



“ReGen: The First Step to Recovery”  
Presenter: Jim Hammond

## Talk It Over

ReGen  
(Week 1)  
“The First Step to Recovery”

I. Admission is gained by \_\_\_\_\_

II. The cause of my problem is \_\_\_\_\_

III. The cure for my problem is \_\_\_\_\_  
\_\_\_\_\_

### SMALL TALK

1. What sort of bad habits are hardest to break?

### VIEWPOINT

2. **READ Romans 7:7-25.** What bad effects can knowing God's commandments and trying religiously to follow them have on a person? (Romans 7:7-8) What did Paul share about his own attempts? (7:14-16)
3. What did Paul blame for his continuing failure to do good? (7:17-20) What finally worked (Romans 7:24-25)?
4. **READ Titus 3:5, John 3:3; Matthew 5:3, Romans 3:23, 6:23, and James 4:6.** In your own words explain what “regeneration” means, and what is the first step required if you want to receive a new and changed life?

### GETTING PERSONAL

5. Have you experienced a struggle with sin that is similar to what Paul describes?
6. Are you looking forward to the rest of this series?

### MAKING PROGRESS (THIS WEEK)

7. Which of WCC's 5 core statements might be most helpful for someone in need of recovery and why?
  1. Love God Wholeheartedly
  2. Do First Things First
  3. Don't Do Life Alone
  4. Saved People Serve People
  5. Followers say, Follow Me!

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