

Recovery Groups give men and women a safe place to walk in gospel-centered community and pursue redemption in Christ from sin and suffering. Support and Steps make up the two aspects of Recovery Groups.

Through Support groups, we provide weekly care, accountability and direction to those walking through seasons of difficulty. The issues addressed in these groups fall into three broad categories: suffering primarily as a result of a person's sin (ex. addictions), suffering primarily as a result of a person being sinned against (ex. abuse) and suffering primarily as a result of a person living in a fallen world (ex. infertility).

At each campus you will find help in these categories, but the expression of the categories is tailored to the needs and resources of each campus. Support at the Flower Mound campus offers the following groups:

### Men's Groups

- **Abuse** – men affected by various forms of abuse – physical, sexual, spiritual, ritual, mental, emotional
- **Addictions** – men wrestling with various forms of addiction – sexual, chemical, relational, gambling, shopping, gaming
- **Life Struggles** – men struggling with issues other than abuse or addiction – anxiety, anger, fear, depression, co-dependency (fear of man), relationship struggles

### Women's Groups

- **Abuse** – women affected by various forms of abuse – physical, sexual, spiritual, ritual, mental, emotional
- **Addictions** – women wrestling with various forms of addiction – sexual, chemical, relational, gambling, shopping, gaming
- **Life Struggles** – women struggling with issues other than abuse or addiction – anxiety, anger, fear, depression, co-dependency (fear of man), relationship struggles, post-abortion (meets separately the first week of the month)

### Suffering Groups

- **General Suffering** – men and women suffering as the indirect result of living in a fallen world – infertility (meets separately the second week of the month), grief (meets separately the third week of the month), adoption and foster care (meets separately the fourth week of the month), illness, trauma

### Marriage Reconciliation Groups

- **Couples** – men and women seeking to reconcile their marriages as a result of adultery or other forms of betrayal
- **Men's Marriage Reconciliation** – men seeking to reconcile with their spouse or former spouse
- **Women's Marriage Reconciliation** – women seeking to reconcile with their spouse or former spouse

### Family Reconciliation Groups

- **Family** – families facing difficulties due to the rebellion of children
- **Adolescent Guys** – guys facing difficulties due to rebellion – against God, the law, parents
- **Adolescent Girls** – girls facing difficulties due to rebellion – against God, the law, parents

## Degrees of Sin and Suffering

Please note that, in many of our groups, there is great diversity in the varying degrees of suffering and sin. All suffering comes directly from sin or indirectly from the effects of sin. Because sin is ultimately the problem, and suffering is the common denominator, we look together to the only hope of overcoming both, our Redeemer, Jesus Christ. In Christ we can find redemption from both our sin and suffering.