

**SCHEDULE**

**ARISE! INTERNATIONAL**

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| **CURRICULUM UNITS** | **DAY** | **DATE** | **LET’S TALK RECOVERY** |
| **OREINTATION** | **TUES** | **8/18** |  |
|  | **UNIT 1 – A FOUNDATION OF RECOVERY** |
| * LESSON 1 – WHY A SUPPORT GROUP?
 | WED | 8/19 |
| * LESSON 2 – CAN I GET THE SUPPORT I NEED?
 | THURS | 8/20 |
| * LESSON 3 – INDICATIONS OF RECOVERY
 | FRI | 8/21 |
| * LESSON 4 – HELP IN THE STORM - PART 1
 | SUN | 8/23 |
| * LESSON 5 – HELP IN THE STORM – PART 2
 | MON | 8/24 |
| **UNIT 1 – A FOUNDATION OF RECOVERY** | **TUES**  | **8/25** |  |
| I CAN FIND HOPE AND HEALING. | **UNIT 2 – DISCOVERING HOPE** |
| * LESSON 1 – RECOVERY IS POSSIBLE!
 | WED | 8/26 |
| * LESSON 2 – WHAT IS ABUSIVE?
 | THURS | 8/27 |
| * LESSON 3 – SYMPTOMS OF ABUSE – PART 1
 | FRI | 8/28 |
| * LESSON 4 – SYMPTOMS OF ABUSE – PART 2
 | SUN | 8/30 |
| * LESSON 5 – RESTORATION IS POSSIBLE
 | MON | 8/31 |
| **UNIT 2 – DISCOVERING HOPE**  | **TUES** | **9/1** |  |
| I ACCEPT GOD’S LOVE AND KINDNESS TOWARD ME.  | **UNIT 3 – TELL YOURSELF THE TRUTH** |
| * LESSON 1 – LIES VERSUS TRUTHS – PART1
 | WED | 9/2 |
| * LESSON 2 – LIES VERSUS TRUTHS – PART 2
 | THURS | 9/3 |
| * LESSON 3 – CONSEQUENCES OF FALSE BELIEFS
 | FRI | 9/4 |
| * LESSON 4 – THE TRUTH WILL SET YOU FREE
 | SUN | 9/6 |
| * LESSON 5 – GETTING RID OF FALSE BELIEFS
 | MON | 9/7 |
| **UNIT 3 – TELL YOURSELF THE TRUTH** | **TUES**  | **9/8** |  |
| THE TRUTH WILL SET ME FREE! | **UNIT 4 – OUT OF THE DARKNESS INTO THE LIGHT** |
| * LESSON 1 – I’M NOT RESPONSIBLE
 | WED | 9/9 |
| * LESSON 2 – I’VE BEEN BETRAYED!
 | THURS | 9/10 |
| * LESSON 3 – THE TROUBLE WITH DENNIAL
 | FRI | 9/11 |
| * LESSON 4 – FROM DEATH TO LIFE
 | SUN | 9/13 |
| * LESSON 5 – HELP FROM PSALM 23
 | MON | 9/14 |
| **UNIT 4 – OUT OF THE DARKNESS INTO THE LIGHT** | **TUES** | **9/15** |  |
| I AM WORTHY TO HAVE GOD LEAD ME AND COMFORT ME…AND HE WANTS TO.  | **UNIT 5 – THE FAMILY IN THE STORM** |
| * LESSON 1 – THE DYSFUNCTIONAL FAMILY – PART 1
 | WED | 9/16 |
| * LESSON 2 – THE DYSFUNCTIONAL FAMILY – PART 2
 | THURS | 9/17 |
| * LESSON 3 – THE DYSFUNCTIONAL FAMILY – PART 3
 | FRI | 9/18 |
| * LESSON 4 – BELIEVING THE TRUTH
 | SUN | 9/20 |
| * LESSON 5 – A BIBLICAL EXAMPLE
 | MON | 9/21 |
| **UNIT 5 - THE FAMILY IN THE STORM**  | **TUES** | **9/22** |  |
| I AM CLEAN.  | **UNIT 6 – LETTING GO OF SHAME AND GUILT** |
| * LESSON 1 – THE PAINFUL EMOTION OF SHAME
 | WED | 9/23 |
| * LESSON 2 – A FURTHER LOOK AT SHAME
 | THURS | 9/24 |
| * LESSON 3 – THE HEAVINESS OF GUILT
 | FRI | 9/25 |
| * LESSON 4 – THE DAMAGE OF SECRECY
 | SUN | 9/27 |
| * LESSON 5 – THE POTTER’S HAND
 | MON | 9/28 |
| **LESSON 6 – LETTING GO OF SHAME AND GUILT**  | **TUES** | **9/29** |  |
| I AM WONDERFULLY MADE.  | **UNIT 7 – FEELING THE ANGER AND THE HURT** |
| * LESSON 1 – HEALTHY EXPRESSIONS OF ANGER
 | WED | 9/30 |
| * LESSON 2 – HEALTHY ANGER – PART 2
 | THURS | 10/1 |
| * LESSON 3 – THE DANGER OF DENIAL
 | FRI | 10/2 |
| * LESSON 4 – BUT I’M ANGRY AT GOD
 | SUN | 10/4 |
| * LESSON 5 – THE MESSAGE OF THE NAIL PRINT
 | MON | 10/5 |
| **UNIT 7 – FEELING THE ANGER AND THE HURT**  | **TUES**  | **10/6** |  |
| I HAVE PERMISSION TO FEEL MY ANGER AND HURT.  | **UNIT 8 – HEALING LONELINESS AND FEAR** |
| * LESSON 1 – ALONE AND AFRAID
 | WED | 10/7 |
| * LESSON 2 – THE FEAR OF ABANDONMENT
 | THURS | 10/8 |
| * LESSON 3 – FEAR OF THE UNKNOWN
 | FRI | 10/9 |
| * LESSON 4 – COMPENSATING FOR FEAR
 | SUN | 10/11 |
| * LESSON 5 – THE COMFORT OF RESTORATION
 | MON | 10/12 |
| **UNIT 8 – HEALING LONELINESS AND FEAR** | **TUES**  | **10/13** |  |
| IN CHRIST I AM NEVER ALONE.  | **UNIT 9 – BEGINNING TO TRUST AGAIN** |
| * LESSON 1 – WHY IS TRUST SO DIFFICULT?
 | WED | 10/14 |
| * LESSON 2 – LEARNING TO TRUST
 | THURS | 10/15 |
| * LESSON 3 – THE PROBLEM OF CONTROL
 | FRI | 10/16 |
| * LESSON 4 – STEPS TO TRUST AND DISCERNMENT
 | SUN | 10/18 |
| * LESSON 5 - PEACE IN THE MIDST OF THE STORM
 | MON | 10/19 |
| **UNIT 9 – BEGINNING TO TRUST AGAIN**  | **TUES** | **10/20** |  |
| I CAN TRUST MYSELF AND OTHERS.  | **UNIT 10 – THE PROCESS OF FORGIVENESS** |
| * LESSON 1 – WHAT IS FORGIVENESS? – PART 1
 | WED | 10/21 |
| * LESSON 2 – WHAT IS FORGIVENESS? – PART 2
 | THURS | 10/22 |
| * LESSON 3 – FORGIVENESS: NOT RATIONALIZATION
 | FRI | 10/23 |
| * LESSON 4 – FORGIVENESS IS FOR THE SURVIVOR
 | SUN | 10/25 |
| * LESSON 5 – A DECISION—NOT A FEELING!
 | MON | 10/26 |
| **UNIT 10 – THE PROCESS OF FORGIVENESS** | **TUES** | **10/27** |  |
| BECAUSE GOD HAS FORGIVEN ME, I CAN FORGIVE OTHERS.  | **UNIT 11 – CONFRONTING THE PERPETRATOR** |
| * LESSON 1 – MIXED FEELINGS ABOUT THE ABUSER
 | WED | 10/28 |
| * LESSON 2 – UNDERSTANDING ABUSERS
 | THURS | 10/29 |
| * LESSON 3 – THE ANATOMY OF CONFRONTATION
 | FRI | 10/30 |
| * LESSON 4 – RECONCILIATION: UNITY AND PEACE
 | SUN | 11/1 |
| * LESSON 5 - THE DECISION TO CONFRONT
 | MON | 11/2 |
| **UNIT 11 – CONFRONTING THE PERPETRATOR**  | **TUES** | **11/3** |  |
| I CAN SPEAK THE TRUTH. I CAN BE FREE.  | **UNIT 12 – INTIMACY IN RELATIONSHIPS** |
| * LESSON 1 – FROM ISOLATION TO INTIMACY
 | WED | 11/4 |
| * LESSON 2 – THE NATURE OF INTIMACY
 | THURS | 11/5 |
| * LESSON 3 – UNMET NEEDS FOR INTIMACY
 | FRI | 11/6 |
| * LESSON 4 – WAYS WE AVOID INTIMACY
 | SUN | 11/8 |
| * LESSON 5 – WHY IS INTIMACY SO DIFFICULT?
 | MON | 11/9 |
| **UNIT 12 – INTIMACY IN RELATIONSHIPS**  | **TUES** | **11/10** |  |

I AM LOVED SO I CAN RISK LOVING YOU.