



GCR RESTART Transformational Living Home Gospel Centered Local Church Gospel Centered Recovery

What is Restart? The GCR-Restart home is a Christ-Centered Transition Housing Ministry located on the south side of Des Moines, Iowa. Restart seeks to help men transition back into the community. We (the local church Living Waters Fellowship) desire to walk with them as their lives are transformed with lasting spiritual change during their stay by providing discipleship, counseling, training, financial education, evangelism training, and promote Godly habits based on Biblical principles. The Restart home encourages men to develop and display Christ-like attitudes in their daily lives.

GCR Restart is a multi-bed live-in discipleship home (Matthew 28:18-20) for men who truly desire a life-change and desire to walk in a life free of the enslaving dominating sin of selfish addiction.

GCR Mission Statement: Gospel Centered Recovery is a Jesus-centered, Bible based, addiction recovery ministry that exists to encourage and walk with people who struggle under the weight of SIN and addiction.

We believe in the sufficiency of Scripture and rely upon the Bible as the primary source for true addiction recovery. As we share the hope of the Gospel through the transforming power of the Bible, God's Word, our desire is to lead people to a saving knowledge of Jesus and help them to grow and change for the glory of our Lord and Savior, Jesus Christ.

Foundation: Jesus and the Gospel are central to the ministry.

1. It's all about Jesus!
2. Sufficiency of Scripture
3. Local church ministry
4. Make disciples Matthew 28:18-20

Goals

Step 1: Salvation (true repentance). Repent/believe

Step 2: Sanctification (willful surrender) Surrender self/ obedience and faithfulness to Christ is the goal and expectation.

General Guidelines at GCR-Restart: The Restart home seeks to help men transition back into the community. We desire to walk with them as their lives are transformed by the Gospel with lasting spiritual change. During their stay we will provide Biblical wisdom, discipleship, Biblical counseling, training, financial education, and promote Godly habits based on Biblical principles. The Restart Home encourages men to develop, display, and implement Christ-like attitudes in their daily lives.

1. **Jesus Christ and His Word will be given first place.** That means that the Bible is the final authority for how we are to live, think, and process all of life including addictions and substance abuse.
2. **God's Word is the final authority.** If you choose to come to The Restart home, the Bible will be the authority that directs your words, your actions, your thoughts, how you handle problems, how you respond to authority and suffering, and all matters of life.
3. **Authority is God given and willful submission to the staff of The Restart Home is expected.** All staff, volunteers, and residents at Restart must recognize that those in authority over them are placed there by God. Therefore, willingly submitting to authority is one of the ways that we submit to God. Residents are expected to submit to the staff and the authorized volunteers that the staff chooses in order to help run the Restart Home.
4. **Hard work.** We believe that God created men and women in order to glorify him. One of the ways we do that is by working hard in all areas of life. All people-staff, volunteers, and residents- will be expected to work hard. Residents should especially consider that changing addictive lifestyles and behaviors takes sustained effort and work. Change will not be easy, but Jesus Christ stands ready to help you change. The staff and volunteers are also dedicated to helping you change in order to live a life that is pleasing to the Lord and free from drug and alcohol addiction.
5. **Structure.** Most days during your stay at the Restart Home will be filled with activities designed to help you gain freedom from drug and alcohol addiction. We will tailor an individualized plan for you and your needs. You will be expected to follow the daily schedule of activities which will include, but is not limited to: daily Bible reading and prayer, journaling, church and small group, class time, Bible studies, one on one counseling, financial and life training, work, cleaning, and meal prep.
6. **Limited distractions.** We want your time at Restart to be very beneficial to you. As a result, our program is designed to limit the amount of distractions that tend to capture our attention. We want you to be fully devoted to learning the curriculum and do the assignments given in class and counseling. We also want you to build solid relationships with the other residents in the program. Therefore, men that are not married must commit to refrain from pursuing romantic relationships.

I have read this document and understand what to expect at the Restart Home. By signing below, I am acknowledging that I understand what to expect at Restart and will not be expected to be treated differently than what is stated.

Applicant Name (Printed): _____

Applicant Signature: _____

Spouse of Sponsor Signature (if applicable): _____

Date: _____

Spouse or Sponsor Name (Printed): _____

Date: _____

Expectations for Residents at the Restart Home

In addition to the general guidelines there are a series of expectations for those who live at Restart Home. We desire that men graduate from the program, learn from their mistakes and move forward in God's grace. However, failure to abide by way of these expectations could result in dismissal.

1. **Commitment** - the program will be a lot of work and will require a strong commitment to complete it.
2. **Honesty** - the staff of the Restart Home is committed to helping you change, but to do that we need total honesty and a willingness to be vulnerable (Proverbs 28:13). That includes unresolved legal problems, medical problems, people looking for you, financial obligations, etc.
3. **A desire to change** - The Restart Home exists to help men who want to commit to change no matter how difficult. Only residents who desire to be at Restart will be accepted.
4. **Suicidal thoughts** - All suicidal thoughts must be disclosed to staff right away so we can get you help.
5. **Active participation in all scheduled activities** - all activities are designed to help you put off old addictive habits, so you are expected to participate in every activity that is scheduled for you. You will be encouraged to develop/grow a teachable spirit - choosing to follow all instructions given.
6. **Submission to authority** - you are required to abide by all the rules and requirements at Restart which includes obeying the staff in anything they ask of you, provided they are not asking you to sin.
7. **No bad language or coarse joking** - you will be expected to use God honoring speech while at the Restart Home. All cursing, name calling, inappropriate jokes, innuendo, harsh words and any other sinful speech is not acceptable (Eph. 5:4).
8. **Hygiene and overall cleanliness** - residents are required to practice daily personal hygiene.
9. **Work assignments** - residents are expected to work throughout the duration of the program.
10. **Class time** - all residents are expected to attend every class they are assigned.
11. **Counseling** - all residents will participate in one-on-one counseling with approved counselors.
12. **Church attendance** - all residents will attend church services at an approved local church as well as small groups each week along with other activities that are available.
13. **Discipline and Dismissal** - as part of the program you are required to submit to the disciplinary measures imposed on you.
14. **Housing** - during your stay at the Restart home you will be sharing a bedroom and bathroom with other residents. You are expected to keep your living space clean and tidy.

15. **Check in** - the first time you arrive at the Restart Home all of your items will be checked to make sure that there is nothing that is prohibited. At any point during your stay at Restart, the staff (Restart Board/Staff/LWF Elders) reserves the right to check anything on your person or anything on the property.
16. **Extra duties and responsibilities** - there may be times that unexpected responsibilities arise, and you are expected to help with whatever responsibilities arise outside of normal routines.
17. **Conflict resolution** - all conflicts with residents and/or staff must be handled according to the prescribed method in the Bible.
18. **Violence, fighting and weapons** - all violence and fighting is prohibited. Weapons of any kind are not allowed.
19. **Dress code** - all residents are required to have appropriate dress.
20. **Wake up and lights out** - during your stay at Restart you will have a set schedule that includes wake up times and lights out times.
21. **Drugs, alcohol, smoking, the Patch, nicotine gum and other substances** - Restart is a ministry that exists to help men overcome drug and alcohol addictions. We do not believe in dropping one addiction and picking up a "lesser" one. Therefore, there is a zero-tolerance policy on all drugs, alcohol and other substances (unless it has been approved by the staff of Restart). If you are caught using or even in possession of such things you may be immediately dismissed from the program. Smoking will be allowed in a designated location outside of the home. Smoking/Tobacco use (including vaping) within the walls of the Restart Home would be grounds for immediate dismissal.
22. **Mail and packages** - all outgoing and incoming mail will be inspected by the staff.
23. **Medical emergencies and needs** - The Restart Home is not responsible for any of your medical needs that might occur while you're at Restart. In the event that you need to see the doctor or go to the emergency room, you will be responsible for the costs incurred.
24. **Medicine** - Restart is not a hospital or a medical facility. There may be many scenarios where Restart is not suited to serve certain persons due to needed ongoing medical attention. You will be responsible for your own medication management, Drs visits, etc.
25. **Visitation** - all visitors must be approved at least a full week in advance by the staff of Restart.

Terms and conditions of the rental agreement will be discussed at an in-person meeting.

I have read this document and am aware of the expectations for me if I am living at the Restart Home. By signing below, I am indicating that I am willing to comply with the expectations.

Applicant Signature: _____

Spouse of Sponsor Signature (if applicable): _____

Applicant Name (Printed): _____

Spouse or Sponsor Name (Printed): _____

Date: _____ **Date:** _____