

Lesson Plan - Session 23 – Step 8 – Amends List; Intro Step 9

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch Up Sharing</p> <p>Questions from Step 8 Reading</p> <p>Sharing Exercise S8.1, Amends List</p> <p>Introduce Step 9</p> <p>Assignments</p>
0:05	<p>Catch-up Sharing</p> <p>Questions/Discussion of Step 8</p>
0:15	<p>Sharing Exercise S8.1 Amends List</p> <p>Ask 1 man to share one entry from his Amends List table. Discuss that entry thoroughly as other men in the group may have a similar entry in their table (spouse, past sexual partners, parent, sibling, other relatives, boss, employee, neighbor, etc., etc.).</p> <p>For each category of entry, ask others to share as necessary for the group to obtain a comprehensive picture of making amends in such similar situations.</p> <p>Ask another man to select a different type of entry from his table (e.g., if the first entry discussed was spouse, someone else may discuss a parent). Again, thorough discussion.</p> <p>Repeat this process (maybe 5-12 times) until there have been a broad array of the various peoples/relationships in which amends are appropriate.</p> <p>This sharing session will require the bulk of this meeting.</p>
1:10	<p>Assignments</p> <p>Read Step 9, pages 137-143</p> <p>See Leader Notes below</p> <p>Complete Exercise 9.1 – Making Amends Table</p> <p>This table is CRITICAL – It will contain the content for every amends you are to make, whether direct amends or written. Once the table is complete, preparation of other materials (notes, letters, etc.) will be based on the table.</p> <p>Read the instructions line by line. Read the sample table entry. Consider sharing some entries from your personal Amends Table.</p> <p>This needs to be completed prior to the next session. Study members may submit their table for review and feedback prior to our next meeting.</p>
1:25	<p>Final questions or comments</p> <p>Closing Prayer</p>
1:30	<p>Adjourn – may leave meeting open for additional discussion</p>

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Leader Notes

We make amends to attempt to repair damage. We repair damage when we:

- Admit our wrongs
- Show repentance
- Offer amends

We are not controlled by an individual's response; we rely on God's love.

If amends involves reparations:

- Ask – How can I make this right?
- Give back what I have taken

We measure amends by: Authenticity, Honesty, Sincerity (Perfection is not in this list)

We are to be selfless in cleaning our side of the street.

Amends are not made to:

- Reconnect with others, especially past acting out partners
- Relieve our guilt
- Look better
- Defend our actions

By-products:

- Memories and feelings no longer haunt us
- Reduce or remove guilt and/or shame

Do no harm:

- Don't reveal more than is necessary to make the amends. Stick to Harm Caused – Amends
- Don't create new problems – legal, employment, violence, damage relationships of others, etc.

Letters are used:

- Those that would be harmed
- Deceased

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Jesus and the 12 Steps – Denison

The Weeping Apostle – Matthew 26: 31-35; 69-75

The 9th step is neither easy nor optional. The book, *The Steps We Took*, says, “If we do not do Steps 8 & 9, our defects will continue to dominate our minds and block us off from God.”

Dr. Cecil Sewell – You can give without loving, but you cannot love without giving.

Dr. Craig Cashwell – Making amends is a difficult and painful process, but it also liberates you from the guilt of past behaviors so that you can live more fully in the relationship you have with Christ.

Peter – insecure, braggart, loud, self-absorbed. Often wrong, but never in doubt. Peter denied Christ 3 times. It is what he did after he fell that matters.

We all fail. Don't overpromise. One day at a time. Deal with the temptation of today.

Peter was alone when he fell. Addiction is rooted in abuse, trauma, and isolation. Addicts struggle with defensiveness; we deny and deflect.

After he fell, Peter wept bitterly. In the Greek, bitterly comes from the word that refers to being pierced with a sword.

Making it personal – sexual brokenness and addictive behaviors have driven you from the right path and the true God. But it is what comes next that matters.

Addiction will take you further than you want to go; it will keep you longer than you want to stay, and it will cost you more than you want to pay.

3 kinds of amends:

- Direct – deal with taking personal responsibility and confronting the person with whom you want to reconcile
- Indirect – ways to repair damage that cannot be physically undone
- Living – a positive way to display to others and to prove to yourself that you have evolved from the person that you used to be.