



ReGroup Check-In: What Makes it Work?

- **AUTHENTICITY** – Volunteering the truth on your life/recovery.
- **ACCOUNTABILITY** – Letting others speak into your life/recovery.
- **INTENTIONALITY** – Do **FULL** check-in to monitor your life/recovery.
- **CHALLENGE** – Honestly receiving the **GRIT** (correction).
- **SUPPORT** – Humbly receiving the **GRACE** (encouragement).

“Therefore, **confess your sins** to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:16

“Therefore **encourage** one another and build each other up, just as in fact you are doing.” 1 Thess. 5:11

Whoever **heeds life-giving correction** will be at home among the wise. Those who **disregard discipline** despise themselves, but the one who **heeds correction** gains understanding.” Proverbs 15:31, 32