



WESTERN MICHIGAN
ADULT & TEEN CHALLENGE

Family Resource Guide

Partnering Together for Transformation

At Western Michigan Adult & Teen Challenge, we believe healing and transformation are not achieved alone but through a Christ-centered journey that involves both the individual and their loved ones. This guide equips you with tools to navigate this season, offering support for your loved one while affirming the structure and purpose of our program.

Our Mission and Core Values

Mission Statement

We exist to develop a life in Christ, with the hope and freedom that is found in Him.

Ministry Scripture

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17

Core Values

1. **God's Word:** The foundation of our ministry and the ultimate source of truth and transformation.
 - *"Your word is a lamp to my feet and a light to my path."* — Psalm 119:105
2. **Discipleship:** Equipping individuals to grow spiritually and embrace a life dedicated to Christ.
 - *"Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."* — Matthew 28:19
3. **Prayer:** A vital lifeline that keeps us connected to God and reliant on His power.
 - *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* — Philippians 4:6

4. **Worship:** Offering ourselves fully to God as an act of love and surrender.
 - *“God is spirit, and his worshipers must worship in the Spirit and in truth.”* — John 4:24
5. **Unity:** Creating a community where Christ’s love is displayed through teamwork and accountability.
 - *“How good and pleasant it is when God’s people live together in unity!”* — Psalm 133:1
6. **Gratitude:** Cultivating a heart of thankfulness for God’s blessings and His redemptive work.
 - *“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”* — 1 Thessalonians 5:18

Common Obstacles You May Face

1. Lashing Out or Anger

Past struggles often leave behind emotional wounds, causing your loved one to express frustration or anger toward others.

- **Scripture for Guidance:** *“A gentle answer turns away wrath, but a harsh word stirs up anger.”* — Proverbs 15:1
- **How to Respond:** Stay calm and remind your loved one that the program is a safe place for them to process their emotions constructively.

2. Manipulation

Individuals in the program may attempt to manipulate loved ones for money, favors, or special treatment.

- **Scripture for Strength:** *“Let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’”* — Matthew 5:37
- **How to Respond:** Firmly but lovingly reinforce the program’s boundaries. You might say, “I trust the program to provide what you need.”

3. Blame or Deflection

It's common for individuals to shift blame or avoid taking responsibility during this journey of change.

- **Scripture for Encouragement:** *"Each of us will give an account of ourselves to God."* — Romans 14:12
- **How to Respond:** Redirect conversations gently but firmly, encouraging them to embrace self-reflection and personal growth.

Setting Healthy Boundaries

Boundaries are an essential part of transformation, teaching accountability and ensuring everyone involved respects the program's framework.

- **Communicate Clearly:** Share program guidelines with your loved one, emphasizing your commitment to following said guidelines.
- **Be Consistent:** Let your words and actions align, even when it's difficult.
- **Lean on God:** *"The Lord is my helper; I will not be afraid. What can mere mortals do to me?"* — Hebrews 13:6

Affirming the Program

Supporting your loved one means also affirming the program and its mission:

- **Speak Positively:** Share the value of the program's Christ-centered approach, mentioning its focus on God's Word, discipleship, and prayer.
- **Trust the Process:** Transformation takes time. Encourage your loved one with *"He who began a good work in you will carry it on to completion until the day of Christ Jesus."* — Philippians 1:6

Overcoming Challenges with Faith and Unity

This journey is one of spiritual renewal and growth. We encourage you to embrace our core values in your own life:

- **Read God's Word** for wisdom.

- **Pray Daily** for strength and peace.
- **Express Gratitude** for every step of progress, knowing God is at work.

We're in This Together

Western Michigan Adult & Teen Challenge is committed to walking with your loved one on this path of transformation. Together, we trust in God's power to bring lasting freedom and healing.

If you have questions or need support, reach out to our team. Let's rely on *"God, who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us."* — Ephesians 3:20