



Come near to God and He will come near to you... Humble yourselves before the Lord, and He will lift you up. James 4:8,10

It is naive to think that if someone is a Christian and wants to cling to Jesus, they will have no problems in their relationship with Him. Unfortunately, sin in its various forms accompanies us throughout our lives. All the more reason we should look for various ways to draw closer to God. One of them is the **10-month Re:generation Program** (www.regenerationrecovery.org), which Bartek and I started in separate groups in the fall with the hope of spiritual renewal.



We all suffer in our lives. The organizers of Re:generation believe that everyone can experience renewal and freedom by following steps based on Scripture. Christ can heal the weary, the afflicted, and the suffering.

By going through the program, in authentic and sincere community with others, one can experience God's release from such struggles as alcoholism, codependency, pornography, eating disorders, depression, control, emotional/physical abuse, same-sex attraction, anger or obsessive thoughts.

Re:generation requires daily work on materials, participation in weekly groups and conversations with a mentor. It's a lot, but we see that it's worth the time and effort, even though we still have two months left in the program. It has brought us the following benefits:

Bartek - *thanks to the program, I realized that I struggle with pride and excessive control. I also saw that only Christ and a relationship with Him is the solution to my issues. Even if my problems don't disappear, closeness to God and abiding in Him are enough for me!*

Gosia - *I started Re:generation a little bit out of curiosity after my sister's encouragement, but most of all I wanted God to make me more aware of my sinfulness. I recognized sinful patterns of behavior - e.g. pleasing people, comparing myself with others, trusting more what people think about me than what God says about me. Now I am working on forgiveness and making amends to others. It's not easy, but God is leading me to sort out relationships that are difficult for me for various reasons.*

Please pray that:

- God would continue to use this program for our spiritual renewal;
- we would wisely show our children God as the source of love and hope in a hostile world;
- for the war in Ukraine to stop.

Gosia