



## Frequently Asked Questions

### What is re:generation?

- Re:generation is a biblically based discipleship journey designed to address significant sin struggles in a 12 step format. It was originally developed at Watermark Community Church in Dallas.

### Who is re:generation for?

- If you struggle with any kind of sin in your life, then this is the place for you. No issue is too small or too big. Some examples: anxiety, control, gluttony, alcohol, drug addiction, physical abuse, addiction to pornography, materialism, pride, unforgiveness...

### What if I don't know what I struggle with? Can I still participate?

- Yes! The curriculum is designed to help you answer this question.

### How is re:generation different from other recovery programs?

- Re:generation has a discipleship focus, daily lessons, scripture memorization and daily prayer, integration and participation in the church, extended curriculum for victims of abuse, gender specific groups (not issue specific)

### When will re:generation meet? What is the time commitment?

- Re:gen meets every Thursday night from 6:30 to 8:30 p.m. Childcare is provided. The curriculum itself takes a total of ten and a half months if no breaks are taken.

### How much does it cost?

- \$80. This covers the cost of 6 books and operating costs for the church. Please don't let cost be an issue – scholarships are available. The total is not due all at once.

### What is the format of re:generation?

- Everyone will meet together in a large group for worship and a testimony/teaching. Afterwards, you will split into gender specific groups for more in depth discussion. The format will be explained more specifically when re:generation begins meeting.