

Lesson Plan - Session 24 – Step 9 – Making Amends

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch-up Sharing (Exercise S8.1)</p> <p>Sharing Exercise S9.1, Making Amends Table</p> <p>Assignments</p>
0:05	Catch-up Sharing
0:15	<p>Sharing Exercise S9.1, Making Amends Table</p> <p>Ask one man to share one entry from his table. Discuss thoroughly, with feedback and questions from the group.</p> <p>Continue around the circle, each man sharing one example at a time.</p> <p><i>The entry offered may be one for which a man is comfortable or confident with how to proceed OR it may be one that he is struggling to complete.</i></p> <p>After 30 minutes, ask if there are any questions that have been raised or resolved thus far. After discussion, resume going around the circle and discussing examples until the available time has been used.</p> <p>Most important outcome – each man knows what to do next with each entry in his table – content, form/type, and timing of amends.</p>
1:20	<p>Assignments</p> <p>Write amends letters, Exercise S9.2</p> <p>Submit any amends documentation (notes or letters) to sponsor for which you need/desire feedback.</p> <p>Schedule amends sessions and give amends (using notes from table or letters)</p> <p>Bring your letters or notes to next session for sharing and feedback.</p> <p>Some of these may be complete and already given. Some may be amends on which you are unsure or stuck. We will discuss them as a group and hopefully provide the feedback you need to complete all of your amends in the next 4 weeks.</p> <p>Introduce Exercise 9.3 – not necessary to complete for next session (#24); will need to prepare/complete by session 26.</p>
1:25	<p>Final questions or comments</p> <p>Closing Prayer</p>
1:30	Adjourn – may leave meeting open for additional discussion

Lesson Plan - Session 24 – Step 9 – Making Amends

Leader Discussion Guide – Same notes as for Session 23 (use as helpful)

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

Lesson Plan - Session 24 – Step 9 – Making Amends

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.



Lesson Plan - Session 24 – Step 9 – Making Amends