now that you know this, list some things that you have been doing that you realize are sin and an offense to God; things that you would like to change:

One of the most important things about Biblical repentance is that as we feel sorry for our offenses we begin to sense our guilt and realize that we have a need to confess and be forgiven by God and others we have harmed. “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9).

2.) In your own words, what does that promise from God’s Word mean to you?

3.) Perhaps you have a Pastor or someone you can trust to share what has been happening in your life. “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.” (James 5:16). Again, in your own words, explain what that verse means as applied to your life.

4.) Please read the following verses carefully and then write in what they say to you: **Proverbs 28:13** “He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.”

2 Corinthians 4:1, 2 “.....we do not lose heart. Rather, we have renounced secret and shameful ways.....”

Matthew 3:8 “Produce fruit in keeping with repentance.” (Also) **Acts 26:20** “...(people) should repent and turn to God and prove their repentance by their deeds.”

Matthew 4:17 “From that time on Jesus began to preach, “Repent for the kingdom of heaven is near.”

Jeremiah 15:19 Therefore, this is what the Lord says: “if you repent, I will restore you.”

2 Peter 3:9 “The Lord is not slow in keeping His promise, as some understand slowness, He is patient with you, not wanting anyone to perish, but everyone to come to repentance.”

Luke 15:10 “In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents.”

5.) You may be thinking; this is too much for me, I can not do it. You are right, **you** can not but **Christ can**. The following verse should be helpful. Read it over and over and then, in the space provided, write what you think it means and how you think the answer to your problems may be found there. **2 Corinthians 5:17** “ Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.”

6.) Now that you have read everything carefully and answered everything the best you can, take the time to look it all over and use the following space to write down what you have learned. Please do this as completely as possible:

7) Finally, use the space provided to make a plan. List the things you can begin to take action on, beginning right now, to take positive steps no matter how small.

8) **TAKE ACTION!** If you have never received Jesus Christ as your Lord and Savior or if you are uncertain about your standing before God “I tell you, now is the time of God’s favor, now is the day of salvation.” (**2 Corinthians 6:2**) If you are genuinely sorry for your sins against God and those you love, you might pray something like this: dear Lord, I am tired of living the way I have been living. I am repenting of my sins and I need your help to change, to become a new creature as your Word promises. By faith I now receive you as my Savior and Lord. I believe the Gospel of **John 1:12** which promises; “to as many who received Him (Jesus), to those who believed in His Name (you), He gave the

right to become children of God.” I am trusting **Romans 10:13** which tells me that “Everyone who calls on the Name of the Lord will be saved.” I now trust my life to you. Help me to do my part. Thank you for forgiving me and saving me. I am praying this in the name of Jesus, who gave His life that I may live, Amen.

CONCLUSION:

If you have sincerely prayed that prayer anew or prayed to rededicate your life to Christ, it will be important that you tell a Pastor of a Bible believing church and begin the process of establishing accountability with others. Accountability is the topic of our next study. As difficult as it might be to go to those who want to help you and ask them to hold you accountable, it will be critically important to getting the help you desire. We at America’s Keswick want to be a part of that process. May our loving Lord guide you through the next study *accountability*.

Note: (Bible verses have been taken from the New International Version and the New Living Translation. Punctuation has been added to some of the verses in an effort to clarify or emphasize a main point.)

Once finished with this study please mail for review to our mailing address:

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