

Water of Life

Modules

Module 1 Who is God? What has God done for me?

- 1) Who is Jesus? What has he done for me that no one else could do?
- 2) Why did God create me? What is the meaning or purpose for my life?
- 3) What does God say about me?
- 4) Your worth and value are great in Christ! You are 100% unique to God.
- 5) Review, plan, and go forward

Module 2 What is Addiction? From Trapped to Being Free!

- 1) What is addiction? From trapped to being free!
- 2) Chemical addiction
- 3) Personal addiction
- 4) Staying sober and getting high on the basics of God's love
- 5) Review, plan, and go forward

Module 3 What About Me? What do I do with anger and disappointment?

- 1) Disappointment with God
- 2) Disappointment with the system
- 3) Disappointment with family & friends
- 4) Forgiving vs trusting
- 5) Review, plan, and go forward

Module 4 What About Me? Understanding my thoughts and feelings

- 1) What do I do about my guilt?
- 2) What do I do about shame?
- 3) Putting the past in the past
- 4) Dealing with hopelessness, despair, and doubt
- 5) Review, plan, and go forward

Module 5 What About My Life? Starting over and moving forward

- 1) First Impressions are important- manners and appearance
- 2) Valuing others and getting along with difficult people
- 3) Truthfulness and honesty
- 4) Dating, sex, loneliness, and friendship
- 5) Review, plan, and go forward

Module 6 Managing Time & Handling Money: Making both work for you

- 1) Budgeting basics
- 2) Responsible use of money
- 3) Giving back to God
- 4) Caring for possessions and time
- 5) Review, plan, and go forward