

RESTORE LIFE CHART

Negative Moment Event/Season		<i>Abuse by Babysitter</i>
People Involved		<i>Karen G./me/mom and dad indirectly</i>
Emotions I felt/still feel		<i>guilt over enjoying it physically, shame, anger I wasn't protected as a child</i>
Lies I Believed	About Myself	<i>That I could protect myself going forward from ever being hurt by a woman. That I was a victim and thus justified my addiction to pornography. That because I wasn't having an affair in the truest sense, I wasn't as "bad" as others</i>
	About Others	<i>That no one would love me if they knew my darkest secrets. That I couldn't trust women deep down.</i>
	About God	<i>That God was distant and not active in a personal way with me like he was with other people because of what happened. That somehow, because of my addiction, he was punishing me by not allowing me to feel His presence.</i>
Poor Choices/Sin committed as result		<i>Chose pornograph instead of real relationships with women. Thought I could avoid getting hurt</i>
Impact or Costs to Me (-) (pain, loss, etc.)		<i>Lots of money spent on addiction, isolation from others, divorce, stress, constant fear of being found out, Felt disconnected from God.</i>
Freedom	Repented? Fully Trutsing God?	<i>Starting to, disclosed that I was abused to men in my closed group. Other participant shared they were, too.</i>
	Further Forgiveness to Give or Receive	<i>Write letter to abuser (don't mail it). Talk to mom and dad about what happened; share that I was angry with them but that they didn't know what had happened.</i>
	How can God use it for His glory/good?	<i>That telling my story with other men can help them get over the hurdle of shame. Also to be proactive with my son about helping him avoid this trap (share appropriate parts of story/get Covenant Eyes on his devices).</i>

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Chaos/Stress/Fear Inducers (Types of events rather than singular moment)	<i>When I make mistakes at work or when client is upset even when I don't make a mistake.</i>
People Involved/Attached	<i>Linda (Boss)</i>
What Poor, Unwise or Sinful Decisions did/do I make?	<i>Try to cover/manuever with the truth by not disclosing all of it so I won't get blasted by Linda. Don't tell others that client is upset with us.</i>
What am I falsely believing when I feel this or make a poor choice to avoid this pain/stress/fear?	<i>That if I don't protect myself, God won't.</i>
Where am I not trusting God in these moments?	<i>I am not trusting that God is the one who promotes and protects me. Psalm 75: No one from the east or the west or from the desert can exalt themselves .It is God who judges: He brings one down, he exalts another</i>
What would fully trusting God fully look like in this area?	<i>I would admit mistakes and tell the team when a client isn't happy with us (or me).</i>
Am I willing to start trusting God in these moments? How?	<i>Yes, the next time I feel stressed and like I am going to maneuver, stop, pray and simply tell the full truth.</i>

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Positive Moment Event		<i>When I went to Restore for the first time</i>
People Involved		<i>Me/Wife/Pastor Ron</i>
Emotions I felt/still feel		<i>Terrified first night. Thought I either wouldn't fit in or would be seen as bad person.</i>
Truths I Learned	About Myself	<i>Deep down, I want to get freedom more than I want to protect my own image.</i>
	About Others	<i>That others who understand God's love and grace will accept me despite my flaws and failures.</i>
	About God	<i>God has designed me to be in relationship with others. He will be faithful to me when I obey him and am willing to become vulnerable.</i>
Impact or Benefits to Me (gains, joys.)		<i>Not having to hide anymore. Freedom from shame and others "finding out." Now I don't care anymore if people know my struggles.</i>
Freedom	How was God faithful?	<i>God provided everything we needed. Got "surprise" money from work project I wasn't expecting.</i>
	How was I trusting God?	<i>Wrote tithe check even though things didn't work out on paper.</i>
	How can God use it for His glory/good?	<i>I can share God's faithfulness to Sarah and I with others. That He has personally shown me He will do what He has promised so others can trust Him. I will trust other things He tells me in His word.</i>

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Positive Moment Event/Season		<i>When I tithed even though I had a large paycut.</i>
People Involved		<i>Me/Wife/Jim—accountablity</i>
Emotions I felt/still feel		<i>Nervous if God would really prove Himself. Would I be able to pay bills? After he came through, real peace that I could trust Him</i>
Truths I Learned	About Myself	<i>I am not the ultimate source of my provision. I am called to participate in what God is doing, no ordhestrate. I can rest in the fact God is in control—stop panicking/striving.)</i>
	About Others	<i>That Sarah would be willing to follow my lead when I can assure her it isn't simply some wild hare idea, but God's plan and promise for our finances. That Jim is FOR me. Sharing this struggle with him was hard but God used him.</i>
	About God	<i>God is faithful to His Word, there is not a time in which He won't stand behind His promises.</i>
Wise Choices/Obdedience choice		<i>tithed 10% of income. Didn't cut-back.</i>
Impact or Benefits to Me (-) (gains, joys.)		<i>First time I have trusted God when I didn't already see it work out on paper/defied common sense. Felt joy.</i>
Freedom	How was God faithful?	<i>God provided everything we needed. Got "surprise" money from work project I wasn't expecting.</i>
	How was I trusting God?	<i>Wrote tithe check even though things didn't work out on paper.</i>
	How can God use it for His glory/good?	<i>I can share God's faithfulness to Sarah and I with others. That He has personally shown me He will do what He has promised so others can trust Him.</i>

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