

# ALL THINGS NEW A DISCIPLESHIP MINISTRY FOR HEALING

*Overcoming the Effects of  
Same-Sex Attraction and Sexual Brokenness*

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**WORKBOOK #1: BASIC TRAINING**

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2 Cor. 5:17

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All Things New: A Discipleship Ministry for Healing  
Overcoming the Effects of Same-Sex Attraction and Sexual Brokenness  
Workbook 1: Basic Training

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## ABOUT THE AUTHOR



The All Things New Ministry was born out of my transition out of nearly two decades of homosexuality through the love and support of a women's ministry Bible study group and the leadership of a church that was not willing to compromise their convictions while continuing to welcome and embrace me. When I first began attending this church, I had not yet accepted Jesus Christ as my Lord and Savior and I was happy living my life as a lesbian. I knew 'about' Jesus and what He did for me, and even labeled myself as a Christian, but I had not yet surrendered my whole life to Him. I had also been involved in a gay church for many years where I was indoctrinated in gay-theology, which affirmed my lifestyle as a part of the gay community. I was still living my life the way I wanted to, and that included being in a committed lesbian relationship with the woman I loved.

Once I fully surrendered my life to Jesus Christ, I began to regularly read the Bible and pray that God would reveal areas of sin in my life that I needed to repent of and turn away from. It was through my study of the Word of God that I realized that many areas of my life did not line up with His Word. As God revealed areas of sin, I repented and asked for his forgiveness, and He began to change me from the inside out. When I finally realized that God did not approve of my choice to live as a lesbian, I decided to turn away from homosexuality and live a life in a way that was pleasing to Him. The transition was not easy, and I relied heavily on the women in my Bible study that supported me with unconditional love and prayed for me as I turned away from the gay community, which had been my support structure for many years. I had to walk away from a relationship with the woman that I loved and we had to unravel our lives that we had previously intertwined together.

This Bible Study/Discipleship Ministry is modeled after my own transition out of years of homosexuality and the healing I received along the way, and has been proven to help both men and women who want to break free from life choices that are not pleasing to God. My prayer is that every person who experiences same-sex attraction will find the same freedom in an intimate relationship with Jesus Christ that I did. His love is everlasting and completely satisfying – it is unlike anything we can ever experience in human relationships. I never knew that I wasn't living my best life until I was able to experience His love as I aligned my life with His Word. Jesus makes all things new!

*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (2 Corinthians 5:17 NKJV)*

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# INTRODUCTION

**ALL THINGS NEW: A DISCIPLESHIP MINISTRY FOR HEALING** is a Bible Study and Discipleship Ministry for people who experience same-sex attraction (SSA). It is designed to be facilitated by lay leaders and assisted by volunteer prayer/Accountability Partners. The purpose of the All Things New Ministry is to aid in the spiritual healing and growth of people who have in the past, or are currently experiencing SSA. This ministry is designed to help release people from the bondage of SSA and to allow them to experience healing from the effects of their exposure to SSA and sexual brokenness.

Each lesson contains five days of homework to be completed by the ministry participants prior to meeting as a group to discuss the lesson and complete the in-class exercises. Another very important aspect of this ministry is the weekly memory Scripture that relates to the lesson for the week.

If you are completing this workbook on your own and not using it as a part of a facilitated weekly Bible study, you will need to purchase the companion Facilitator Guide in order to have access to all of the material you need to get the most out of this Bible Study. This is especially relevant to the in-class exercises presented in this workbook. If you don't have the Facilitator Guide, or someone who is facilitating this Bible Study that is using that Facilitator Guide, some of the exercises may not make sense.

## ACCOUNTABILITY PARTNERS

We grow spiritually as Christians by sharing our lives with other Christians. One important aspect of this Ministry is for you to have a trusted Christian Accountability Partner to share your journey with as you work through the homework assignments and weekly lessons. There will be times as you work through this material that you may feel like giving up or giving in to temptations that have been gripping you for years. Having an Accountability Partner who you can reach out to in times of temptation, or when you need a friend who understands what you are going through, can really help you to stay the course and experience victory over your struggles.

You may be assigned an Accountability Partner by the Ministry Facilitator(s) to work with you, or if you are completing this workbook on your own, please find someone who you trust; who you feel comfortable talking to; and who you can contact when you have questions or are struggling to complete an assignment. That person's role is to encourage you and to pray for you. Stay in regular contact with your Accountability Partner – sharing the homework assignments with them and letting them know how you are feeling as you work through this material.

## **OTHER RESOURCES FOR COMPLETION OF THIS COURSE:**

*A Guide for Listening and Inner Healing Prayer: Meeting God in the Broken Places* by Rusty Rustenbach (NavPress 2011) ISBN: 978-1-61747-086-8 – used for Lessons #18-#27

*All Things New: a Former Lesbian's Lifelong Search for Love* by Debora Barr (True Potential Publishing 2012) ISBN: 978-1-935769-32-3 – Ministry Break Reading Assignment following Lesson #27

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# The Word is Life

## LESSON #1

### HOMEWORK

God speaks to us today through his written Word, which has the amazing power to transform your life if you read and study it daily. It is living and powerful and discerns the thoughts and intents of our hearts (Hebrews 4:12-13). It is inspired by God and equips us for the work God has for our lives (2 Timothy 3:16-17). There are numerous Scriptures in the Bible where God tells us about the power of His Word to transform our lives:

Joshua 1:8 - *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

Jeremiah 23:29 - *“Is not My word like a fire?” says the Lord, “And like a hammer that breaks the rock in pieces?”*

1 Peter 1:23 - *...the word of God ... lives and abides forever.*

1 Thessalonians 2:13 - *For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it not as the word of men, but as it is in truth, the word of God, which also effectively works in you who believe.*

John 17:17 - *Sanctify them by Your truth. Your word is truth.*

Acts 20:32 - *So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified.*

God’s Word makes us prosperous and successful; it breaks up sin in our lives; it lives and abides forever; effectively works in our lives; brings truth; builds us up and gives an eternal inheritance. What awesome power and amazing promises!

We will be walking a journey together through the Word of God to learn how He transforms lives and brings hope and healing to His children who desire to know Him more. God loves you and He demonstrates His love all throughout the Bible, which is His written word of hope for all people. Let’s begin our journey together and see what He has in store for you.

#### This Week’s Memory Verse

**Psalm 1:2-3** (NKJV) *“But his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.”*

## DAY 1

Read Psalm 1:1-6 and answer the following questions:

1. What is the law of the Lord?

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2. If I meditate on the law of the Lord, what am I promised?

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3. What happens if I don't meditate on the law of the Lord?

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Practice writing your memory verse (Psalm 1:2-3).

## DAY 2

Read Psalm 1:1-6 **out loud** and answer the following questions:

1. What did you notice about this passage that you did not notice yesterday?

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2. Which verse jumps out at you the most? Why?

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3. What would you like to say to God about what you observed in this passage today?

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Practice writing your memory verse (Psalm 1:2-3).

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## DAY 3

Read Psalm 1:1-6 several times – **personalizing the passage** by replacing ‘the man’ with [your name]; ‘his’ with ‘my; and ‘he’ with ‘I’ for example. Then answer the following questions.

1. What is God saying to me?

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2. What would you like to say to God in return?

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3. How do you think your life would change if you were to apply this Word to your life?

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Practice writing your memory verse (Psalm 1:2-3)

## DAY 4

**Sing** Psalm 1:1-6 **to God while personalizing the Scripture** and answer the following questions:

1. How did you feel when you put a melody to the Word and sang this Scripture to Him?

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2. What did God reveal to you when you sang this Scripture to Him that you did not notice before?

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3. What value do you think there is in combining the Word with a melody?

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Practice writing your memory verse (Psalm 1:2-3).

## DAY 5

Try to recite Psalm 1:1-6 without looking at the passage. Then read the passage and answer the following questions:

1. Were you able to recite much of the passage from memory? Why/why not?

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2. What have you learned from this passage that you can apply to your life?

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3. What practical steps will you commit to in order to apply this Word to your life?

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Practice writing your memory verse (Psalm 1:2-3)

Notes/Questions to bring to the next Group Session: