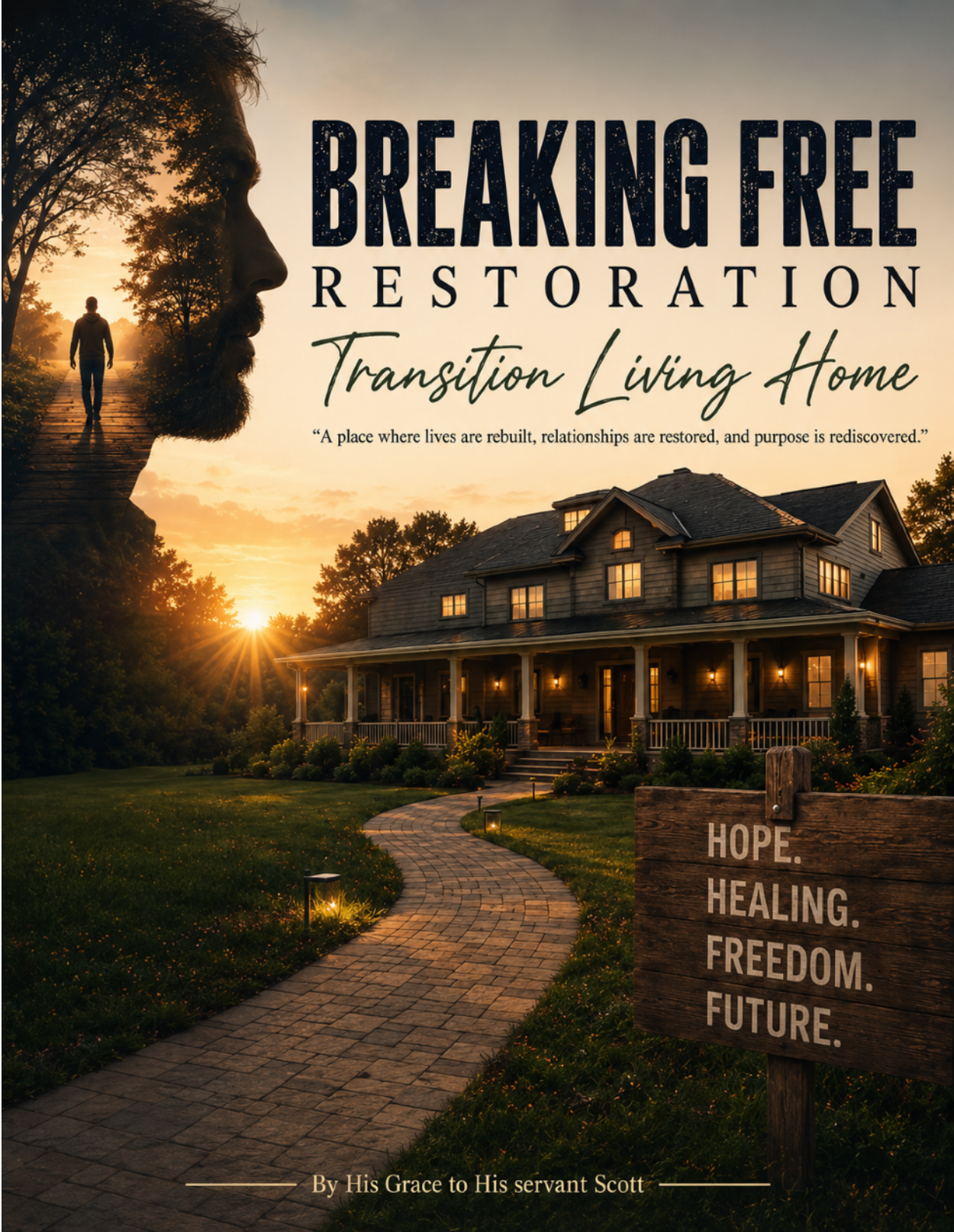




BREAKING FREE

R E S T O R A T I O N

Transition Living Home

"A place where lives are rebuilt, relationships are restored, and purpose is rediscovered."

HOPE.
HEALING.
FREEDOM.
FUTURE.

— By His Grace to His servant Scott —

Breaking Free Restoration Transition Living Home

A Place Where Lives Are Rebuilt, Relationships Are Restored, and Purpose Is Rediscovered

Welcome to the Breaking Free Restoration Transition Living Home. Before becoming a resident, every applicant is required to carefully read this manual in its entirety. This manual is not simply a collection of house rules or program policies. It is an introduction to the culture, expectations, values, and commitment required to participate successfully in this program.

Our desire is not merely to provide housing. Our mission is to provide an environment where lives are rebuilt, relationships are restored, and purpose is rediscovered through a Christ-centered process of recovery, discipleship, responsibility, and personal growth.

Because this program is designed for individuals who sincerely desire lasting change, it is important that you understand what you are committing to before entering the home. The expectations contained in this manual have been developed through many years of working with individuals overcoming addiction, incarceration, homelessness, broken relationships, and destructive life patterns. They are not intended to make life difficult; they are intended to create an environment where lasting transformation can take place.

Throughout this manual you will discover what is expected of every resident, what you can expect from our staff and leadership, how the program operates, and the standards that help make this home a safe, healthy, and productive community. Every expectation has a purpose. Every guideline exists to help residents develop responsibility, integrity, healthy relationships, self-discipline, and a growing relationship with Jesus Christ.

We encourage you to read each section carefully. If there is anything you do not understand, ask questions before making your commitment to the program. We want every resident to enter this home with a clear understanding of both the opportunities and the responsibilities that come with becoming part of this community.

By choosing to enter the Breaking Free Restoration Transition Living Home, you are choosing more than a place to live. You are choosing to enter a process of restoration. Lasting change requires honesty, humility, teachability, perseverance, and a willingness to grow one day at a time.

We are committed to walking alongside you in that journey. We ask that you make the same commitment to the process.

Welcome to the beginning of a new chapter.

Who This Program Is For

The Breaking Free Restoration Transition Living Home is designed for individuals who sincerely desire a new way of life. It is intended for those who recognize that lasting recovery requires more than abstaining from drugs or alcohol—it requires a transformed heart, a renewed mind, healthy relationships, personal responsibility, and a willingness to grow in every area of life.

This program is for men who are willing to learn, receive guidance, accept accountability, and participate fully in the restoration process. You do not need to have your life together before entering this home. None of us did. You simply need to be willing to begin the journey with honesty and humility.

Many residents come from different backgrounds. Some have recently completed treatment. Others are transitioning from incarceration, homelessness, unstable living situations, or years of addiction. Some have damaged relationships with their families, lost employment, or experienced repeated failures. Whatever your story may be, your past does not disqualify you from a new future.

While every resident begins at a different place, everyone is expected to pursue the same direction. We are committed to creating a culture where growth is valued over excuses, responsibility replaces blame, and progress is measured one faithful step at a time.

To benefit from this program, you should be willing to:

- Be honest, even when it is difficult.
- Receive instruction with a teachable spirit.
- Participate in classes, mentoring, work assignments, and program activities.
- Respect staff, volunteers, fellow residents, and property.
- Accept accountability without becoming defensive.
- Take personal responsibility for your decisions.
- Work toward restoring relationships whenever possible.
- Grow spiritually through a daily relationship with Jesus Christ.
- Develop healthy habits that lead to long-term stability and purposeful living.

No one enters this program as a finished product. Every resident is here because there are areas of life that need to change. Our goal is not perfection but steady, consistent growth. If you are willing to trust the process, remain faithful, and allow God to work in your life, this home can become the place where a new chapter begins.

The Breaking Free Restoration Transition Living Home exists to help individuals move from surviving to living, from addiction to freedom, from isolation to healthy relationships, and from simply existing to discovering God's purpose for their lives.

Who Is Not Yet Ready for This Program

The Breaking Free Restoration Transition Living Home is built upon personal responsibility, accountability, and a sincere desire for lasting change. Because of this, not everyone who applies is ready to benefit from the program at the present time.

This is not because anyone is beyond hope. We believe every person has value, every life can be restored, and no past is too broken for God's grace. However, lasting transformation cannot be forced upon someone. It begins when an individual is willing to participate wholeheartedly in the process.

For this reason, we ask every applicant to honestly examine whether they are ready to make the commitment this program requires.

You may not be ready for this program at this time if you are unwilling to accept responsibility for your own decisions and continue to blame others for your circumstances. While many residents have experienced real trauma, injustice, and hardship, healing begins when we become responsible for our own responses and choices.

You may not be ready if you are unwilling to follow the standards and expectations of the home. Structure is not designed to punish you. It is designed to help establish stability, consistency, and healthy habits that many people have never experienced.

You may not be ready if your primary desire is simply to find a place to live without participating fully in the recovery and discipleship process. This home is much more than housing. Every resident is expected to engage in classes, mentoring, work responsibilities, spiritual growth, and community life.

You may not be ready if you are unwilling to receive correction or accountability. Every resident, regardless of background, will experience moments when attitudes, behaviors, or decisions must be addressed. Accountability is not rejection; it is one of God's tools for growth.

You may not be ready if you are unwilling to be honest. Lasting recovery cannot be built upon deception, hidden behaviors, or manipulation. Healing begins where honesty begins.

You may not be ready if you are unwilling to respect fellow residents, staff members, volunteers, or the property entrusted to this ministry. Every person deserves to be treated with dignity, and every resident shares responsibility for maintaining a safe and healthy home environment.

Finally, you may not be ready if someone else is making this decision for you. Families, courts, probation officers, churches, and friends may encourage you to enter the program, but genuine transformation begins when you personally choose to embrace the process.

If, after reading these pages, you recognize areas where you are hesitant or uncertain, we encourage you to be honest about them. Our staff would much rather have an open conversation before you enter the program than have you make a commitment you are not prepared to keep.

This program is not looking for perfect people. It is looking for willing people. If you come with humility, honesty, and a sincere desire to change, we are committed to walking beside you every step of the journey. Together, by God's grace, lives can be rebuilt, relationships can be restored, and purpose can be rediscovered.

Our Commitment to One Another

The Breaking Free Restoration Transition Living Home is more than a program—it is a community. Every healthy community is built upon mutual trust, respect, honesty, and shared responsibility. As a resident, you are making a commitment to pursue a new way of life. As a ministry, we are making a commitment to walk alongside you throughout that journey.

We believe transformation happens best when both residents and leadership clearly understand their responsibilities. For that reason, this commitment is not one-sided. We ask something of you, and you have the right to expect something from us.

What We Ask of Every Resident

As a resident of this home, we ask that you commit yourself to the following:

- Be honest, even when honesty is difficult.
- Maintain a teachable spirit and a willingness to grow.
- Participate faithfully in all required classes, mentoring, work assignments, and program activities.
- Treat every resident, staff member, volunteer, and guest with dignity and respect.
- Accept personal responsibility for your attitudes, choices, and actions.
- Receive correction with humility, recognizing that accountability is part of growth.
- Care for the home, furnishings, vehicles, and ministry property as a faithful steward.
- Work toward restoring relationships whenever it is safe and appropriate to do so.
- Protect the unity, peace, and spiritual atmosphere of the home.
- Pursue a daily relationship with Jesus Christ through prayer, Scripture, worship, and obedience.

What You Can Expect From Us

In return, we commit ourselves to you.

You can expect to be treated with dignity and respect, regardless of your past. While we will never excuse destructive behavior, we will never define you by your failures. We believe every person bears the image of God and deserves to be treated with compassion and truth.

You can expect clear communication. We will explain expectations, answer questions honestly, and strive to apply program standards consistently and fairly.

You can expect accountability that is motivated by restoration rather than punishment. There will be times when correction is necessary, but our goal will always be to help you grow, not to shame or discourage you.

You can expect encouragement as you make progress. We celebrate every step toward freedom, no matter how small it may seem.

You can expect opportunities to learn practical life skills, develop healthy habits, strengthen your relationship with Christ, and prepare for independent living.

You can expect confidentiality within appropriate legal and ethical boundaries. Personal information shared in counseling, mentoring, or class settings will be treated with care and respect, except where disclosure is required to protect someone's safety or comply with the law.

Finally, you can expect our staff and volunteers to genuinely care about your success. We cannot make your decisions for you, but we will do everything within our ability to provide guidance, encouragement, prayer, accountability, and practical support as you pursue a new life.

A Shared Commitment

Successful recovery is not built upon one person's effort alone. It is built through partnership. When residents are committed to growing and leadership is committed to serving, an environment is created where healing can flourish.

We cannot promise that the journey will always be easy. We can promise that you will not have to walk it alone. Together, under the lordship of Jesus Christ, we will pursue the work of restoration—one day, one decision, and one step at a time.

Resident Expectations and Program Standards

Every resident who enters the Breaking Free Restoration Transition Living Home becomes part of a community that is committed to growth, accountability, and restoration. The standards outlined throughout this manual are not intended to control your life. They exist to help create an environment where lasting transformation can take place.

Most individuals entering recovery have spent years living in instability. Addiction often destroys routines, damages relationships, weakens personal responsibility, and creates patterns that become normal over time. One of the purposes of this home is to help replace unhealthy patterns with healthy ones.

The expectations described in this manual are designed to help every resident develop the character, discipline, and life skills necessary for long-term success.

1. Personal Responsibility

Every resident is expected to take responsibility for his own choices, attitudes, words, and actions. Recovery begins when we stop blaming others for our present decisions and begin accepting ownership of our own lives. While many people have experienced painful circumstances beyond their control, every person remains responsible for how they respond moving forward.

2. Honesty

Honesty is one of the foundational values of this ministry. Lasting recovery cannot be built upon deception, excuses, manipulation, or hidden behaviors. Residents are expected to be truthful with staff, mentors, fellow residents, employers, and family members. Honesty creates trust, and trust creates healthy relationships.

3. Teachability

Every resident enters this program with something to learn. A teachable spirit allows growth to take place. Residents are encouraged to receive instruction, correction, and guidance with humility, recognizing that no one has arrived and everyone continues learning.

4. Respect

Every person living or serving within this ministry deserves to be treated with dignity. Respect is demonstrated through our words, attitudes, actions, and willingness to consider the needs of others. Disrespectful language, intimidation, threats, bullying, or abusive behavior have no place within this home.

5. Accountability

Accountability is not punishment. Accountability is one of God's tools for growth. Staff members, mentors, and fellow residents will encourage one another toward wise decisions and healthy living. Correction should never be viewed as rejection but as an opportunity to mature.

6. Participation

This program only works when residents participate. Attendance, involvement, and consistent effort are essential. Residents are expected to participate in classes, mentoring, work assignments, spiritual activities, house responsibilities, and other program requirements unless excused by staff.

7. Stewardship

Everything entrusted to this ministry should be treated with care and respect. Residents are expected to maintain clean living areas, care for ministry property, use equipment responsibly, and avoid unnecessary waste or damage. Learning stewardship prepares individuals to manage their own homes, finances, and responsibilities in the future.

8. Healthy Relationships

Recovery was never intended to be lived alone. Residents are expected to encourage one another, resolve conflicts in a healthy manner, avoid gossip and unnecessary division, and contribute to an atmosphere of peace within the home. Healthy relationships are one of the greatest indicators of lasting transformation.

9. Spiritual Growth

Because this is a Christ-centered program, every resident is expected to participate in the spiritual life of the home. This includes chapel services, Bible studies, prayer, personal devotions, and opportunities for discipleship. Spiritual growth is not forced, but participation in the spiritual activities of the program is an essential part of the recovery process.

10. A Willing Heart

Above all, we ask every resident to maintain a willing heart. No one succeeds because they are perfect. Success comes through consistency, humility, perseverance, and a willingness to keep moving forward, even after setbacks. Our desire is not simply to help residents complete a program but to help them develop a lifestyle that honors God long after they leave this home.

These expectations form the culture of the Breaking Free Restoration Transition Living Home. The specific policies and procedures described in the following chapters are simply practical applications of these principles. When these values become part of daily life, the house becomes more than a residence—it becomes a place where lives are rebuilt, relationships are restored, and purpose is rediscovered.

The First 90 Days Foundations Phase

Building the Foundation for Lasting Change

The first ninety days of the Breaking Free Restoration Transition Living Home are some of the most important days of your entire journey. During this time, we are not asking one question: **"Can you follow the rules?"** We are asking a much deeper question: **"Are you ready to build a different life?"**

For this reason, the first ninety days are intentionally structured. Rather than immediately returning to work, outside activities, and the pressures of everyday life, residents are given the opportunity to slow down, establish healthy routines, and begin building a solid foundation before greater responsibilities are added.

Many people entering recovery have spent years living without consistent structure. Addiction, incarceration, unstable housing, unhealthy relationships, and crisis often produce lives that are reactive rather than intentional. Before someone can successfully manage employment, finances, family relationships, and community responsibilities, they must first learn how to manage themselves.

During these first ninety days, residents will primarily remain on campus and participate in the daily life of the ministry. They will attend recovery classes, Bible studies, life-skills training, work assignments, mentoring, and community responsibilities. These activities are not designed simply to keep residents busy. They are intentionally structured to develop healthy habits, personal responsibility, emotional stability, spiritual growth, and a consistent daily rhythm.

One of the primary goals of this phase is establishing a healthy lifestyle. Recovery is not built upon occasional good decisions but upon daily disciplines practiced over time. Residents will begin developing regular patterns of waking, working, studying, exercising, serving, worshiping, maintaining personal responsibilities, and building healthy relationships. These rhythms often become the framework upon which long-term recovery is built.

The first ninety days also serve as an important period of assessment. Every resident arrives with a unique history, different strengths, different struggles, and different needs. During this time, staff members, mentors, and leadership seek to understand each resident as an individual rather than treating everyone the same.

We evaluate many areas of life, including spiritual growth, emotional health, recovery needs, physical health, work ethic, teachability, personal responsibility, relationships, financial habits, and readiness for increasing responsibility.

When appropriate, we also begin assessing family relationships. Some residents have spouses and children. Others need to work toward restoring relationships with parents, siblings, or other family members. Every situation is different, and restoration must proceed wisely and at a pace that promotes long-term healing rather than temporary emotional decisions.

These ninety days are also a time for the resident to evaluate the program. Healthy commitment works both ways. As residents become familiar with the expectations, culture, and mission of the home, they have the opportunity to determine whether they are willing to fully embrace the process of restoration.

Completion of the first ninety days does not automatically guarantee advancement into the next phase of the program. Progress is based on demonstrated growth, consistent participation, personal responsibility, honesty, teachability, and readiness for increased freedom and responsibility. Our goal is never to rush anyone through the program. Our goal is to help each resident build a foundation strong enough to support a lifetime of healthy living.

We believe responsibility should be earned, not hurried. As residents demonstrate faithfulness in the small things, additional opportunities, privileges, and responsibilities will be introduced throughout the remainder of the program.

Jesus taught, "One who is faithful in a very little thing is also faithful in much..." (Luke 16:10, NASB).

The first ninety days are not about restriction—they are about preparation. They are an investment in your future. The stronger the foundation you build today, the stronger your life will become tomorrow.

The Foundational Disciplines of the First 90 Days

During the Foundation Phase, every resident will begin developing daily disciplines that are essential for long-term recovery and spiritual maturity. These disciplines are not temporary assignments to complete while living in the home. They are lifelong practices designed to help you develop a healthy relationship with God, yourself, your family, and others.

These disciplines will become part of your daily rhythm throughout the first ninety days and will continue to be strengthened as you progress through the program.

1. Quiet Time and Journaling

Every day begins by meeting with God. Residents will learn how to spend personal, uninterrupted time in prayer, reading Scripture, listening to the Holy Spirit, and journaling what God is teaching them. Recovery begins with a transformed heart, and transformation begins by consistently spending time in God's presence.

2. Daily Morning Inventory

Each morning, residents will complete a Daily Morning Inventory. This is a practical tool that helps develop self-awareness, personal responsibility, emotional honesty, and intentional living. Rather than reacting to life, residents learn to begin each day with purpose, examining their attitudes, priorities, temptations, responsibilities, and spiritual focus before stepping into the day's activities.

3. Family Accountability (Sociogram)

Healthy relationships are one of the strongest indicators of lasting recovery. Through the use of the Residents Accountability Sociogram, residents learn to recognize patterns within their lives, understand relationship dynamics, identify unhealthy behaviors, and begin building healthier patterns of communication and accountability. This process provides valuable insight into the relationships that have shaped our lives and the areas that will require restoration moving forward.

4. Individual Work

Every resident carries a unique life story. Throughout the first ninety days, staff and mentors will work individually with each resident to identify specific family issues, unresolved conflicts, emotional wounds, and relational challenges that require attention. Restoration is never accomplished through a one-size-fits-all approach. Each resident's journey is personal, and individual growth plans will reflect those unique needs.

5. Daily Recovery Work

Recovery is an active process that requires consistent participation. Residents will complete daily recovery assignments designed to strengthen personal responsibility, increase self-awareness, develop biblical thinking, and apply practical recovery principles to everyday life. Growth comes through consistent application rather than occasional inspiration.

6. Insight Writing Assignments

Throughout the program, residents will regularly complete Insight Writing Assignments. These assignments encourage thoughtful reflection on biblical truth, personal experiences, recovery principles, relationships, and life patterns. Writing allows residents to process what they are learning, identify areas requiring change, and communicate honestly with staff and mentors. Many people discover that some of their greatest breakthroughs occur while putting their thoughts into writing.

These disciplines form the foundation of the Breaking Free Restoration Transition Living Home. While they may seem unfamiliar or challenging at first, they are intentionally designed to help develop a consistent lifestyle of spiritual growth, emotional health, personal responsibility, and lasting recovery. As these practices become daily habits, they begin producing the kind of character and stability that supports a lifetime of freedom.

7. Daily Work Habits and Structured Responsibilities

During the first ninety days, residents will not be employed off campus. Instead, they will participate in structured daily work assignments under the supervision and guidance of staff members. This is an intentional part of the restoration process.

Many individuals entering recovery have experienced inconsistent work habits, unstable employment, or long periods where addiction, incarceration, or personal struggles disrupted

healthy routines. Before taking on the responsibilities of outside employment, it is important to first establish dependable daily work habits in a supportive environment.

Residents will learn the value of arriving on time, completing assigned responsibilities, working with excellence, receiving instruction, cooperating with others, solving problems, and finishing tasks faithfully. These are not simply job skills; they are character skills that prepare individuals for every area of life.

Working alongside staff also provides opportunities for mentoring that cannot always take place in a classroom. Daily interactions allow staff to observe attitudes, communication, initiative, teachability, leadership potential, and areas where additional growth is needed. These moments often become some of the most valuable teaching opportunities during the first ninety days.

Every work assignment, whether large or small, is viewed as an opportunity to develop faithfulness, responsibility, humility, teamwork, and servant leadership. Scripture reminds us, "Whatever you do, do your work heartily, as for the Lord rather than for men" (Colossians 3:23, NASB).

By establishing consistent work habits within a structured environment, residents build the confidence, discipline, and character necessary before transitioning into employment and greater responsibilities outside the ministry.

8. Stewardship and Financial Responsibility

Although residents will not be employed outside the ministry during the Foundation Phase, this is an important time to begin learning the biblical principles of stewardship and financial responsibility. Before managing a paycheck, it is essential to first develop the character necessary to manage resources wisely.

Throughout the Foundation Phase, residents will receive instruction on the principles of stewardship, learning that everything we possess ultimately belongs to God and has been entrusted to us for His purposes. Stewardship begins long before income is earned. It begins with how we manage our time, our responsibilities, our possessions, our relationships, and every opportunity God places before us.

Residents will also begin learning practical financial concepts that will prepare them for the next phase of the program. Topics may include budgeting, distinguishing needs from wants, avoiding unnecessary debt, setting financial goals, responsible spending, saving for the future, and honoring God with financial integrity. These principles will provide the foundation for successfully managing employment income as greater responsibilities are introduced in the Regeneration Phase.

Our desire is not simply to help residents earn money but to become faithful stewards. Financial freedom is built upon character, wisdom, self-discipline, and biblical stewardship. As residents faithfully develop these principles during the Foundation Phase, they will be better prepared to responsibly manage the opportunities God provides in the future.

9. Preparing for Financial Responsibility

During the Foundation Phase, residents are able to focus on establishing healthy habits, spiritual growth, recovery, and personal responsibility without the added pressures of outside employment. This intentional season allows each resident to build a solid foundation before assuming greater financial and personal obligations.

As residents successfully complete the Foundation Phase and transition into **Phase Two: Regeneration**, they will begin accepting increased responsibility in several areas of life. This includes outside employment, personal financial management, budgeting, stewardship, and contributing toward the cost of their housing and program participation.

This financial contribution is not intended to generate profit for the ministry. Rather, it serves two important purposes. First, it helps residents develop the habits of responsible living by learning to budget, meet financial obligations, and faithfully manage the resources God has entrusted to them. Second, it allows residents to participate in supporting the environment that is investing in their restoration while continuing to receive mentoring, discipleship, accountability, housing, and program services.

The amount of each resident's financial responsibility may vary based upon individual circumstances, employment, and program needs. Leadership will clearly explain these expectations before a resident enters Phase Two, ensuring that everyone understands both the responsibilities and the opportunities associated with this next stage of the program.

Our goal is not simply to teach residents how to earn a paycheck. Our goal is to help them become faithful stewards who understand that financial responsibility is an important part of living a stable, healthy, and Christ-centered life.

Phase Two: Regeneration

Expectations for Advancement into Phase Two: Regeneration

Advancement into Phase Two is not based simply upon completing ninety days. It is based upon demonstrated growth, consistent participation, and evidence that the resident is prepared to responsibly manage increased freedom and responsibility.

Before advancing into the Regeneration Phase, residents should demonstrate consistent progress in the following areas:

- A faithful commitment to daily Quiet Time, journaling, and personal spiritual growth.

- Consistent completion of the Daily Morning Inventory and other required recovery assignments.
- Active participation in recovery classes, Bible studies, mentoring, and program activities.
- A teachable spirit and a willingness to receive instruction and correction.
- Honesty, integrity, and transparency with staff, mentors, and fellow residents.
- Emotional stability and the ability to respond to challenges in healthy and constructive ways.
- Consistent participation in Family Accountability, including the Sociogram process and other assigned family restoration work.
- Completion of Insight Writing Assignments and other individual growth projects.
- Dependable work habits demonstrated through daily structured work assignments, including punctuality, initiative, cooperation, and follow-through.
- Respect for fellow residents, staff, volunteers, ministry property, and program standards.
- A willingness to resolve conflicts in a healthy, biblical manner.
- Personal responsibility demonstrated through consistent attitudes, choices, and behavior.
- A growing desire to serve others and contribute positively to the community.
- Evidence that the resident can responsibly manage increased freedom while maintaining accountability.

The leadership team will prayerfully evaluate these areas together with the resident before recommending advancement into Phase Two. This review is not intended to compare one resident with another, nor is it a search for perfection. Rather, it is an opportunity to determine whether a solid foundation has been established and whether the resident is prepared to build upon that foundation with greater responsibility.

Advancement into the Regeneration Phase is a significant milestone. It reflects demonstrated faithfulness during the Foundation Phase and recognizes that the resident is prepared to begin applying what he has learned in settings that involve greater independence, employment, family restoration, and community responsibility. As responsibility increases, accountability continues to grow alongside it, ensuring that each step forward is supported by a stable and healthy foundation.

Phase Three: Divine Healing

Allowing the Holy Spirit to Heal What No Person Can Reach

By the time a resident enters the Divine Healing Phase, much has already changed. Healthy routines have been established, spiritual disciplines have become part of daily life, work responsibilities have increased, and greater independence has been demonstrated. Yet recovery is about more than changing behaviors. Lasting freedom requires healing in the deepest places of the heart.

Many individuals discover that addiction was never the root problem. Instead, it became an unhealthy way of coping with unresolved pain, rejection, fear, shame, grief, trauma, broken relationships, abandonment, guilt, or deeply held beliefs formed through difficult life experiences. During the earlier phases of the program, residents begin building a new life. During the Divine Healing Phase, they begin allowing God to heal the wounds that once made the old life seem necessary.

This phase is built around the conviction that there are areas of the human heart that no counselor, mentor, program, or human effort can fully heal. While biblical teaching, counseling, accountability, and recovery principles all play important roles, true healing is ultimately the work of the Holy Spirit. Only God can restore what has been broken deep within the soul.

Throughout this phase, residents will work through specialized healing materials that address many of the issues commonly found beneath addiction and destructive behaviors. Topics may include family dysfunction, rejection, forgiveness, unresolved grief, shame, trauma, fear, unhealthy beliefs, identity in Christ, broken relationships, and other life experiences that continue to influence present behavior. Residents will be encouraged to honestly examine these areas while allowing God's truth to replace the lies that have shaped their thinking for years.

This process is not intended to reopen old wounds without purpose. Rather, it is an opportunity to invite Christ into those places so that healing, freedom, and restoration can take place. God's desire is not simply to help us survive our past but to redeem it for His glory and our future.

While the focus of this phase is inner healing, residents continue maintaining the disciplines established during the previous phases. Daily Quiet Time, journaling, the Daily Morning Inventory, recovery assignments, employment responsibilities, Family Accountability, Insight Writing Assignments, classes, mentoring, and community responsibilities remain an essential part of daily life. Healing is not separated from everyday living; it becomes part of learning to live faithfully each day.

As healing takes place, many residents discover greater emotional stability, healthier relationships, increased freedom from destructive patterns, and a deeper understanding of God's grace. They begin responding to life differently because the wounds that once controlled their reactions are being transformed by the power of Christ.

The Divine Healing Phase prepares residents for the next season of the program by strengthening not only their recovery but also their emotional and spiritual health. As God heals the heart, character deepens, relationships become healthier, and the resident is increasingly prepared to serve others from a place of wholeness rather than woundedness.

Scripture reminds us, "He heals the brokenhearted and binds up their wounds" (Psalm 147:3, NASB). This promise is at the heart of the Divine Healing Phase. We believe the Holy Spirit continues to restore lives today, accomplishing within us what no human effort could ever achieve.

Phase Four: Discipleship

Stepping Into Identity, Purpose, and Kingdom Leadership

The Discipleship Phase is the culmination of the Breaking Free Restoration Transition Living Home program. By this stage, residents have established healthy spiritual disciplines, developed consistent work habits, experienced the ongoing work of regeneration, and allowed the Holy Spirit to bring healing to many of the deeper issues that once influenced their lives. The focus now shifts toward preparing for long-term success, independent living, and a life of faithful service.

Recovery is never intended to become someone's identity. Our identity is found in Jesus Christ. Therefore, this phase emphasizes learning to live as a mature disciple who is growing in character, wisdom, responsibility, and purpose. Residents are encouraged to see themselves not simply as individuals who have overcome addiction, but as men whom God has called to influence their families, churches, workplaces, and communities for His Kingdom.

During this phase, residents continue practicing the disciplines established throughout the program while receiving additional training in areas essential for long-term stability. Topics include relapse prevention, maintaining healthy spiritual rhythms, strengthening family relationships, financial stewardship, conflict resolution, goal setting, healthy decision-making, community involvement, and developing a long-term plan for continued growth after completing the residential program.

A significant emphasis of this phase is preparing each resident for successful independent living. Together with staff and mentors, residents will develop an individualized transition plan that addresses employment, housing, finances, church involvement, accountability relationships, ongoing recovery support, and other practical areas necessary for continued success. Every resident's situation is unique, and transition planning will reflect those individual needs.

For many residents, this phase will conclude with a successful transition into independent living within the community. Leadership will work alongside each resident to help identify healthy housing, stable employment, continued accountability, and a local church family where spiritual growth can continue. Our desire is not simply to help residents leave the program but to help them thrive long after they have completed it.

Some residents may determine, together with leadership, that an extended season within the ministry would be beneficial. Additional time may provide opportunities to continue strengthening specific areas of growth, deepen recovery, or prepare more thoroughly for independent living. Any extension of the program will be based upon individual needs, mutual agreement, and a clear plan for continued development.

For those whom God is calling into ministry or leadership, additional opportunities may also be available through the Breaking Free Leadership Training curriculum. Residents who demonstrate spiritual maturity, servant leadership, faithfulness, and a desire to serve others may be invited to pursue further leadership development. This training is not intended for everyone, but it provides a pathway for those who sense God's call to ministry, recovery leadership, missions, mentoring, or other forms of Christian service.

The successful completion of this program is not measured simply by graduation. It is measured by a life that continues to grow in Christ, faithfully manages responsibilities, maintains healthy relationships, serves others, and walks in the freedom that God has provided.

Our prayer is that every resident leaves this program with more than sobriety. We pray they leave with a renewed identity in Christ, a restored sense of purpose, practical life skills, healthy relationships, and the confidence to live independently while remaining connected to the body of Christ. As disciples of Jesus, they are equipped not only to experience restoration themselves but also to become instruments of hope and restoration in the lives of others.

Graduation

Looking Ahead

As you begin reading this manual, graduation may seem like a distant goal. Right now, your focus is simply taking the first step. That is exactly where every successful graduate once began.

One day, if you faithfully commit yourself to this process, graduation will become much more than the completion of a residential program. It will represent months of spiritual growth, personal responsibility, recovery, healing, restored relationships, and the development of a new way of life centered on Jesus Christ.

Our hope is that, by the time you reach that day, you will have established daily spiritual disciplines, developed healthy habits, strengthened your character, learned to manage life's responsibilities wisely, restored important relationships whenever possible, and discovered a renewed sense of purpose for your future.

Graduation is not the ultimate goal. It simply marks the beginning of a new season. The purpose of this program is not merely to help you complete twelve months of residential living. It is to prepare you for a lifetime of walking with Christ, living responsibly, serving others, and continuing to grow in every area of your life.

As you move through each phase of this program, remember that every class, every recovery assignment, every work responsibility, every journal entry, every mentoring session, and every challenge has a purpose. God uses each step of the journey to prepare you for the life He has planned for you.

When graduation eventually arrives, our prayer is that you will leave this home with far more than information. We pray you will leave with a transformed heart, a renewed mind, healthy relationships, practical life skills, financial responsibility, a strong work ethic, and an unshakable foundation built upon Jesus Christ.

As the Apostle Paul wrote in Philippians 1:6:

"He who began a good work among you will complete it by the day of Christ Jesus."

And the Lord reminds us in Jeremiah 29:11:

"For I know the plans that I have for you," declares the LORD, "plans for welfare and not for calamity to give you a future and a hope."

As you begin this journey, look forward with hope. We believe God has brought you here for a purpose. If you remain faithful to the process, stay teachable, and continue depending upon Christ each day, the day will come when you will look back and see how His grace has transformed your life.

Until then, take one day at a time, trust the Lord, and keep moving forward. The journey begins today.