**INTRODUCTION**

* Leader introduction/pray
* Review the goals for tonight:
  + Why do we do Inventory?
  + What is Inventory?
  + How do we do Inventory?
* But before we get into that, we need to go back to Step 3 *“We decide to trust God with our lives and wills by accepting his grace through Jesus Christ.”* Without the foundation of Step 3, you’re on your own to deal with the results of Inventory. That’s why we need a Savior who died for our personal inventory.

**SCRIPTURES**

**Ephesians 2:1-5** “And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. **ButGod**, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—"

* Your sin doesn’t define who you are any more, Jesus’ blood defines who you are. He loves you.
* Whatever you put on your inventory doesn’t define who you are. You have a new identity in Christ.
* Only Christ followers can say this because your life is identified now with Jesus.
* You matter to Him. He says you are worth His rescue.

**Romans 8:1-2** Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death

* No shame! Jesus paid for every ounce of your mess at the cross!
* Nothing can condemn you in the eyes of God. No matter what you’ve done, God has forgiven you through Christ.
* If you have not taken step 3, it’s important to take it or these things are not true of you. Step 3 is the most important of all the steps.
* Every step builds on the next one. **If you haven’t trusted Jesus as your Savior, we ask you not to move forward with Step 4.** Talk to your leader tonight. Connect with your mentor. There’s no shame in stepping back until you’ve trusted Christ as your Savior.

**WHY DO WE DO INVENTORY?**

If Jesus paid your debt in full, why take an inventory? It’s all forgiven—paid for at the cross….so why?

**We do it for HEALING.**

* Damage has been caused. Brokenness has occurred. Sometimes you don’t know what needs healing until you start digging around. You need to treat the underlying diseases and sinful patterns that remain.
* Inventory is like going to a doctor. You don’t **just** treat the **symptoms**. You have to treat the **disease** or you’ll never get better as a patient.
* Inventory allows you to understand: what’s broken in your life and how you have contributed to others’ broken lives. It also shows you what you value more than God.

**We do it for FREEDOM.**

* Your sinful flesh has distinct patterns that enslave you. You may be triggered to operate out of these patterns. Inventory will help you discover these triggers.
* We turn people or things into idols that hold us in bondage and keep us locked up. Our addictive behaviors keep our focus off of God. Isaiah 61:1b “He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed.”
* Personal example

**We do it to REMIND ourselves of how much Christ paid for us & how much He loves us.**

* You are loved in ways you cannot comprehend right now. Look at what He’s paid for and realize how much you are loved through His willingness to die on a cross for you. Romans 5:8 “but God shows his love for us in that while we were still sinners, Christ died for us.”

**WHAT IS INVENTORY?**

* Inventory is a thorough look inside you from 6 different viewpoints. Rather than just diagnose your symptoms, you must address the root cause or disease. You open 6 windows into your life so you can address the sinful patterns and idols that control you.
  + Resentments
  + Fears
  + Harms to Me
  + Harms by Me
  + Sexual
  + Recovery Issue(s) – what brought you to *re:generation*
* All the windows help to uncover and give clarity to two things: **Idols and Sinful Patterns**
* **Idols:** what has replaced God at the center of my heart? What do I worship besides God?
* **Sinful Patterns:** what are my patterns – how does this play out in my life?
* Goal: remove the idols and put Jesus back in His rightful place on the throne of your life. You learn to stop walking in sinful patterns and walk in His path for your new life in Christ.

**HOW DO WE DO STEP 4? (Overview)**

* **Week 1:** Daily curriculum in the Steps 4-6 Workbook
* **Weeks 2-5:** Daily prayer, scripture reading, and four weeks of working through inventories in the Inventory Workbook. Work inventories in order. **(Average 1.5 inventories a week)**

**Date—**Step 4, Week 1; **Date**—Resentments/Fears **Date**—Fears/Harms to me **Date** —Harms by me/Sexual **Date**—Sexual/Recovery Issues **Date**—Step 4, Wk. 6 **(Come prepared to share a specific entry from your inventory in small group each week)**

* + It takes time. You may need a longer block than 30 minutes. Consider setting aside extended time (day away/retreat); ask for help with the kids. It will be time well spent.
  + Be intentional about moving through this quickly. Inventory can stir a lot of emotion. Don’t prolong it longer than it needs to be.
  + It can be difficult to put it on paper but set goals. Don’t wait to start.
  + Don’t isolate. Engage mentors and people during this time.
  + You may feel like a jumbled mess. It’s okay, just get it on paper.
* **Week 6:** Synthesis of inventory results. This will help bring to the surface what you need to focus on; It will help identify idols that have ruled your life over the years. **(Powerful week—don’t ignore this week. It is key to the steps that follow!)**

**Transition:** Personal example of how challenging it can be to admit your wrongs…even to yourself.

**Using the Inventory Workbook (Weeks 2-5) (Specifics)**

* Read **Inventory Workbook Introduction** (pgs. 6-7) – **Overview** and some **Key Things To Remember**.
* Pray beforehand using **Daily Scripture** **and Prayer** pages (pgs. 9-37)­
* Read the **Overview** before you start each inventory (for example: read pages 40-43 in advance of working on your Resentment Inventory). Each Inventory has its own Overview.
* Begin working on first 3 inventories (follow the schedule)- **Resentments, Fear, Harms to Me**. These 3 inventories are introspective and will help identify things that have been done to you and reveal what has been affecting your heart.
* Proceed onto the remaining 3 inventories - **Harms by Me, Sexual, Recovery Issues**. These inventories help reveal what you have done and how your issues have played out in daily life.
* Realize the inventories may not be balanced. One may be a greater focus for you, that’s fine.

**Dealing With Abuse In Inventory**

* + - If you are dealing with the pain of abuse, be sure to review ***Appendix C: Dealing with the Pain of Abuse*** (pgs. 114-120). There is an Inventory Overview, Questions to Help and Inventory Examples specifically written to help those who have suffered from abuse.
      * Some of you have been hurt deeply, there is a righteous anger. Some of you have been a victim. Don’t take ownership for the abuse.
      * **But,** you are responsible for how you respond to abuse.
      * The abuse was not your fault. But because of pain and shame, you may have developed sinful patterns over time. God doesn’t hold you responsible for what happened to you, but you are responsible for sinful responses to abuse. He wants you to grieve the harm done to you, but also be willing to name harmful response patterns you that take you away from God.
      * If you are hurt, God loves you, and He is trustworthy, and He is not approving of what happened. You are His child. Be honest about how you have been hurt.

**Resentment Inventory Example (pg. 44)**

(Inventories typically have the same columns, but they may be worded a little differently

1. **Who/What:** person, group, or institution
2. **The Cause:** What happened?
3. **My Response:** Describe actions you took, choices made in response, and feelings at the time.
4. **The Nature of My Response:** How would you describe the specific **feeling** behind your reaction? See ***Appendix D: Feelings List*** (pg. 121).
5. **What I Value (Potential Idols):** Consider your response and try to figure out what you were trying to protect. What did your response value most? What might you be holding onto, demanding, defending, frustrated about, hurt by?
   * This column reveals idols. See ***Appendix B: Identifying Potential Idols*** (pgs. 112-113).
   * Notice any idols that keep popping up in different situations and inventories.

**Other Important Notes About Inventory**

* You will follow this same process for each of the inventories.
* Word Docs of each inventory are available on [www.regenerationrecovery.org](http://www.regenerationrecovery.org); “Forms and Supplements” tab. Sometimes your ministry leaders can email the docs/links to you.
* Don’t be overly concerned that everything goes in the right box, but do work through all the columns completely.
* **Tips/Encouragement:**
  + Be thorough. You can’t heal a wound by ignoring it. Don’t leave something off inventory that you know needs to go on it.
  + Things can go on one or more inventories. Putting something on multiple inventories sometimes helps you to see things differently (but this is not required, entry on one inventory is fine).
  + Just get it out. If you need to journal your inventory first and put into columns later that is fine. Don’t let form hinder you getting it on paper. But do be sure to put it in the form later because it helps you identify patterns and idols.
  + You can do this because Christ is working in you. Be alert to spiritual warfare.
  + Bounce back to previous inventories when something comes up that needs to be recorded.

**Q&A**

**How do you know when you are done?**

* Do your best. Be honest with yourself.
* You are not going to get everything down on paper. You may not be ready to go through something yet or be aware of something from the past.
* Talk to people around you, be as thorough as you can be. If you need more time, take some, but don’t put it off. Don’t prolong this process of inventory.

**Is inventory to regurgitate? YES! When do you work on healthy responses?**

* Healthy responses come later—Steps 5-12.
* This step is about getting it down on paper; here are my sinful patterns and idols.
* Step 4 is not the fix-it step. Through the later steps and over a lifetime, God will heal your brokenness.
* Don’t worry about steps that come in the future. Don’t try to do step 12 when you are on Step 4. Take one step at a time. For instance, don’t skip people or events because you know you must forgive them in Step 8. This step will prepare you to take a wise/thorough future step.
* Years of damage won’t be fixed in an instant. (Talk to mentors/leaders if you feel that God wants you to take a next step before you get to that step.)

**Do you put down items you have already worked through?**

* You don’t have too. You can, it might be useful to see idols or patterns.
* If you have something listed on Resentments you don’t have to put it on Harms to me, but you can, if helpful. (Put a note to reference a previous mention in another inventory)

**How much is too much?**

* Be as thorough as you can without killing yourself. (You don’t need to include every detail.)
* Work through big issues first. Then fill in the smaller/other issues.

**Do I go across or down?**

* **Yes,** depends on you and how you think and work. Not a right or wrong answer to this.  
  (List in margin so you leave plenty of room for each entry.)
* Maybe random as they come to mind. Maybe chronological.
* Maybe big events to little events.
* Maybe people.
* Maybe intensity levels—less to more or more to less

**For Step 5: Confession, who is there?**

* Mentor, and at least one other person. Not just one person for their sake and yours. You want them to know you and your patterns. (Possibilities: *re:generation* co-leader; close friend; *re:generation* participant; church staff)

**Can God be on your inventory?**

* Get all your thoughts out now. God is perfect and does not need to be forgiven. But you do need to get out your true anger and feelings. God and others will help you sort this out later.

**Should I share my inventory with my spouse as I go?**

* We will never tell you that you can’t share something with your spouse. You are one flesh.
* However, we do recommend that it is not best to share your inventory with your spouse as you go through. Knowing that a spouse may read something on your inventory may affect how/whether you record it. We want you to regurgitate everything without concern about right or wrong or how it will might make someone else feel.

**Other Questions?**

***Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”*****Joshua 1:9**