

L E A D E R ' S   G U I D E



**RESTORED**

EXPERIENCE LIFE WITH JESUS





# THE PRIMARY PURPOSE FOR THE BOOK

Restored was written to help new and struggling believers get established alive and free in Christ through genuine repentance and faith in God. True believers are children of God (John 1:12), and the Apostle Paul said that it was for freedom that Christ set them free (Galatians 5:1), but most are not living as though they are. Some of this is due to a lack of teaching or improper instruction, but the major cause is a lack of repentance. Jesus taught that we should “repent and believe in the gospel” (Mark 1:15), as did the Apostle Paul (Acts 26:20).

Restored is an expansion of the “Steps to Freedom in Christ” (Steps), which is a counseling tool used all over the world developed by Dr. Neil T. Anderson. The theology and methodology are explained in his book entitled Discipleship Counseling (Regal Books, 2003). The process is proving to be incredibly fruitful, because it is based on the truth that Jesus is the Wonderful Counselor, and the One who grants repentance. Jesus is the only One who can bind up the broken hearted and set the captive free. The process removes the barriers to our intimacy with God and connects the believer to the source of life in a liberating way. You cannot successfully accomplish that by just reading the book, you have to do the book.

## ***Suggestions for proper usage:***

### **1. For new believers**

Restored explains creation, the fall, and the full gospel, and why every believer needs to repent if they want to experience their new identity, life and freedom in Christ. The book offers them an opportunity to work through a repentance process on their own.

### **2. For Struggling believers**

After years of working with struggling believers we discovered that they all had one thing in common. None of them knew who they were in Christ, nor understood what it really meant to be a child of God. The Holy Spirit is bearing witness with our spirit that we are children of God (Romans 8:16), but we will not likely experience that without some means to resolve our personal and spirit conflicts through genuine repentance and faith in God. Many believers will be able to work through Restored on their own, but some will not be able to, because of severe abuse, trauma, and deception in their past. Churches should be prepared to help them by having trained encouragers. Contact Freedom in Christ Ministries to learn how your church can establish a Discipleship Counseling Ministry ([www.ficm.org](http://www.ficm.org)).

---

### **3. For those who have gone through The Steps to Freedom in Christ**

People all over the world are using the Steps to help others resolve their personal and spiritual conflicts. Restored is a great follow up for those who have walked through The Steps to Freedom in Christ. Restored will explain more fully and reinforce what they just processed.

### **4. Bible studies**

Restored can be used for Sunday school, new membership classes, discipleship training, and small group bible studies. However, the book cannot just be read and discussed. It must be done in order to be effective. We have learned from experience that the Steps are best administered in one extended session. However, it can be done one step at a time, which is what most professional counselors are doing. To be effective, chapters 2-8 must end with the group praying the given prayer out loud together followed by several minutes of silence giving each participant an opportunity to respond to God on their own.

For those using Restored as a bible study, you may copy the following discussion questions for the group to use.



## CHAPTER ONE

1. Explain the difference between physical life and spiritual life.
  2. What did Adam and Eve lose in the fall?
  3. What are the consequences of trying to make a name for ourselves, and meeting our own needs without Christ?
  4. What did Christ come to do and give us?
  5. What happens if we only believe a third of the gospel, i.e. our sins are forgiven, but don't really know who we are in Christ along with the understanding that we are new creations in Christ?
  6. What are the personal and practical implications for knowing that Christ came to undo the works of Satan?
  7. What is repentance?
  8. Why must we all repent in order to experience our new identity and life in Christ?
  9. As a group read out loud the list of who we are in Christ starting on page 20 and discuss what that means to you.
-



## CHAPTER TWO

*(Step One)*

1. Begin this lesson and all the following lessons by praying out loud as a group the prayer on page 33, and say together the following declaration. Caution: As you process each step you may experience some mental opposition, which will be more likely in the first two steps. Common mental opposition may sound like your own thoughts. For example: This isn't going to work. I have to get out of here. Don't trust this person, etc. Sometimes the mental battle is condemning and blasphemous. The only way it can have any affect on you is if you believe it. If the battle gets too intense, share your struggle with the group and let them pray for you. Just exposing the lies is usually enough. The mental assault is only a thought, and they should be ignored like all thoughts contrary to God. They will be gone at the end of the study.
2. Should we think of salvation as addition, i.e. we just add Jesus to our life. Or should we think of salvation as transformation? Explain why.
3. What happens if we choose to believe the truth, but still continue to believe the lies that we have always believed?
4. What is the value of specifically renouncing a lie?
5. How can you identify false guidance and false religions?
6. Why are Christians called to make a verbal stand?
7. What are the two objectives of this first step to freedom?
8. Which illustration was most helpful to you (Page 34, 42, 43)? Why?
9. As a group pray out loud together the prayer on page 37 asking for God's guidance. Check the list on page 38, 39 and consider the questions on page 40. Personally and silently make your confession as suggested on page 41.



## CHAPTER THREE

*(Step Two)*

1. Begin this lesson by praying out loud as a group the prayer on page 33, and say together the declaration that follows.
  2. What is the mark of a true disciple?
  3. How does Satan keep believers in bondage?
-

4. What is the first step in recovery?
5. Why are we called to walk in the light, and speak the truth in love?
6. Before we came to Christ we learned to live our lives independent of God. What is formed in our minds during that time?
7. Can we instantly renew our minds?
8. Can good people be deceived? How?
9. What are the sources of deception?
10. As a group pray out loud together the prayer on page 53 asking for God's guidance. There are three lists given on pages 54, 55, 56. Check each list and silently make your confession as suggested at the end of each list.
11. As a group read out loud together the doctrinal affirmation on pages 59-61.



## CHAPTER FOUR

### *(Step Three)*

1. Begin this lesson by praying out loud as a group the prayer on page 33, and say together the declaration that follows.
  2. Why do some people resist the idea of forgiving others?
  3. What is to be gained in forgiving others from our hearts?
  4. What does Scripture tell us to do if we have offended someone else, and how does that differ significantly from forgiving those who have offended us?
  5. What happens to us if we refuse to forgive from our hearts?  
Who do we hurt the most?
  6. How is forgiving different from forgetting?
  7. What did God mean when He said I will remember your sins no more, and what practical application does that have for the people we live with?
  8. Explain justice, mercy, and grace in reference to our relationship with God and others.
  9. How do we forgive as Christ has forgiven us?
  10. What two common errors are made concerning the process of forgiving others?
  11. What are the two most common names overlooked when making our lists of who we need to forgive?
  12. As a group pray out loud together the prayer on page 70 asking the Lord who it is that you need to forgive. Make a list off all the names that come to your mind
-

on a separate piece of paper that can be destroyed later. For each person on your list silently make the choice to forgive each one as suggested on page 85. Remember, in forgiving others you are agreeing to live with the consequences of their sin, and letting God be the avenger. The group should be given ample time to work through their lists with the understanding that getting in touch with painful memories may induce some real tears.

13. Conclude this step by praying out loud as a group the prayer on page 93.



## CHAPTER FIVE

*(Step Four)*

1. Begin this lesson by praying out loud as a group the prayer on page 33, and say together the declaration that follows.
2. Who has established governing authorities?
3. Why is choosing to be submissive to governing authorities an act of faith on our part?
4. Why is rebellion the same as the sin of divination?
5. How should believers relate to those in authority over them?
6. Based on the Lord's prayer, how can we appeal to someone in authority over us?
7. When must we obey God and not people?
8. What does submission mean?
9. How does submission relate to our significance and vice versa?
10. As a group pray out loud together the prayer on page 111. Consider the list on pages 111, and 112 and make your confession silently to God as suggested on page 112.



## CHAPTER SIX

*(Step Five)*

1. Begin this lesson by praying out loud as a group the prayer on page 33, and say together the declaration that follows.
  2. Why is pride so destructive to believers?
  3. What happens to the self-sufficient?
  4. What is the difference between false and true humility?
-

5. Where does the Christian get a legitimate sense of worth?
6. How can pride open the door to Satan?
7. As a group pray out loud together the prayer on page 122. Consider the list on pages 123, and 124 and make your confession silently to God as suggested on page 124.



## CHAPTER SEVEN

*(Step Six)*

1. Begin this lesson by praying out loud as a group the prayer on page 33, and say together the declaration that follows.
  2. Why are so many Christians stuck in the sin, confess, sin, confess, sin, confess and give up cycle?
  3. What is the difference between the Holy Spirit's conviction and Satan's accusations?
  4. Confession is the first step to repentance, but why isn't that enough?
  5. As a group pray out loud together the prayer on page 132. Consider the list on pages 132, and 133 and make your confession as suggested on page 133. Note: sexual sins will be dealt with next as a separate issue.
  6. How do we overcome the law of sin and the law of death?
  7. What happens in our own lives if we commit a sexual sin?
  8. Why do some remain in bondage to sin and others when a sexual sin is committed?
  9. As a group pray out loud together the prayer on page 136. As God brings names and experiences to your mind break the bondage of sexual sin as suggested on page 137.
  10. As a group pray out loud together the second prayer on page 137.
  11. There are additional prayers for various issues, which the group can decide to do on their own or as a group.
  12. How should we deal with the skeletons in our closets?
-



## CHAPTER EIGHT

*(Step Seven)*

1. Begin this lesson by praying out loud as a group the prayer on page 33, and say together the declaration that follows.
  2. In what way are we affected by the sins of our ancestors?
  3. As a group pray out loud the prayer on page 145 asking for God's guidance.
  4. As the Lord brings ancestral sins to your mind silently respond as suggested on the bottom of page 145.
  5. As a group make the final declaration verbally and with great confidence in God which is given on pages 146, 147, and follow that with the prayer on page 147.
  6. Discuss how you can maintain your freedom.
  7. As a group pray the daily prayer and declaration on page 149.
  8. What should you do concerning your home and whatever God has entrusted to you?
  9. Complete this repentance process by saying out loud together the affirmation of who we are in Christ on pages 153-155.
-