

Restore FAQ's

What is a Restore Group?

A Restore Group is an intentional gospel community that starts with everyone sharing their stories, then moves through God's story so that God can reframe and redeem your story while restoring your soul. Restore Groups help you to abide in Christ as you live in a broken world so that you can live with more freedom and confidence in Jesus. Women, men, and couples will be in different groups, which are not issue-specific.

What Life Struggles are Addressed in Restore?

Rather than limiting the focus to specific issues, Restore is built to address any life struggle we may face. Examples of struggles brought to Restore groups include anxiety, spiritual dryness, loneliness, depression, abuse, marital struggles, pornography, family issues, the aftermath of adultery, self-injury, and other issues that we face in a fallen world. In Restore, you will see how God is with you even in your darkest valley and how Jesus offers hope in every circumstance.

Why do I Need to Commit to a Restore Group?

The Christian life requires commitment and courage. God did not design us to journey in isolation. Committing to your Restore group through weekly attendance and engagement in the assignments and discussion demonstrates your desire to experience the love of God and others in the group, both giving and receiving encouragement.

When does Restore Start?

Winter/Spring 2022 Groups are launching Tuesday, February 8th! Restore groups meet weekly for around 13 weeks (with a week off over spring break) concluding with a celebration on Wednesday, May 17th. We currently plan to meet in person on Tuesdays nights from 6:30pm-8:30pm in the sanctuary at the church building.

If you know that you want to participate in an upcoming Restore Group, keep reading through the FAQ!

Right now, we aim to hold groups twice a year in the Fall and the Winter/Spring, so if it doesn't work out to participate this time around, we'd love to have you join a group next time.

Is There a Cost?

The registration fee for Closed Groups is \$25 per person or \$40 per couple, which helps cover the basic costs of the ministry and the Restore Study Guide. We do not want the cost to keep anyone from committing to a Restore Group, so please speak with a ministry leader about scholarship opportunities.

How do I Get Started? Do I Need to Apply?

The process of joining a Restore Group starts with a consent form and an application. Our consent form allows you to have a picture of our approach to gospel care and equipping and the application tells us a little about yourself as we look to place you in a group. After you complete the application you will wait for us to let you know if we've been able to place you in a group. Our group availability is determined by the available leaders and slots that make group assignments. After we've determined group availability, we will let you know if you've been placed in a group or on a waitlist for a future group. The last step is to submit payment, which secures your spot in your group. (Please email jesse@redeemberbloomington.org if you need the Consent Form or an application link.)

How are Restore Groups Different from Community Groups? Should I Attend Both?

Restore is not a substitute for Community Groups. You have freedom to continue in your Community Group or to step out for a season. Through your experience in Restore, God will deepen your understanding of discipleship and care in community so that you will be better equipped to encourage and comfort those in your CG. In Restore, you will use the Restore Story Guide with your group to take a closer look at your own story as you begin to look up toward God's story and realities revealed in his word. Also, Restore groups have both a launch and conclusion, lasting around 13 weeks.

Is Childcare Provided?

Childcare will not be provided. However, families are welcome to get creative by joining together and sharing cost of a babysitter or asking someone in your Community Group to help out.

Do You Have Other Questions?

If you have other questions about Restore or would like to talk with someone about the ministry, email us at info@redeemberbloomington.org.



Welcome to Redeemer Care

At Redeemer, we humbly thank you for giving us the privilege to journey with you as you seek to live as disciple of Jesus Christ.

We recognize our responsibility to God, to you, and to the church as we come alongside you to learn and grow together in God's grace. We want to offer you hope and healing through the gospel. Please take the time to read this short but important document that explains what you should know and expect from us as you receive gospel care from Redeemer. Please initial at the bottom of each page and then sign and date at the end of the form.

What is Gospel Care?

We define care at Redeemer as, **“Loving others as Christ has loved us by bearing burdens, fighting sin, and encouraging each other to abide in the love of Christ and obey His commandments.”**

We want to administer this care as we are dependent on and empowered by the Holy Spirit, counseling God's Word, applying the Gospel, and meeting practical needs. And we want to live this out in all areas and circumstances of life, as disciples of Christ in communion with God and community with others.

Ultimately, all lasting healing, change, and growth comes from God working in our lives as we are in relationship with Jesus Christ, by the Holy Spirit, with God's people, and according to God's Word.

Our goal of caring for others is to love you as we seek to understand your struggles as you live in an imperfect world. We pray that you will see how Christ and his gospel truths apply in deeply personal and specific ways to the realities of your life so that you can live as disciples of Jesus by faith in community, made possible through the power of the Holy Spirit. At Redeemer we believe the gospel powerfully transforms our individual lives, our relationships, and the world.

What to Expect from Gospel Care versus Traditional Counseling

In modern culture the term counseling has come to imply a one-on-one 'professional relationship' between a psychotherapist and a 'patient' or 'client'. Traditional therapists (or counselors) are typically licensed by a local or national accrediting body and are subject to the restrictions set by their licensing boards. Therapists usually meet with a client on a weekly or bi-weekly basis in an office setting, provide some form of psychological assessment using secular tools and DSM-V criteria, set restrictions on personal interactions outside the office, keep a written record, and charge a fee.

While there can be great value in seeing a therapist or counselor, it is our belief that members in the body of Christ should always be receiving gospel care in the context of the local church community.

We are called to care for one another on a daily basis – encouraging, challenging and building one another up in the gospel (Heb. 3:12-14; 10:24-25; Eph. 4:16). Nonetheless, we recognize that there are times when we may need someone to journey with us in a more intentional and in-depth way even within the church.

God has raised up men and women at Redeemer who provide such care as ministry servants. These individuals and couples have been selected because we believe they have been blessed with the gifts of

Initials: _____



listening, compassion, wisdom, and insight. Our ministry servants come from a broad variety of backgrounds – some have received training in the mental health disciplines, many come from other professional backgrounds, but every person giving care has been trained to utilize a gospel framework for understanding and responding to life struggles.

Our Redeemer ministry servants who serve in this area, even those who have previously received formal secular mental health training, utilize the gospel care approach and do not adhere to the typical theories and models of traditional "psychotherapy" and are not constrained by the ethical guidelines associated with their respective state or national license.

Many of us have negative, preconceived notions of care done by the church. Please read what gospel care is **NOT**:

1. Gospel care is not just quoting or prescribing Bible verses and asking you for more faith and effort.
2. Gospel care is not simply exposing outward sins or “idols” of the heart.
3. Gospel care is not following a fixed paradigm of method and sequence, expecting the same “results” for each person.
4. Gospel care is not merely teaching biblical principles in general while ignoring the specific details of each person’s story.
5. Gospel care is not just for those requesting care, but is needed by all of us because none of us have arrived and all of us need help.

Some things to anticipate include:

1. We do not always meet in a formal care setting on one of Redeemer's buildings, since much care occurs in the community.
2. In most situations, notes are taken so that we can better love you through the details of your lives.
3. We do not set limits on personal relationships outside of the sessions because care is done in community given the holistic nature of the church.
4. We do not conduct psychological assessments based on secular theory.
5. We do not provide medical care or prescribe medications.
6. We do not function as a crisis center. On occasions when suicidal or homicidal risk emerge, the ministry servant will take necessary measures to ensure the person’s safety, to include calling 911 and/or ensuring the person is admitted to a local mental health facility.
7. And finally, we do not charge a fee for care.

Gospel Care and Psychotropic Medication

God designed our body and soul to function in an integrated manner. As a result, soul disorders can contribute to bodily disorders and vice versa. Moreover, given the pervasive effects of living in a fallen world, we recognize there are times in which the body/brain does not function as God designed—in such cases, medical treatment and/or psychotropic medication may be necessary. On the other hand, we DO believe that medications are sometimes overprescribed as a means of providing a “quick fix” for life problems—this results in part from our fast-paced, economically driven medical and therapeutic systems that do not operate from a gospel framework. However, we also recognize that care approaches that discourage the use of psychotropic medications may prevent people from seeking treatments that are at

Initials:_____



times appropriate and necessary. Therefore, we are careful not to advise against the use of medications to those receiving care since gospel care ministry servants are not trained medical personnel.

Additionally, we see the use of medications as an issue of Christian liberty that in some cases may be necessary. Nonetheless, we assert that psychotropic medications alone rarely function as a ‘cure all’ for life’s complex issues. A helpful way of thinking through the struggles of the body and soul is to consider a spectrum. On one end, the issues are primarily heart and relational in nature (issues such as anger, fear, and escapism). On the other end, the issues are primarily physiological in nature (issues such as dementia and brain injury). There are some issues that can fall in the middle of the spectrum (such as ADHD, depression, etc.). But given the reality we are all made in the image of God, even struggles that are primarily physiological in origin co-exist with heart and relational issues.

No matter where you are on this spectrum, God knows you and His gospel message relates to your situation. Our sovereign God knows our hearts, our bodies, our capabilities, and ultimately our responsibilities before Him and others. Though disordered bodily function sometimes blurs matters of responsibility and capability, we still live in God’s world and are called to live in accordance to His ways.

Despite whatever weaknesses we may experience, we remain responsible to our call to love God and love others so that God is glorified through our lives.

Redeemer Care’s Relationships with the Mental Health System and Other Providers

We recognize our members can exercise gospel freedom by choosing to seek care and counseling outside of Redeemer. Therefore, we do not discourage or keep those requesting care from seeking help elsewhere, but it is important for them to know the care they may receive may not be consistent with care that flows from and focuses on the gospel. Moreover, those seeking care are welcome to work with outside agencies even while receiving care from us; however, we believe the elders and/or ministry servants can play a vital role in the redemptive process by working with the outside agencies, given that the person receiving care provides written consent for such collaboration.

Gospel Ministry Limits of Confidentiality

The Bible teaches that Christians should carefully guard any personal and private information that others reveal to them. Protecting confidences is a sign of Christian love and respect (Matt. 7:12). It also encourages people to seek needed care. Since these goals are essential to the ministry of Redeemer Community Church, all staff and ministry servants are expected to refrain from gossip and to respect the confidences of others. Those involved in care cases will carefully protect all information that they receive through the care sessions and case management, subject to the following guidelines.

Although confidentiality is to be respected as much as possible, there are times when it is appropriate and necessary to reveal certain information to others, based on the purpose and function of the church, as described in Redeemer’s By-Laws and Covenant. In particular, when a Redeemer ministry servant believes it is necessary, they may disclose confidential information to appropriate people in the following circumstances:

Initials:_____



Traditional Circumstances:

1. When Redeemer ministry servants believe the ones receiving care could be in danger of harming themselves or others (Prov. 24:11-12).
2. When Redeemer ministry servants believe that there is ongoing abuse taking place—i.e. sexual, physical, domestic, child abuse, etc. (Rom. 13:1).
3. When a minor (defined by as anyone under 18 years old) shares information that Redeemer ministry servants believe is in the best interest of the child to disclose information to the parents and/or authorities (e.g., neglect, abuse, drug usage, sex, physical harm).
4. When Redeemer ministry servants are ordered by a court of law to release the counselee's information.
5. When Redeemer ministry servants seek guidance and receive regular supervision to better care for those they are helping, they can discuss relevant information with ministry supervisors and/or elders (Prov. 11:14; 15:22).

Gospel Ministry Circumstances:

1. When Redeemer ministry servants offer care in community, those involved in the care process agree that all information shared outside of the gospel care sessions amongst the involved community can be shared with one another and be discussed in the care sessions.
2. When a case escalates to church discipline where those receiving care have consistently demonstrated an unrepentant heart. Those Redeemer ministry servants and relevant members will wisely and lovingly coordinate redemptive efforts to pursue restoration (see Matt. 18:15-20), sharing only the necessary information, not a full release from confidentiality.
3. When Redeemer ministry servants are of the opinion that confidential material should be disclosed.
4. Please be assured that we strongly prefer to keep personal information confidential and will make every effort to resolve issues as privately as possible. Based on the stated limits of confidentiality, you will not have to sign a "release of information form" when any of the above situations arise.

Cancelling Appointments

Please contact the ministry servant and others that may be journeying with you when canceling appointments. We ask that you give a 24-hour notice but we also know that there are times when this is not possible.

Materials Needed for Care Sessions

1. Bible, notebook, pen/pencil, and other materials as specified
2. Any assigned homework

Initials:_____



Redeemer Care Legal Release

Your signature below serves as acknowledgement that you have read and understand the information contained in this document.

As one receiving care, I understand the following:

1. I agree to receive gospel care knowing what it is and is not.
2. I understand the assigned ministry leader does not adhere to the typical theories and models of traditional "psychotherapy" and are not constrained by the ethical guidelines associated with their respective state or national license.
3. I understand I have the ability to choose other forms of care offered outside of Redeemer.
4. I expressly waive any and all legal rights regarding confidentiality (including the requirement that no information can be released without my written authorization) in favor of Redeemer's ministerial limits of confidentiality described above.
5. Subject to the provisions of this Informed Consent form (including confidentiality), I am free to end my care sessions at any time.
6. The assigned ministry servant is free to end the care sessions at any time.
7. To ensure my health and wellness, the assigned ministry leaders may refer me to another ministry servant, psychologist or psychiatrist.
8. If I have any concerns about the gospel care, I am free to contact one of the Redeemer elders.
9. Out of courtesy, I will give at least 24 hours prior notice before canceling an appointment.
10. I hereby acknowledge that I have had the opportunity to seek the advice of independent legal counsel and that I have read and understood all of the terms and provisions of this Agreement.

I further agree that any disputes that arise in connection with Redeemer's gospel care ministry shall be resolved as follows:

1. If I believe my assigned Redeemer ministry servant has personally wronged me, I will follow the church discipline article in Redeemer's By-Laws
2. For all other complaints, the parties to this agreement are Christians and believe that the Bible commands them to make every effort to live at peace and to resolve disputes with each other in private or within the Christian church (see Matthew 18:15-20; 1 Corinthians 6:1-8). Therefore, the parties agree that any claim or dispute arising from or related to this agreement shall be settled by biblically-based mediation by an appointed outside mediator. The parties understand that these methods shall be the sole remedy for any controversy or claim arising out of this agreement and expressly waive their right to file a lawsuit in any civil court against one another for such disputes, except to enforce an arbitration decision.

In doing so, I expressly waive the right to sue my assigned ministry leader, Redeemer Community Church, its elders, or anyone else connected with the gospel care ministry in a court of law— this waiver will be binding on all family members, heirs, legal guardians, attorneys, etc. who might take action in connection with or on behalf of the person being care for.

(One requesting care) printed name

Signature

Date

(One requesting care) printed name

Signature

Date

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