

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Amends

...to change for the better; correct

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

"Do to others as you would have them do to you." Luke 6:31

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

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

Note to the Newcomer: Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

1. Make a commitment to attend the large group and small group time regularly **2.** Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team. **3.** Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible. **4.** Set a personal goal to become involved in a step study group.

Acrostic for AMENDS: (further studying on the following acrostic may be found in the CR Participant's Guide #3)

Admit the hurt and the harm - Holding on to resentments blocks our recovery and God's forgiveness.
Make a list - A thorough inventory shows us who we owe forgiveness and amends.
Encourage one another - Check motives with a sponsor or accountability partner before making amends.
Not for them - Proceed humbly, don't expect anything back - focus on your part of the amends.
Do it at the right time - Ask Christ for guidance and direction as to when to make an amends.
Start living the promises of recovery - Amends provides a new freedom & happiness, and no regret.

LARGE GROUP REFLECTION:

Did the Speaker or Lesson touch on issues that I'm not ready to work on? Why?

I could relate to the Speaker or Lesson in the following ways: _____.

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. Describe a relationship where my pride caused me to harm another person.
2. In what ways do I need to be more tolerant of others?
3. How has holding on to a past resentment or guilt blocked my recovery/growth?
4. When it comes to the topic of making an amends, what does the phrase "it's not for them" mean to me?
5. What consequences do I fear in making my amends?
6. What major character defects caused injury (*mental, physical, emotional, or spiritual*) to myself or others?
7. Share about a situation where I was focused on worrying about others and put myself in jeopardy?
8. What choices have I made that produced emotional, financial or physical pain?
9. What stops me from making amends to ALL people? In what ways do I justify my reasons?
10. How do I feel after mending a broken relationship? (*parent, spouse, co-worker, friend, etc.*)

SMALL GROUP PRAYER REQUESTS:

(please pray for your small group during the week - use your phone list and make some calls)

NAME

PRAYER REQUEST

PRAYER: Dear Lord, I pray for willingness - willingness to evaluate all my past and current relationships. Please show me the people that I have hurt, and help me become willing to offer my forgiveness to those that have hurt me. I pray for Your perfect timing for taking the action I need to. I ask all of these things in Jesus' name, AMEN

Verses to Study:

Luke 6:37
Luke 6:31

Hebrews 10:24
Luke 6:35

Philippians 2:4
Romans 12:18

RECOVERY THERMOMETER:

- Am I stepping out of my comfort zone?
- What lengths am I willing to do to heal from my hurt, habit or hang-up?
- Are the suggestions that I hear, just for "those" people?
- How long has been since I wrote out a gratitude list?

MY PERSONAL RECOVERY GOAL FOR THIS WEEK:

ANY REMINDERS FOR NEXT WEEK?

re?

ners?