Additional Resource for the issue of Relapse & Recovery

Growing Through Failure, 5th Edition By David Batty

This course is part of the *Group Studies for New Christians* educational materials designed for training new Christians.

A Student Manual, Study Guide, and a Teacher's Manual are available for *Growing Through Failure*. The English edition of these materials can be purchased from Teen Challenge USA at their website: www.TeenChallengeUSA.com

Growing Through Failure includes four chapters dealing with a variety of issues on how we can experience growth in our lives in spite of failures. See the next page for a detail of the table of contents from the Student Manual for Growing Through Failure.

Please note that the material on relapse and recovery covered in chapters 3 and 4 of *Growing Through Failure* is not included in earlier editions of this course. **Only the 5th edition** has these two chapters.

For more information contact:

Global Teen Challenge

PO Box 511 Columbus, GA 31902 USA Phone: 706-576-6555

Email: qtc@Globaltc.org

Or

Teen Challenge USA

PO Box 249

Ozark, MO 65721 USA Phone: 417-581-2181

Email: tcusa@TeenChallengeUSA.com

Growing Through Failure

5th Edition

Contents

| Chapt | er 1. The causes of my failures | 5 |
|-------|---|----|
| A. | Different kinds of failure | 5 |
| B. | What God does when my failure is a sin | 8 |
| C. | Understanding my problems | 10 |
| D. | Consequences of failure | 12 |
| Chapt | er 2. First steps to recovery from failure | 16 |
| A. | Common ways of responding to failure | 17 |
| B. | What should I do when I fail? | 18 |
| C. | Asking for forgiveness | 23 |
| D. | Making restitution | 27 |
| Chapt | er 3. How to grow through my failures | 32 |
| A. | Overcome the problem | 32 |
| B. | Live a healthy lifestyle | 39 |
| C. | Take steps to prevent that failure again | 42 |
| Chapt | er 4. Relapse | 45 |
| A. | Seven reasons why recovery quickly turns into relapse | 46 |
| B. | What causes relapse? | 48 |
| C. | Understanding relapse | 50 |
| D. | What to do if relapse occurs | 52 |