

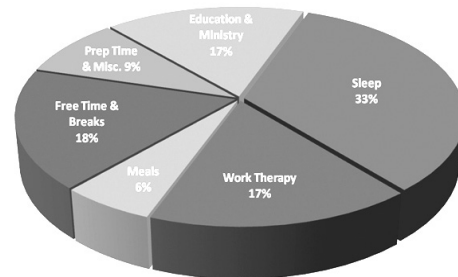
# Teen Challenge Update

Colfax Training Center

January, 2009

## From Day to Day...

Teen Challenge exists to be a catalyst for 180 degree change in the addict. Since 1958, the ministry has purposed to bring lost, hurting, and hopeless people to Jesus Christ, Who in turn sets them free. He completely removes oppression and creates new life in lives that were dead. Men and women with no where else to turn come to Teen Challenge and find peace in Him. Within that big picture, what does this look like day-to-day?



An Average Week

try while the "B" guys are involved in work therapy. This system ensures that each student receives a healthy balance of work therapy and education/ministry.

To take a deeper look, the chart details how much average time is spent in each activity. As mentioned, we strive to provide a balanced approach to discipleship.

Students begin their weekday with a 6:00am wakeup. At this time, worship music is piped into the dorm floor and dressing area to help begin the day with the proper focus. After showering and dressing, students spend 30 minutes in personal devotions where they corporately read a chapter of scripture followed by a short discussion. After breakfast and a short break, we meet for chapel at 8:00am. This is presented by one of our staff members or a guest, with Thursday's reserved for a senior student to present. After chapel, students report to their work assignments or class and ministry appointments. Lunch and fellowship are at noon and at 1:00pm, students return to their assignments. Dinner is at 5:30pm and the evenings consist of a combination of study hall, phone calls, free time, or chapel, depending on the day of the week. The evening is completed with free time, a short time for personal devotionals, then lights out at 10:00pm.

Every moment and activity is pointed in one direction - Jesus. The schedule creates a green house but ultimately it's the Son Who causes men to grow.



Students on a Work Crew

We strive to provide a balanced approach to discipleship. Each week and each day are broken up and compartmentalized into a structured schedule. This schedule sets healthy boundaries and develops practical, healthy day-to-day living patterns in the lives of our students.

Let's take a closer look at a typical week. The student body is split up into two groups, an "A" and a "B" group. The letters are only designations; they by no means represent a class or pecking order. During the week, one of the groups (A or B) will be assigned a work week while the other group will have a ministry/education week. It's important to note that work week students receive education and ministry during their week, but the bulk of their time is spent in work therapy. For example, while the "A" guys are busy working, the "B" guys will be studying and involved in one-on-one mentoring. The following week, the groups switch, leaving the "A" guys primarily involved in education/minis-

### CONTACT INFORMATION

You can reach our Admissions Director by email at: [i.hunsberger@tcmid.org](mailto:i.hunsberger@tcmid.org)  
Visit our website at: [www.tcmid.org](http://www.tcmid.org)

You can reach our other Midlands centers at:

Teen Challenge Admission and Crisis Center  
1709 10th St.  
Des Moines, IA 50314  
515.282.5249

Pella Women's Home  
714 Independence St.  
Pella, IA 50219-1828  
641.628.2808

Teen Challenge of Nebraska  
2916 N. 58th St.  
Omaha, NE 68104  
402.551.2322

## Set Free: A Testimony of God's Saving Grace



Chris

I have always struggled with a deep-rooted sense of self-loathing. At a young age, I was abandoned by my biological mother, neglected by my first step-mother, harassed by well-meaning grandparents with high standards, and physically beaten by a brother who was just as hurt and confused as I was.

This coupled with years of making wrong decisions, bad judgment calls and crippling choices left me believing that I was worthless, sub-human, flawed and a mistake. I hated who I was, the people that had hurt me and this life that I was forced to live. I was even growing resentful towards God for allowing all these disasters to fall into my life and those around me.

I didn't know God personally because I didn't acknowledge His unfailing love. I always rationalized it away as being a sort of contractual love. "God created you so He has to love you. He's required to because he is God." I couldn't fathom how a God who loves us so much that He sent His only Son to die for us could allow us to suffer.

So I pushed on, doing my best to be a good "modern-day Christian," but without a love-based relationship with God, all I could do is white-knuckle my way through trials and tribulations. The harder I struggled to make it through, the harder I fell when I failed. The more that I failed, the longer it took for me to get back up on my feet. So, I resolved to be done with society and withdrew to the deep recesses of internet. It was there that I discovered pornography and

became a slave to it.

I was afraid of being rejected and possessed a sense of self-worth that bordered on the suicidal. The only thing that kept me alive was a fear of dying and going to hell. Instead, I settled into a complacent apathy that began to slowly kill me. I figured if I couldn't kill myself, I would let nature do it for me.

It was then that my family began to urge me to go to Teen Challenge. My brother had completed the program and they thought it would help me. Defiantly, I turned them down and dismissed the nudging of the Holy Spirit. I remember sitting in my car alone one night, thinking the matter over before shouting at the top of my lungs saying, "I didn't need to go and that's final!" I was visited later that same night by my oldest brother who, under the conviction of the Holy Spirit, told me I needed to go. I broke down and submitted to His prompting.

It was one month later that I entered the doors of Colfax Teen Challenge. Since then I have come to know God and his endless love and mercy. I have been set free of my chronic depression and have learned to forgive myself of the mistakes of the past. I have come to know God not only as my Lord and Savior, but as my Provider, my Comforter and my Friend. He has melted away much of the bitterness that held me in bondage and not a day goes by that more of it is broken loose. I praise God for the joy He has instilled in me, the hopes and dreams for the future and the talents that He has blessed me with for whatever ministry He calls me to. I praise Him for the blessings He bestows on my life and I take joy in the suffering that transforms me into a more mature and complete Christian. Most of all, I thank Him for always being by my side, even when I was unaware of His presence.

## Set Free: A Testimony of God's Saving Grace



Dathan

My life is a testimony to God's faithfulness and mercy right from the start. I should have died as a baby before I was ever born, but God worked a miracle and saved my life and my mother's as well.

I grew up in a Christian home and went to a Christian school. My parents worked at the school and even taught me for two years. I went through a brief rebellion period in junior high but God would not let me go that easily. Around that time I got my first look at pornography. I was still going to church and was responding to God in my heart, but I couldn't find my way out of the porn trap.

extremely strong desire to know Him. I have come to see that nothing about serving God is from me. The only reason I want to know God is because He put that desire in me. When I respond He changes me more and more into His image. In essence am just along for the ride. My only purpose in life is to learn to stay out of the way so that God can work His will through me. He has promised me incredible things when I'm finished here at Teen Challenge.

Through all of my sin and unfaithfulness, He still chooses to live inside of me. Tugging and tugging trying to bring me to my purpose that He created me for. This is my testimony. God is faithful, merciful, and gracious. Even at my lowest point He was still there saying to me, "Come to Me." He started it, He maintained it, and I know beyond all doubt that He will finish it. Blessed be the Lord God Almighty.

For as long as I can remember God has embedded Himself into me in such a manner that I have always had an



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