

Decompression Curriculum

Lesson 6

Video/CD Title: Community of Believers (0116)
Disc Start Time: 00:00

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Disc End Time: 1:01:49

Complete this top section and then answer the questions below in the space provided. If you need more space, please use a separate sheet of paper. Attach this page to the front of your assignment when you turn it in.

Name: _____ Home: _____ Date: _____

Introduction: After praying for the Holy Spirit to teach and remind you of all things relevant to this lesson, read through the introduction and attached exercises before starting this DVD and be prepared to fill in blanks as you go.

Discussion 1: When our lives are focused on the Kingdom we filter our thoughts, emotions, and especially our words much differently than what our flesh and the world would tell us to do. Trust is commonly a problem for those of who come from such a broken past. Oddly enough, it's the very thing God says we need to do to prosper in all our ways. The challenge of trusting is the fork in the road. Yankees' Hall of Fame sage, Yogi Berra, is known for his classic anecdote: "When you come to the fork in the road, take it." One side of the fork is to trust God; the other side is to trust those who God is using in our lives to change our hearts and transform our lives from the inside out. The process of trusting God and others requires a genuine desire to change, usually accompanied with uncomfortable and awkward effort. With a willingness to stretch and apply the knowledge you're given through God's Word and those He anoints and appoints to equip His people, you will be empowered and will be able to empower others in healthy relationships when you take the fork in the road.

Drill Down 1:

- The place of Honor allows 1) _____ 2) _____
3) _____
- Healthy relationships have 1) _____ 2) _____ 3) _____
- If we practice all of the above, what are the benefits 1) _____
2) _____ 3) _____ and you'll be able to
experience 1) _____ 2) _____
3) _____
- When we experience the Shalom of right relationships we can 1) _____ ourselves
and others can 2) _____ themselves. We have no need to 3) _____
relationships and others have no need to fear 4) _____.
- Based on this lesson, define Covenant: I will allow you to 1) _____ me; and, you
allow me to 2) _____ you and both of us are willing to die to 3) _____
to protect this relationship.

Discussion 2: The relational processes we practice either increase or reduce anxiety in our interaction with people, and in turn, either increases or diminishes love. Are you paying attention to the processes you bring into relationships around you and how they are impacting others?

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Drill Down 2:

- Give an example of a recent unhealthy personal exchange that illustrates the impact of these truths in your own life (and/or others).

- Reframe the event using the tools.

Discussion 3: The consequences of disconnection in relationship/covenant create injustice which begs for vengeance.

Drill Down 3:

- How are we to handle being treated unjustly?

- What is the value of being in a community of believers who have made covenant with you?

- Why do people have boundaries?
 - a. To keep in what I want to keep in
 - b. To keep out what I want to keep out
 - c. To protect the priorities of my life
 - d. To manage Time-Energy-Resources-Relationships
 - Print a copy of New Name Ministries' conditions, rules, and program requirements and assign the boundaries (a, b, c, d above) associated with each.

- When complete, describe what you received from this exercise.

Post Class Instructions: When the situations arise during your year at New Name that speak to you all of the good things this ministry is keeping you from, refer back to your copy of New Name Ministries' rule, conditions, goals, and expectations and review the purpose of the boundaries established in your life.

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1. You are a guest of the ministry during your stay. _____
2. You are not tenants or leasees and have no rights of residential tenancy created by a landlord/tenant relationship under the law. You have no property rights whatsoever to the living quarters given to you during the course of the program. _____
3. The Board or staff may enter and/or inspect your quarters at any time during your stay. _____
4. In consideration of receiving acceptance to the Ministry with no obligation to pay rent, you will agree and understand that you are considered to be guests of New Name Ministries and that violation of any of the following rules and conditions will result in termination of the host/guest relationship between the Ministry and the guest. Upon request by the Board or staff of the Ministry, the guest will immediately leave the premises of the Ministry and the failure of the guest to do so will constitute criminal trespassing as that term is defined in Penal Code s30.05. The refusal of the guest /trespasser to vacate the premises will subject him or her to arrest. _____
5. A reimbursement fee of \$350.00 for base housing expenses is due from each guest on the first Tuesday of each month. A pro rata share of utilities is due on the second Tuesday of each month. _____(This fee is subject to change.)
6. No illegal activity of any kind will be permitted; this includes activities off the New Name Ministries property. _____
7. Possession of alcohol, drugs, tobacco, firearms and/or pornography is strictly prohibited. You may not be on the premises with drugs or alcohol in your system even though they were consumed elsewhere. Any visitor will be expected to abide by the same rules. As a guest I agree to random drug, nicotine, and alcohol testing at the discretion of the staff. _____
8. Any and all medications must be reported to staff. Guest's are to report missing medications immediately upon discovery to New Name staff. You must comply with your doctor's prescribed dosage of all medications as well as your doctor's orders regarding diet, exercise, and appointments. No self medicating by commission or omission will be tolerated. _____
9. Smoking or any use of tobacco during your stay at NEW HOME is strictly prohibited! _____
10. Quiet hours exist between 10:00 p.m. and 7:00 a.m., Sunday through Thursday. On Friday and Saturday, quiet are between 11:00 p.m. and 7:00 a.m. During these hours, keep noise levels to a minimum. No outside activities after 10:00 p.m. Lights out and no music after 11:00 p.m. _____
11. New Name guests are restricted to their own bedrooms and common areas (kitchen, dining, living room). Guests are not allowed in the office without staff permission. There will be no loitering (hanging out) in the front yard. No peering, gazing, or staring through the front windows. _____
12. New Name guests are restricted from sexually intimate, emotionally challenging, personal/intimate relationships (dating for example) during their stay at New Name. Relationships requiring constant or frequent phone use (even personal cell phones) are not allowed. _____
13. Visitors are allowed only between the hours of 5:00 p.m. and 10:00 p.m. on Fridays, Saturdays 10:00 a.m. to 10:00 p.m., and Sundays 1:00 p.m. to 9:00 p.m. Visitors must agree to (sign) and follow our visitor's policy, provide their photo ID's, and be pre-approved by staff. No visitors allowed on class nights. All visitors must sign in and out. Visitors are never allowed in the bedroom areas. _____
14. Guests are not permitted to have vehicles for the first three months of the program. After three months, the purchase and ownership of a vehicle is left at the discretion of staff. Consideration will be made for applicants who own vehicles prior to their acceptance into the program. In such cases, the vehicle MUST be fully registered, insured, and inspected and the driver must have a valid driver's license. _____
15. Parking of vehicles is allowed only in designated areas. _____
16. Any home maintenance or repair, damage, or hazard will be reported at once to New Name staff. No structural changes may be made to the premises, inside or outside, or to the furnishings without approval of staff. _____
17. All hallways and common areas will be kept free and clear of personal belongings. _____
18. In the event that furnishings and other property on the premises that belong to New Name are damaged, destroyed or stolen, New Name will be reimbursed by the guest. _____
19. The premises will be kept neat and clean. This includes: vacuuming, sweeping and mopping floors, cleaning the oven and stove, cleaning the bathtub and toilet, etc. Chores will be assigned. _____
20. Guests must clean their quarters, including laundry, before moving out with all furniture and appliances left intact. Failure to do so will nullify return of refundable deposit. _____
21. No fighting, violence, or threats of violence, theft or lying of any kind will be tolerated. _____
22. Cellular phones permitted on an individual basis with approval of staff. Residential phones are not allowed in any guest's room. Please limit house and cell phone calls to 15 minutes, respond to call waiting, and take messages. _____
23. No pets of any kind are allowed other than for a visit with prior approval from staff. _____
24. No phone calls from the office except for job-related business or emergencies with permission from staff. _____
25. New Name office is off-limits to all guests unless granted by staff. _____
26. Guests must agree to obtain a job that enables them to be back on the premises for classes. Jobs that do not allow for a guest to be back at the home for evening classes are discouraged. Class attendance is mandatory and absences from class will not be excused except in EXTREME emergencies. Jobs that require weekend hours are strongly discouraged. When you are not working you will be expected, when necessary, to volunteer your services to New Name or related ministries in any way the staff deems appropriate. _____
27. Guests agree to meet weekly for staff designated classes and activities with other persons in the home for the purpose of achieving their goals. _____
28. All finances will be budgeted and monitored using weekly reports, turning in pay stubs & receipts, as well as bank statements. _____

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29. Guests must secure and prepare for relocation no less than 30 days prior to move-out date. _____
30. The program is for a minimum three hundred sixty five (365) days. No guest will be allowed to stay beyond the (365) days of the program unless agreed upon by staff. _____
31. There is a \$50 administration fee and a \$100 refundable deposit (refunded only if the one year minimum is completed, see also item 18) to cover potential damage to the home. The Security Deposit shall not apply to reasonable and ordinary wear and tear. _____
32. In consideration of the services provided at no cost by New Name Ministries, all guests must and do promise and agree, as a condition of their participation in the program, not to file a claim, complaint, or suit of any kind against the Ministry, Board of Directors, staff, volunteers, or hosts, for negligence or any other reason, arising from or during the guest's use of Ministry property and hereby releases, by signing this application, the New Name Ministry, Board of Directors, staff, volunteers, and hosts, from any such claim, complaint, or suit. _____
33. If you are a registered sex offender you will uphold all conditions of registration. If you find yourself in a situation without an approved chaperone where question of intent would be possible you must remove yourself from the area and report the incident in detail immediately to the staff of New Name. _____
34. If you are on probation or parole a copy of your conditions are to be on file. Failure to comply with the terms and conditions of your probation/parole can result in termination from New Name. _____
35. All guests are required to search for employment after completing their first 21 days unless otherwise directed by New Name Ministries' staff. _____
36. Trust is to be earned and not just given. Accountability assures integrity and breeds responsibility. All newly arrived guests are required to buddy up with another New Name guest on all off premises activities unless approved by staff. Failure to do so will result in removal from the home. _____
37. I will join New Name Ministries with the belief that staff and the men in the home have my best interest at heart. _____
38. I will join New Name Ministries with the understanding that ministry staff knows more about successful reentry than I do as I have never successfully reentered society before. _____
39. I will attend New Name Ministries' covering church for my first 90 days. After that time, I will faithfully attend the Bible believing Christian church of my choice. _____
40. For my first 30 days, I will focus my time and effort on completing New Name's "decompression" curriculum, attending parole/probation assigned meetings, and (if applicable) preparing my resume for job search. _____
41. Once I begin my job search, I will make 4 - 5 new job contacts per weekday until I find gainful employment. _____
42. I understand that I will be allowed to take side jobs during the period of my job search for the purpose of generating income to pay my bills (not personal spending) as long as it does not significantly reduce my weekly job search goals. _____
43. I will not depend on contract labor, self-employment, or starting my own business for my income. _____
44. My purpose for committing to New Name Ministries is to be transformed by its one-year process. _____
45. My employment goals will align with by commitment to New Name Ministries. Accepting employment that conflicts with this commitment will be cause for automatic discharge. _____
46. As a part of my transformational process, I will hold my brothers accountable per Matthew 18:15-17. I will not only confront my brother in love but will also bring one or two other brothers with me if my first confrontation is unsuccessful and bring the issue before the entire home (and staff) if the second confrontation is unsuccessful. I understand that "snitching" is for my selfish gain; Godly confrontation (all 4 steps) is for the purpose of edification and correction for restored relationships. _____
47. As a part of my transformational process, I agree to build relationships with my brothers in the home as well as those I am assigned to mentor. I will not isolate myself or focus my time on my family, old friends, outside mentors, or my job. _____
48. I will honor the counsel provided to me by my brothers in the home and staff by seriously considering the wisdom and experience in their advice. _____
49. I will honor nightly classes by remaining awake no matter how hard I worked that day, focusing on the material as it is presented, and participating in the discussion with personal insight and reflection. _____
50. I, as a member of New Name Ministries, will faithfully correspond with the men I am assigned to mentor by writing up to two (2) relational letters during any given month. _____
51. I will complete any and all assignments as scheduled. If I find it difficult to meet any particular deadline, I will communicate my issue with staff instead of ignoring it and hoping it will go away. _____
52. I will make myself available for ministry projects around the home(s) and in our community. _____
53. I will not spend my money frivolously, beginning with my release from prison. I will budget my finances in such a way that I can save at least \$3,000 during my year at New Name Ministries. _____
54. I understand that if I choose not to honor my responsibilities to New Name Ministries, the ministry will report these deficiencies to my parole/probation officer and treatment provider. _____
55. I will refrain from keeping secrets, either my own or that of my brothers. My transparent life will reveal not only what God has already done in my life but also where work still needs to be done. _____
56. I understand that this list of goals and expectations is New Name Ministries' attempt to convey to me what I can expect during my time in the ministry. It is not an all-inclusive list but an honest disclosure. _____
57. If I decide to break covenant and leave New Name Ministries prior to the completion of my one-year commitment, I will leave without owing New Name Ministries fees or reimbursements and will disclose my intentions to ministry staff, my parole/probation officer, and treatment provider at least two weeks prior to my move to avoid secrecy, deception, and to facilitate those waiting for my bed. _____