





# Rehab

A Group Study

Sample Lesson One

**Week 1: Wilderness**

**Week 2: Intervention**

**Week 3: Program**

**Week 4: Recovery**

**Week 5: Promise**



**DISCIPLESHIP MINISTRIES**  
The United Methodist Church

## About Rehab

*Rehab: A Group Study* is a five-week companion study based on worship series “Rehab” developed by the worship team at Discipleship Ministries. Each lesson uses the same scriptures and themes as the previous Sunday’s worship service.

Contributors include Dawn Chesser, Taylor Burton-Edwards, Jackson Henry, Scott Hughes, Craig Kennet Miller, and Jacqui King.

The study will be available as a free PDF or for purchase on Amazon in January, 2018.

Resources and links will be available on the Discipleship Ministries Website at

[www.umcdiscipleship.org/worship](http://www.umcdiscipleship.org/worship).

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## Week 1: Wilderness

### STARTERS (10 minutes)

**What similar “wilderness” experiences have you had?**

- ☐ Lost in the woods without a GPS.
- ☐ In a hospital bed waiting for results.
- ☐ Trying to navigate conflict with a loved one.
- ☐ Confused by a difficult decision.
- ☐ Overcome with the results of bad choices.
- ☐ In the midst of a spiritual battle.
- ☐ Other

**Discuss with one or two people, and then share with the whole group:**

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- **What image comes to mind when thinking about being in the wilderness?**
  - **What does it feel like to be lost?**
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### In the Know (15 minutes)

After reading the article below, if your group has more than seven members, divide into groups of four to discuss.

What is the wilderness? Wilderness represents those times in our lives when we begin to face, head on, our own brokenness. We admit we have fallen and can't get up on our own. We admit we have lost our way. We admit we are facing trials and temptations. We admit we have come face to face with evil. We admit that we can no longer manage on our own. We need help. We need a Savior.

For some, being in the wilderness is a temporary condition. For others it is the status quo of their entire lives. But whether our wilderness is temporary or seems to be permanent, we experience it the same. Being in the wilderness is a time of testing.

The wilderness is where the wild things are. The wilderness is where there is no ready supply of food or fresh water. The wilderness is desolate. It is a place of desperation.

But wilderness also speaks to periods of life or states of mind: lost, unsettled, wandering, discerning, tempted by Satan, tested by God. The wilderness is a time of trial. It is a probationary period.

Heading into the wilderness, whether it's imposed upon us or we voluntarily go, is only the first step in the rehab journey towards reconciliation, healing and wholeness. But it is a step we must take in order to start the process of recovery.

**Share your thoughts about wilderness.**

1. **What is the difference between planning to go into the wilderness versus finding yourself in the wilderness without preparation?**
2. **How does going into the wilderness lead to transformation and hope?**

### **Reflection on the Bible (20 minutes)**

Ask a member to read aloud the following passages from Mark 1:9-15 and Deuteronomy 8:2.

Ask another person to read the Background.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

Mark 1:9-15

Remember the long way that the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments.

Deuteronomy 8:2

### **Background:**

*Our image of repentance can often be of a one-time decision made at an altar rail or revival service while the congregation sings "Just As I Am." However, the biblical image of repentance is much broader. This is displayed in the Old Testament: God makes a covenant with Israel, Israel promises faithfulness, Israel slides into unfaithfulness, prophets warn the people, punishment eventually comes, Israel repents and returns to God. With repentance, there is both a turning away from sin and unfaithful habits and also a turning toward God. Repentance results in reconciliation and in new behaviors (obedience, faithfulness) that demonstrate new commitments.*

*Repentance is at the heart of the Gospel announcement. This is demonstrated in Jesus' preaching and teaching (Mark 1:15) and with the first Christians (Acts 2:38). Repentance is an ongoing, continuous action with the life of the growing disciple. As we grow closer to God, the more we see that we need to repent from. As we grow closer to God's love, the more we see our need for transformation.*



### **Questions for Discussion:**

If your group has more than seven members, divide into groups of four to discuss the Scripture passage.

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**1. Why do people go through times of testing?**

**2. Why is the call to repentance linked to making changes in our lives?**

**3. What do we learn from the example Jesus going from the joy of his baptism immediately to the wilderness where he is tempted by the devil?**

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### **Making it Personal (10 minutes)**

- How do you think you would handle an intense period of temptation similar to what Jesus faced for 40 consecutive days? What would it reveal about you? (Not fit enough spiritually, spiritually broken)
- How is beginning rehab or physical therapy similar to a wilderness experience? (Certain luxuries are not accessible, habits will have to change, often there is a radical departure from previous practices, feelings of disorientation, often a long duration of time.)
- As Jesus' wilderness experience prepared him for reliance on God's Spirit during his ministry, how does Lent serve as preparation for Easter? (40 days of fasting, learning to be more reliant on the Holy Spirit)

### **Close in Prayer (5 minutes)**

## Instructions for Leaders

*Rehab: A Group Study* is a five-week companion study based on the worship series “Rehab” developed by the worship team at Discipleship Ministries designed for Lent 2018. Each lesson uses the same scriptures and themes as the previous Sunday’s worship service. The preferred pattern is for people to experience the worship service based on the theme first, followed by the group study during the week that follows. This study can be used at any time of the year.

Each participant will need a copy of the material. You can download a free PDF or purchase the guide on Amazon on the in January, 2018. Resources and links will be available on the Discipleship Ministries Website at [www.umcdiscipleship.org/worship](http://www.umcdiscipleship.org/worship).

## Why Use This in a Group?

People best learn when they are in conversations with others. The format of this resource is designed to generate discussion and interaction. Rather than having a large-group discussion, the participants will break into groups of two, three, or four during the lesson. Instead of having the discussion dominated by one or two people, this grouping allows everyone to get involved. To get the most out of this study, be sure to follow the instructions in the material.

<b>Starters</b>	<b>Each lesson has a survey or set of questions for each participant to read and to answer. (Provide pencils or pens for them to use.)</b>
<b>Discussion Questions</b>	<b>First have them share with one or two other people, then with the whole group.</b>
<b>In the Know</b>	<b>An article based on the sermon notes for Rehab will focus on the topic of the lesson</b>
<b>Reflection on the Bible</b>	<b>The Scriptures are used to help the participants focus on the theme for the lesson.</b>
<b>Background</b>	<b>This gives a brief commentary on the passage to help participants understand the Scripture and apply it to their lives.</b>
<b>Questions for Discussion</b>	<b>Break into groups of three or four to discuss the Bible material.</b>
<b>Making It Personal</b>	<b>Questions designed to take it deeper are provided.</b>
<b>Close in Prayer</b>	<b>Close in Prayer.</b>

## Time

This lesson is designed for 60 minutes. Along side each section you will see a recommended time for that particular part of the study. To facilitate greater discussion, you may instruct the group to focus on one question in the discussion following the scripture and in “Making it Personal.”

# REHAB

## A GROUP STUDY

**REHAB** is a word that can refer to many different things. Just a quick glance through the Wikipedia article on rehabilitation, or “rehab,” points to issues ranging from health (cognitive rehab, wildlife rehab, drug rehab, occupational rehab, physical rehab, psychiatric rehab, vision rehab, vocational rehab) to politics (restoration of disgraced politicians) to home improvement (*Rehab Addict!*). In general, the word rehabilitate means to restore to a condition of good health, ability to work; to restore to good condition or operation; or to restore a person’s reputation.

The core of the learning in rehab, isn’t cognitive. It’s behavioral. In rehab, we learn how to live differently, to set a “new normal” for ourselves and our relationships after a period of time or perhaps a crisis has made it clear to us it is impossible to live as we had before.

This group study based on the worship series, “Rehab” invites you to explore together the mysteries of the give and take our spiritual lives as we undergo transformation.

### THIS 5-WEEK STUDY GUIDE INCLUDES THE FOLLOWING LESSONS:

**LESSON 1:** Wilderness

**LESSON 2:** Intervention

**LESSON 3:** Program

**LESSON 4:** Recovery

**LESSON 5:** Promise

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