



Adult & Teen Challenge

# **Biblically-based Curriculum for the Next Generation**

# The Problem

Today there are hundreds of thousands of homeless people in the US. A significant number of them are struggling with substance abuse issues, as well. The need is growing and it can seem overwhelming when trying to assist people to change their life-style and develop a new drug-free life.

Often leaders struggle to know how to best **help people start a new life and avoid the revolving door back into the**

**shelter.** Individuals are struggling with **different issues and are at different places in their life journey.** Biblically-based curriculum that meets the unique needs of those seeking help is one desperately needed piece of the puzzle.

**Facilitators are often overloaded and struggle to find time to prepare adequate lessons.** The heart-felt desire to help those before them is real, but the busyness of life can make that difficult.

# Our Solution

Adult & Teen Challenge recognizes these problems and has developed curriculum with these difficulties in mind. Today we offer a wide variety of curriculum and resources for similar ministries, and now Citygate Network members. These dynamic discipleship tools have helped countless individuals find **New Life in Christ** and now you have access to the same life-changing materials. Each facilitator manual offers valuable guidance and cuts preparation time for the busy teacher.

Adult & Teen Challenge has been teaching people to lead successful Christian lives for over 60 years. Over 200 residential recovery centers across North America utilize this curriculum as a vital part of the recovery process.

Challenge your clients to wrestle with the biblical truths and questions these materials bring up. We also encourage you to complete these studies yourself so that you're prepared to fully engage in the discipleship process.

Our prayer is that this series not only engages learners but teaches them how to fully invest in the freedom available to them through Jesus Christ.



*Our curriculum addresses the root of the problem to facilitate life transformation.*

**Personal Studies for New Life In Christ** were developed as independent learning classes. A facilitator works with the learner at “Pause Points” to discuss their progress and understanding of the study’s content and application.

The facilitator manual for each study gives learning objectives, an answer key, and discussion questions to use with the clients at the “pause points”. This is an invaluable tool to assist facilitators in making impactful connections with clients.

Each series consists of six studies that you can assign together or individually within your clients’ personal growth plan.

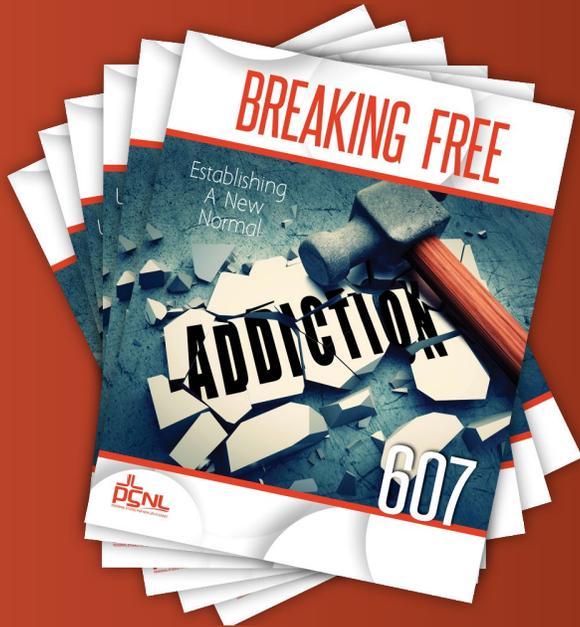
Each study includes daily work which can be completed within one week. On average, daily work will take 30-45 minutes to complete. In addition to daily reading/work, studies include Core Scriptures, Challenge Points, and Growth Points for the week. You can also use them in small group settings daily or weekly, using the clients’ work as a starting point for discussion.

But for these studies to be fully effective, we need your investment right alongside your clients or group members in the discipleship process. They need your insight, wisdom, and accountability.



**These tools will help you open the door to hard topics and assist clients to begin building new foundations.**

The **Breaking Free** series takes all of the information we know to be true about addiction and establishes a road map for us to break free through the power of Jesus Christ. In all of our studies, we want to acknowledge difficult realities, while focusing on solutions.



**PSNL 107 - Exposing the Nature of Addiction**

**PSNL 207 - Confronting Toxic Denial**

**PSNL 307 - Understanding Grief & Addiction**

**PSNL 407 - Ending the Addictive Cycle**

**PSNL 507 - Building a New Legacy**

**PSNL 607 - Establishing a New Normal**

Numerous studies have proven the importance of healthy community and relationships to long-term recovery outcomes. Our **Intimacy with Purpose** series helps learners build the knowledge and skills necessary to develop healthy sexual and relational intimacy within their own lives by following a Biblical model.

**PSNL 105 - The Value of You**

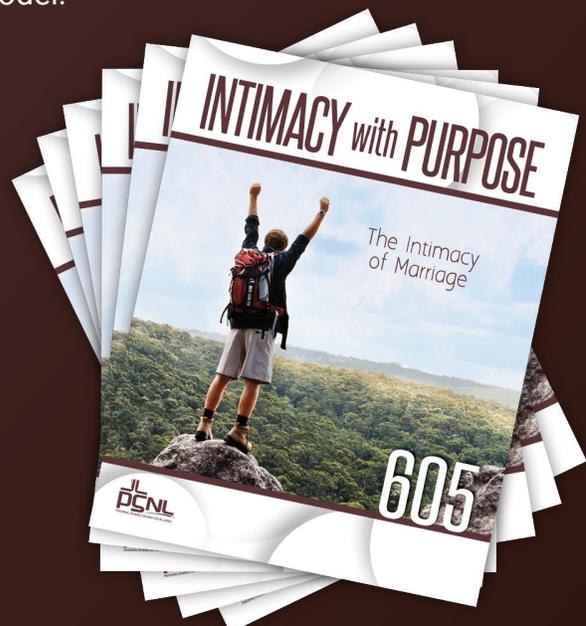
**PSNL 205 - Value of Your Masculinity/  
Femininity**

**PSNL 305 - Eyes Wide Open**

**PSNL 405 - Intimacy with God**

**PSNL 505 - Connecting with Others**

**PSNL 605 - The Intimacy of Marriage**



# Group Studies for New Life in Christ

are ideal for classroom or small group environments. The Christian community is crying out for practical biblical teaching to prepare and equip us to meet the problems we face in our daily lives. The 14 Group Studies for New Life in Christ introduce a broad range of issues that are essential to Christian living. Their goal is to get us actively engaged in applying Biblical truths to the challenges facing believers in these troubled times.

1. How Can I Know That I'm a Christian
2. A Quick Look at the Bible
3. Attitudes
4. Temptation
5. Successful Christian Living
6. Growing Through Failure
7. Christian Practices
8. Obedience to God
9. Obedience to Man
10. Anger & Personal Rights
11. How to Study the Bible
12. Love & Accepting Myself
13. Personal Relationships with Others
14. Spirit Empowered

These studies have been used successfully in a variety of settings: New Believers Classes, Prison and Jail Ministries, Personal Counseling, Church Small Groups/Bible Studies, and Christian Schools. The Facilitator's Manual contains easy-to-use lesson plans for each group study. The Student Manual is the student textbook and the Study Guide is the student workbook containing reflections & projects.



Adult & Teen Challenge

**Order Online**  
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Student material for Group Studies &  
Personal Study material for *Breaking Free* and *Intimacy with Purpose*

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