

# Living Waters Application

This application helps us determine whether Living Waters is appropriate for you at this point in your journey. Please provide complete information to each question; use the back of the page if necessary. Your responses will be kept strictly confidential, according to Regeneration's Confidentiality Policy. Once we've received your completed application, we'll contact you to set up an interview. Thank you!



Regeneration

P.O. Box 9830 • Baltimore, MD • 21284

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Phone OK to call? (Yes/No)

\_\_\_\_\_  
Cell Phone OK to call? (Yes/No)

\_\_\_\_\_  
E-mail OK to E-mail? (Yes/No)

IN CASE OF EMERGENCY, PLEASE CONTACT:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

Male / Female (Please circle)

Single  Engaged

Separated  Widowed

Married (how long?) \_\_\_\_\_

Divorced (how long?) \_\_\_\_\_

#of Children \_\_\_\_\_ Ages: \_\_\_\_\_

Note: Please don't put the following individuals in my small group [include name(s) and reason]:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Primary Phone

\_\_\_\_\_  
Secondary Phone

**OFFICE USE ONLY:**

Date Received: \_\_\_\_\_

Year: \_\_\_\_\_ Small Group: \_\_\_\_\_

Accepted / Not Accepted Explanation: \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Background Information:**

What is your educational history?

Years of High School Education: \_\_\_\_\_

Years of College Education: \_\_\_\_\_

Degrees: \_\_\_\_\_

Please describe your relationship with your parents in childhood and as an adult (use more pages if necessary):

Father: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mother: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you recall any significant, traumatic incidents in your life (i.e. verbal, physical, sexual, or emotional abuse)?  
If so, please explain:

No  Yes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you or either of your parents chemically dependent? If so, please elaborate:

No  Yes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you or your parents, grandparents, spouse, or any friends been involved in either participating or meditating ANY of the following?

Under the "ME" column, use "C" to indicate your current involvement and "P" to indicate past involvement.  
 Under the "OTHER" column, follow the same instructions and indicate your relationship to the other person.

PRACTICE	ME	OTHER (relationship)	PRACTICE	ME	OTHER (relationship)
Abortion:			Meher Baba:		
Abuse:			Metaphysical Healing:		
Alcohol:			Mind Reading:		
Astrology:			Molestation:		
Astro Projection:			Mormonism:		
Automatic Writing:			New Age:		
Bahaim:			Numerology:		
Bhagwan Shree Rajneesh:			Occult Literature		
Black Magic:			Ouija Board:		
Blood Covenants:			Palm Reading:		
Buddhism:			Parapsychology:		
Card Laying:			Promiscuity:		
Channeling:			Psychic Phenomena:		
Children of God:			Reincarnation:		
Christian Science:			Rosicrucian:		
Clairvoyance:			Roy Masters:		
Crystal Ball:			Sadism/Masochism:		
Curses:			Satanism:		
Eastern Religion(s):			Science of the Mind:		
Eckankar:			Scientology:		
Edgar Cayce:			Séances:		
E.S.P.:			Second Sight:		
EST:			Shriners:		
Fortune Telling:			Silva Mind Control:		
Goddess Worship:			Spiritism:		
Hare Krishna:			Tarot Cards:		
Hinduism:			Tea Leaf Readings:		
Horoscopes:			T. Cole Whitaker:		
Hypnosis:			The Way International:		
Islam:			Transcendental Meditation		
Jean Dixon:			Water Witching:		
Jehovah's Witness:			White Magic:		
Levitation:			Witchcraft:		
Masons:			Unification Church:		
Medium(s):			Unity:		
Other:			Other:		

**Medical Information:**

Have you ever been hospitalized? If so, when and for what reason(s)?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you currently on any medication? If yes, what and for what reason(s)?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you use alcohol or other mood altering substances? If so, what and how often?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any non-sexual compulsive behaviors (eating disorder, alcohol abuse, smoking, spending, chemical dependency, etc.)?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you ever been examined for sexually-transmitted diseases (STD's)?  Yes  No

Have you been tested for HIV/AIDS?  Yes  No

**Sexual/Relational Information:**

How would you define your sexual or relational problem?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How does the problem express itself (pornography use, masturbation, anonymous encounters, emotional problems, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you currently in a relationship that involves ongoing sexual contact? Please describe your relationship.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you believe that extramarital sexual activity, homosexual physical contact, or inordinate emotional closeness with the same sex is sinful? If not, please explain:

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you struggle with any homosexual tendencies or feelings? If yes, at what age did you first realize you were attracted to the same gender?

No  Yes \_\_\_\_\_

At what age did you have your first homosexual encounter? \_\_\_\_\_

None

At what age did you have your first heterosexual encounter? \_\_\_\_\_

None

Are you currently involved in a sexual relationship (heterosexual or homosexual) outside of marriage?

No  Yes \_\_\_\_\_

Have you ever been involved in a long-term sexual relationship (heterosexual or homosexual) outside of marriage? If so, how long did it/they last?

No  Yes \_\_\_\_\_  
\_\_\_\_\_

Have you ever been sexual with someone you did not know? If so, how frequently did/does this occur?

No  Yes \_\_\_\_\_  
\_\_\_\_\_

**Sources of Support:**

What specific areas of support, instruction and/or discipleship do you desire?

Emotional Dependency  Dealing with Homosexuality  Compulsive Masturbation

Codependency  Pornography/Internet Pornography  Sexual Addiction

Romantic/Sexual Thoughts  Anonymous Encounters  Phone Sex or Chat Rooms

Dealing with Significant: \_\_\_ Homosexual Relationships \_\_\_ Heterosexual Relationships

Other (please explain): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you ever been through a Regeneration program before? If yes, when and for what reason(s)?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you currently receiving help from a healing ministry or support group (if yes, please explain)?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you see a pastoral counselor, professional therapist or other mental health specialist? If yes, who and for what reason(s)?

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you ever seriously contemplated suicide? If so, please explain.

No  Yes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe the people in your life who know about your sexual struggles and who are supportive in your healing.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are your expectations in coming to Living Waters?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Can you make the 24-week commitment? \_\_\_\_\_

**Spiritual/Religious Background:**

Are you a Christian?  No  Yes

If so, for how long? (Briefly describe how you came to believe in Jesus.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What impact has your relationship with Christ had upon your sexual brokenness?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## **Confidentiality Policy for Regeneration**

1. The Regeneration leadership will hold as confidential all disclosures made by program and support group participants with the following exceptions:
  - a) Disclosures indicating intentions to take harmful, dangerous, or criminal action against another human being
  - b) Disclosures indicating intentions to take harmful, dangerous, or criminal action against oneself
  - c) Suspected acts of child abuse or neglect will always be reported.

Those informed may include one or more of the following:

- Law enforcement officials and/or child protective services;
- Any person likely to suffer the results of the harmful behavior indicated;
- Family members of the person likely to suffer results of harmful behavior;
- Family members of the person intending to harm self or other(s);
- Associates and/or friends of those threatened or making threats.

2. As a Regeneration support group or program participant, I am not obligated to reveal any information about myself (full name, phone number, etc.) to other participants. I have a right to maintain whatever level of anonymity I choose.

I agree to respect the confidentiality of other group participants. Specifically, nothing that is shared at a Regeneration meeting will be shared outside the group, and a person's involvement with Regeneration will not be shared outside the group.

I also agree to report to the Regeneration leadership any sexual fall or inappropriate behavior with another group participant; any approach made by another group participant to engage in inappropriate behavior; or any threatened intention of another group participant to take harmful, dangerous, or criminal action against another human being or against him/herself.

I have read and understand this confidentiality policy.

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Name (printed)

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Signature

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Date

## Agreement and Release from Liability

The purpose of this form is to document that you understand the purpose of the Living Waters program and agree to adhere to the policies and guidelines of Regeneration.

1. I acknowledge that I have voluntarily applied to Regeneration to participate in the Living Waters program, a Christian, worship, teaching, discipleship, and mutual support program. I also acknowledge that my participation in the Living Waters program is not a substitute for psychiatric treatment, psychotherapy, therapeutic counseling or any other form of professional therapy.
2. I acknowledge that my participation in the Living Waters program is not a substitute for my active involvement in a local Christian church body of my choice.
3. I am voluntarily participating in the Living Waters program and I accept complete responsibility for my own psychological, mental, emotional, and spiritual well-being. I further acknowledge that it is my responsibility to ascertain my own need for professional counseling and to seek such professional counseling as needed.
4. On behalf of myself and my assigns, I waive all actions, claims or demands against Regeneration (including all agents, employees, officers, or directors of Regeneration) from any liability for any injuries suffered by me during my voluntary participation in the Living Waters program, resulting from negligent acts or omissions, or resulting from negligent acts or omissions of any other participant of the Living Waters program. On behalf of myself and my assigns, I hereby agree that I will not make any claim against, sue, or otherwise seek damages against Regeneration, including those listed above.
5. I have read the Living Waters Policies for Participant Interaction, Moral Standards among Group Members, and Confidentiality Policy and will comply with the requirements and recommendations as indicated.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Regeneration, and I sign this agreement of my own free will.

Executed on \_\_\_\_\_, in Baltimore, Maryland.  
(Date)

Signature: \_\_\_\_\_  
(Signature) (Printed)

## Regeneration Group Guidelines

Welcome to **Regeneration**, a non-profit Christian organization committed to assisting those dealing with various types of sexual sin and brokenness (sexual addiction, homosexuality, co-dependency, etc.). This group is for those who wish overcome relational/sexual sin and to grow in their relationship with God. To facilitate the group and provide a safe environment, we ask that you follow these few suggestions for the group:

### **I. Respect Confidentiality:**

Confidentiality keeps a group safe for all members. Group members participating in groups are not obligated to reveal their full name, phone number, or where they live or work to others in the group. Group members have a right to maintain whatever level of anonymity they choose.

It is essential that people who come to Regeneration feel that neither their involvement with the ministry nor anything they share at a meeting will ever be known outside the confines of the group. The primary requirements of confidentiality are:

1. A person's involvement in Regeneration should never be mentioned to anyone outside of the group.
2. Nothing that is shared in the group should be repeated outside of the group.

Exceptions:

- a. A Group Leader may share something with the Regeneration Staff or other Group Leaders, but only when they need help ministering effectively to a group member.
- b. We will report to the appropriate authorities when something shared suggests that the group member is a danger to him or herself or others.

Remember that problems with confidentiality that do occur are usually due to carelessness. Also, where there may not be a real breach of confidentiality, problems could be caused if a person believes that his or her anonymity could be compromised.

If you are public about your involvement with Regeneration or about your testimony, remember that if you show publicly that you know another group member, you may implicate them through association. Be sensitive to this.

### **2. No Fixing, Healing, or Saving:**

Please speak for yourself and about your own experience. It may be tempting to try to solve another person's problems and give advice, but you don't need to take on the role of problem solver, healer or counselor. Feel free to ask questions to clarify what another is saying or thinking, but refrain from giving advice to other group members or telling other members what to do.

Sometimes we jump into fixing because we are uncomfortable with another's pain (or our own). M. Scott Peck writes:

During (this stage of the group), when members of a group attempt to heal or convert each other, they believe they are being loving.... After all, isn't it the loving thing to do to relieve your neighbor of her suffering or help him to see the light? Actually, however, almost all these attempts to convert and heal are not only naive and ineffective but quite self-centered and self-serving. It hurts me when my friend is in pain. If I can do something to get rid of this pain, I will feel better. My most basic motive when I strive to heal is to feel good myself. But there are several problems here. One is that my cure is usually not my friend's.... The fact of the matter is that often the most loving thing we can do when a friend is in pain is to *share* that pain—to be there even when we have nothing to offer except our presence and even when being there is painful to ourselves. (*The Different Drum*, 97)

Remember, too, that group members are from different denominations, with different experiences of God. Some may still be on their way to God. Please do not try to convert other members to your theology. The group's purpose is not to discuss theology, except as it affects your own thinking and healing. At Regeneration we believe that there is one Savior; group members can relax, they don't need to take that role for each other.

### **3. Be Discreet and Uphold the Group's Moral Standards:**

Not everyone has the same level of involvement in sexual activity. Please be careful not to give others ideas about activities or places of involvement. There is a balance between open, honest sharing and sharing which titillates and gives other people ideas. Please be sensitive in your sharing.

We also ask that each group member sign and abide by our *Confidentiality Policy for Regeneration Groups*. We are committed to keeping our groups safe for all, and we will work to uphold these standards in all our support groups.

## MORAL STANDARDS AMONG GROUP MEMBERS

You have come to Regeneration because of your struggles with sexual and/or relational issues. For most of you, this means that you struggle with sexual temptations in one form or another. Some of you may still be falling sexually. We are here to help you deal with that and helping you in such a situation is a normal part of our ministry.

There are sexual falls, however, that are not a normal part of our ministry. These are falls involving other participants in our groups. Any inappropriate behavior among group members can damage or even destroy the trust, hope, safety, and reputation of the group and the ministry.

For these reasons, we have established rules that are aimed at preventing sexual falls involving other group members. Or, if sexual interaction does occur, our goal is to minimize the damage to individuals and to the group. The rules are as follows:

1. As soon as possible, you must report, any of the following to your group leader:
  - a. A sexual fall or inappropriate behavior involving another group participant. (We define inappropriate behavior very simply as any behavior you would not want other Christians to witness.)
  - b. Going with another participant to a place where sexual material is sold or sexual contacts are made (e.g. “adult” bookstores, strip clubs, “gay” bars, etc.)
  - c. An approach made to you by another person from the group to engage in inappropriate behavior or to go to a place where sexual material is sold or where sexual contacts are made.
  - d. Any inappropriate involvement among other group members that you hear about.
2. In every case, you must be willing to provide names and allow us to use your name as one reporting the offense.

We will investigate, and where appropriate, take prompt action in response to any such reports. The action taken will never be punitive, but to the best of our ability, will serve to help both the offender(s) and the group.

To the maximum extent possible, Regeneration seeks to offer a place where those who struggle feel safe, trust is not betrayed, and participants are serious about overcoming sexually sinful thoughts and behavior.

*If you believe you cannot abide by these rules, we ask that you withdraw from the group now.*

**AS A CONDITION OF MY PARTICIPATION IN REGENERATION, I AGREE TO COMPLY WITH THE POLICIES STATED ABOVE.**

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Name (printed)

---

Signature

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Date

## **What Is Required of Me?**

Having offered Living Waters for 8 years, the leadership team has observed common difficulties and concerns that need to be addressed prior to the start of the program. We write the following to make you aware that you will experience many challenges to receiving all that you can from Living Waters. What is required of you is commitment—commitment to yourself, others, and the Lord! You are in this program because of the Holy Spirit's leading. This is a very special time for you, but one that will require self-control, perseverance, and the sacrifice of your time. Please read the following and consider the personal cost being asked of you. We take this program seriously and we ask that you would as well.

### **◆ Attendance**

Living Waters requires a strong commitment by those who are enrolled. Because you have set aside this period of time for focusing on the significant issues and struggles in your life, your attendance at every meeting is necessary. This means carefully adjusting your schedule for Thursday evenings. Often the times you most feel like not attending are the very times that you most need to be there! The enemy will attack in many ways to prevent you from coming. We understand that emergencies may arise, but our experience is that when the more challenging chapters are being covered, more reasons will arise for not being there. Be aware of this in advance and be prepared for battle.

### **◆ Punctuality**

Punctuality follows on the heels of attendance. We will begin each session with a time of worship, which is a vital and necessary part of the program. When we gather for Living Waters, the worship time is when the Father begins working deeply in our hearts. It is as important as the teaching or small group time each evening. Make the choice in your heart before you begin this program that you will commit to every aspect of it, including worship.

### **◆ Appropriate Attire**

While we have no specific rules about your attire for the meetings, we do ask that you please be respectful of others in what you wear. What might be appropriate for one person may be a stumbling block for others, so please dress modestly for our meetings by avoiding clothing that is tight or revealing. Likewise, if the clothing choices of someone else in the group are consistently serving as a stumbling block for you, please make this known to one of the Living Waters leaders. Your disclosure will be kept confidential.

(over)

### ♦ **Small Group Sharing**

As stated in our confidentiality policy, you will not be forced to share information, but being part of your small group does require some transparency and vulnerability. Time is required to build trust so that members feel the group is a safe place to share on a deeper level. As you spend time in your small group, trust that the Lord has led you to this program. We strongly believe you are a vitally important part of your small group, and your lack of participation or attendance does influence others in your group. Your willingness to share and be open allows the Holy Spirit to minister to you and also to the others in the group as well. Don't miss the opportunity to allow the Lord to do a deeper work in you through this process.

The small group discussions can present difficulties at times. If during your small group discussion you feel that the sharing or comments are causing you to stumble (i.e. you find the sharing to be arousing) then you may simply raise your hand and your group leader will ask that the person sharing be sensitive regarding the content of their discussion.

### ♦ **Reading, Homework, and Journaling**

You are expected to come prepared for each meeting. This means that you will have spent quality time *in advance* reading the materials, and that, if applicable, you are ready to hand in any homework assignments given. The teachings given are not reiterations of the weekly readings or homework assignments. Rather, they complement the readings and assignments and are intended to work in tandem with them. Just as regular exercise during the week is essential for a person who plays a sport on the weekend, so spending time working on the Living Waters material at home is essential to get the most out of the weekly meetings. Doing the weekly reading and assignments will bring opportunities for healing, growth and understanding.

### ♦ **One Final Note**

Please understand the intent of these requirements. The items listed on this sheet are not required for you to be loved or accepted by the Father, or even for Him to work in your life. Jesus Christ's work on the Cross has unequivocally demonstrated the Father's love and acceptance of you. However, by committing to regular attendance, punctuality, small group sharing, and the reading and writing assignments for the Living Waters program, you will be cooperating with Him by putting yourself in a place that is more conducive to healing, a place of greater readiness and receptivity to what the Father is wanting to do in your life to bring about further change, healing and growth.

## **Policy for Interaction with Other Living Waters Participants**

Over the course of our experience, we have found that certain things enhance healthy group dynamics and certain activities detract from Living Waters being a healthy, healing experience.

One of the important goals of Living Waters is to create a holy, safe and intimate context where the deep wounds of each group member's heart can rise to the surface and begin to be healed through the care and prayers of the group.

Because many Living Waters participants suffer from emotional and/or sexual addictions, we have learned that certain boundaries must be established to safeguard the intimacy and sanctity of the group. We have seen the effectualness of Living Waters be greatly undermined when people intertwine the unique intimacy forged in Living Waters with socializing outside the group.

In order to maintain our goals of providing the best healing opportunity possible, we ask that you refrain from social contact outside of the parameters of Living Waters with other group members for the course of the entire program. Exchanging phone numbers within the small group will be at the discretion of each small group leader.

We realize that there will be certain exceptions to this rule, such as when two group members attend the same church and share in the same church functions. While bona fide church group activities may be shared, we ask that you refrain from on-on-one contact outside of those group activities and maintain the spirit of this policy. Please share with your small group leader if you find yourself in this situation.

Another exception would be if a small group wishes to do an activity together outside of Living Waters. We ask that the small group leader be present and that the entire small group be invited.

Over the course of Living Waters, the group coordinator or small group leader may make exceptions to this policy or modify aspects of this policy as seems appropriate to individual or small group situations.

Living Waters does value the importance of healthy friendships. We believe that the primary place for those heart investments to be made is in the context of one's local church. We believe that it is important to develop relationships with people who do not share our same sexual vulnerability in the context of the church.

Living Waters is a unique context where we can discuss and receive healing from the fears which inhibit our greater integration into the Church and into healthy friendships.

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I understand and will abide by the policy of refraining from outside social contact with other Living Waters participants. I agree to discuss any complications with this policy with my small group leader. I understand that any willful dishonesty or disregard of this policy may lead to my forfeiting my place in the Living Waters group.

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Signature

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Date

## Project Rhoda

Regeneration believes that being supported through many different avenues during your Living Waters experience is important for genuine life changes to occur. It is important to include yourself in a prayerful community during these times of increased vulnerability and healing.

This is where Project Rhoda comes in. Rhoda was just a servant girl, but she was among the faithful who prayed through the night for Peter in a time of rising persecution for the church. In the middle of the night, as this servant girl prayed with the others, Peter was awakened by an angel and set free (You can read the whole account of Peter's rescue in Acts 12.) Throughout your time at Living Waters, two or three people will be praying for you once a week. They will be listening to the Father for you and interceding on your behalf.

Your "Rhoda" will only have as much information as you desire them to have about you. They will be praying for you no matter what, but your "Rhodas" are bound by Regeneration's confidentiality agreement. You will have the opportunity to update your "Rhoda" either through emailing Regeneration's Rhoda account ([Rhoda@RegenerationMinistries.org](mailto:Rhoda@RegenerationMinistries.org)) or by filling out a Prayer Request Update Card. All of the "Rhoda" are bound by a confidentiality agreement that says that they will not be sharing your name or any of the information that you share with them with any other person.

Communication with your "Rhoda" will be facilitated by a member of the Living Waters Ministry Team who will be checking the emails and sending out your updated prayer cards. This is the only interaction that you and your "Rhoda" will be having throughout the duration of Living Waters.

Check this box if you do NOT wish to have someone pray for you.

On the line below, please print the name that you wish to be given to your "Rhoda".

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