



ReGroup Check-In: Why Do We Do the Check-In?

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Why Do We Do Check-Ins?

1. To call one another to greatness in our faith in Jesus.
2. To be a wingman who protects and warns of concerns.
3. To be Grit and Grace to those in your small group balancing God's love and truth.
4. To fight for the freedom of our fellow recovery pilgrims – We Never Give Up
5. To provide indirect care and a sense of safety for the addict's spouse.

Why the Formal Version?

1. A re-affirmation of what your life's intention is – Are you wanting freedom?
2. Consistent coverage of significant aspects of recovery for all – Are you all in?
3. Weekly reminder of what all should be doing – Why are you not doing this?
4. Participants have nowhere to hide – Are you doing recovery or not?

The Power of The Statement of Self-Identification: Break it Down!

"Hi. I'm _____, a much-loved Child of God recovering from sexual addiction on my journey to freedom by the help of God and my brothers here."

Your Declaration is Strong: Your name and your purpose are affirmed. It's ME – I am ALL IN!!!

Your Identity is Clear: You are a much-loved Child of God. That's who you are!

Your Honest Admission: You are addressing a problem and a deep need for recovery.

Your Course is Set: You are going after glorious and complete freedom from your addiction.

Your Power is Clear: It's Jesus IN you – God's strength is made PERFECT in your weakness.

Your Partners are Here: The opposite of addiction is connection – being fully known – fully loved.

What Does a Good Check-In Involve?

- **AUTHENTICITY** – Volunteer admission of the truth on your life/recovery. **NO LIES.**
- **ACCOUNTABILITY** – Letting others speak into your life/recovery. **ALL EARS.**
- **HUMILITY:** Honest teachability crushing every proud bone in your body. **PACK YOUR PRIDE.**
- **INTENTIONALITY** – Do a FULL check-in to monitor your life/recovery. **LET'S DO THIS.**
- **CHALLENGE** – Honestly receiving the GRIT (correction). **FACE THE TRUTH.**
- **SUPPORT** – Humbly receiving the GRACE (encouragement). **FEEL THE LOVE.**

*"Therefore, **confess your sins** to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." James 5:16*

*"Therefore **encourage** one another and build each other up, just as in fact you are doing."
1 Thess. 5:11*

*Whoever **heeds life-giving correction** will be at home among the wise. Those who **disregard discipline** despise themselves, but the one who **heeds correction** gains understanding."
Proverbs 15:31, 32*