

The logo for Redemption Group features a stylized graphic of three curved lines resembling a flame or a feather, positioned above the word "Group" in the main title. The main title "Redemption Group" is written in a large, black, sans-serif font.

# Redemption Group

## Frequently Asked Questions

### **What is Redemption Group?**

Redemption Group is an intensive Bible-based discipleship program for men and women who desire to experience freedom from sin and to pursue a deeper walk with Christ through His redemptive work on the cross. Jeremiah 17:9 states, "The heart is deceitful above all things and desperately sick; who can understand it?" Through Gospel-saturated study and discussion, Redemption Group aims at dealing with the issues of the heart, not the outward symptoms. Participants discover that Jesus Christ alone provides hope for redemption for both our sin and the sin we are exposed to because of living in a fallen world. Through Redemption Group, men and women find that the message of the Gospel is more than adequate in providing a solution for individuals lost in various forms of addiction as well as for those dealing with issues of anger, guilt, shame, control, depression, loneliness, abuse and fear.

### **What materials are used in Redemption Group?**

A combination of two resources is used throughout the 2-semesters of Redemption Group: In the Fall semester, we use a book and video series titled "Soul Care: Seven Transformational Principles for a Healthy Soul" written by Dr. Rob Reimer, founder and president of Renewal Ministries International and Professor of Pastoral Theology and Alliance Theological Seminary. In the Spring semester, we use a workbook and video series titled "Recovering Redemption: A Gospel-saturated Perspective on How to Change" developed at The Village Church in Dallas, Texas.

### **What is expected of a Redemption Group participant?**

Each participant entering Redemption Group study is asked to sign a commitment sheet indicating his/her intent in pursuing a transformed life in Christ and committing to the demands and schedule of the weekly lessons, readings, and meetings. Weekly homework engages participants with a biblical study of God's redemptive plan through the listening or watching of audio/video teachings, the completion of workbook lessons, and a time of reflection/meditation on the weekly Scripture.

Finally, it is expected that the participant will attend the scheduled weekly group meetings, to connect at least one time each week with his/her assigned mentor, and to attend the additional scheduled gatherings including Orientation, the "Steps to Freedom" seminar and the "Deliverance and Freedom" session. If the Redemption Group participant is a current member of a YAC Community Group, he/she will have the option of stepping aside from Community Group involvement for the duration of the Redemption Group session but is encouraged to invite the prayerful support of his/her Community Group members.

## **What is a Redemption Group mentor?**

Mentors are a vital component to a successful spiritual journey in the Redemption Group. Each man and woman in the program will be assigned a same-gender mentor whose role is to walk closely with that individual—to encourage and pray for him/her. While a mentor is encouraged to attend the weekly meetings, he/she will be available primarily to regularly connect with the Redemption Group participant (meet one-on-one, phone call, email, etc.) and to hold him/her accountable to the different facets of the program. A specific mentor will be assigned to each participant by the time the session begins.

## **What does the Redemption Group schedule look like?**

Redemption Group covers two semesters through the Fall (September through November) and Winter/Spring (January through April). The 90-minute weekly meeting will primarily be same-gender gatherings. While the current schedule designates Wednesdays as the regular meeting time, a change of time for the weekly meeting may be considered pending the schedules of the individuals involved. In addition to the weekly group meeting and participant/mentor connection, the schedule includes an Orientation, a “Steps to Freedom” seminar, a “Deliverance and Freedom” session, and semester-closing celebrations.

## **What takes place in the weekly meeting?**

Each week, the entire group will gather to grab a snack and settle in during an informal welcome time. Next, a member of the Leadership Team will lead an opening activity such as worship through music, prayer, etc. to allow participants to disconnect from the distractions of the day as they refocus on Jesus and his plan for the evening. Following this, the group will watch a brief video clip that will “highlight” a section of the teaching from the week’s material.

Then, the group will separate into the same-gender groups and a leader will give an overview and lead discussion of the week’s assigned material. Throughout the discussion, opportunity will be given for each participant to share any current experiences or updates regarding his/her spiritual walk and personal struggles. Each participant will find that the weekly meeting is a safe space or confidential venue to share one another’s burdens, and to encourage and pray for each other.