

Lifebook
JUMPSTART[®]

Transforming lives from the inside out

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MY COVENANT

With God's help,
I commit the next 40 weeks of my life to discovering God's purpose for my
life.

By signing below, I agree to:

Submit to the authority of God;
Be held accountable by my brothers;
Accept responsibility for my life.

Your Name

Your Accountability Partner's Name

Two are better than one, because they have a good return for their labor: If
either of them falls down, one can help the other up.
A cord of three strands is not quickly broken.

—*Ecclesiastes 4:9-10, 12*

ABOUT THE AUTHOR

Cary Sanders was arrested 17 times by age 17. Many considered him a menace to society. Schools expelled him routinely. Armed robbery, attempted murder, and criminal conspiracy were just a few of the things that were true of Cary before he even turned 18 years old. Growing up, Cary rarely stepped foot in a church. If you had asked him during his teenager years what he thought about Christians, he would have said, “they are fools, believing lies, and paying weekly for someone to make them feel bad about themselves.”



When Cary was 17 years old, he shot a drug dealer during an armed robbery and after his arrest, most people considered his life over. Many of his friend’s parents breathed sighs of relief hoping this event would finally remove him from their kids’ lives forever. While in the county detention center awaiting trial, all Cary could think about was suicide. He reasoned, “If there is no God, then there is no heaven or hell, so why not kill myself and finally be at rest?”

In his own words: “My lawyer told me I was facing a minimum of 25 years. While planning my suicide, I cried out to God to reveal Himself to me if He was real. He did. I met the living God in my darkest moment, and He touched me in a way that changed the trajectory of my whole life. He gave me hope when I had none. He gave me life when I was convinced my life was over. He loved the unlovable, and rescued the undeserving when He redeemed me.”

He served almost nine years in the South Carolina Department of Corrections. During his last

four years of incarceration, he served as the JUMPSTART® inside leader at Livesay Correctional Institution. Cary says, “The Lord used JUMPSTART to prepare me to be successful upon my release.” Since his release, Cary has earned a bachelors, masters, and doctoral degree.

Cary now serves as the Chief Executive Officer for JUMPSTART. He and his wife Ashley and son, Thor, and daughter, Nayeli, enjoy hiking, traveling, spending time with friends, and volunteering. Cary is living proof that God’s grace is amazing and that JUMPSTART is breaking the back of recidivism and restoring broken lives. His story is real, and it is a common one with JUMPSTART participants.

Cary says it is his hope and prayer that this workbook will help the incarcerated discover and live out the salvation and freedom that is found in Jesus Christ.



JUMPSTART WEEKLY CLASS SCHEDULE

WEEK	INTRODUCTORY WEEKS			
1	Class Introduction, Expectations, and Orientation			
2	Understanding the Biblical World View / Salvation Message			
3	JUMPSTART Curriculum Handout and Instructions			
	PDL CHAPTER	WEEKLY TOPIC	TRANSFORMED BY TRUTH	
4	WHAT ON EARTH AM I HERE FOR?	1	It All Starts with God	John 1: 1-5
5		2	You Are Not an Accident	Psalm 37: 1-4
6		3	What Drives Your Life?	John 1: 6-13
7		4	Made to Last Forever	Matthew 6: 25-34
8		5	Seeing Life from God's View	Romans 6: 1-6
9		6	Life is a Temporary Assignment	Romans 6: 7-14
10		7	The Reason for Everything	Psalm 103: 1-5
UNDERSTANDING THE ASSESSMENT TOOL / SELF ASSESSMENT				
12	PURPOSE #1 YOU WERE PLANNED FOR GODS PURPOSE	8	Planned for God's Pleasure	Hebrews 13: 15-16
13		9	What Makes God Smile?	Lamentations 3: 19-24
14		10	The Heart of Worship	Matthew 18: 21-35
15		11,12	Becoming Best Friends with God / Developing Your Friendship with God	Psalm 91: 1-4 / 1 Peter 2: 9-19
16		13	Worship that Pleases God	Psalm 139: 1-6
17	14	When God Seems Distant	Psalm 139: 7-12	
ASSESSMENT / TABLE LEADER				
19	PURPOSE #2 YOU WERE FORMED FOR GOD'S FAMILY	15	You Were Formed for God's Family	Psalm 139: 13-16
20		16	What Matters Most	Psalm 32: 1-7
21		17	A Place to Belong	James 3: 1-12
22		18,19	Experiencing Life Together / Cultivating Community	1 John 1: 5-10 / Galatians 6: 1-5
23		20	Restoring Broken Fellowship	Matthew 11: 25-30
24	21	Protecting Your Church	Luke 19: 1-10	
ASSESSMENT / ACCOUNTABILITY PARTNER				
26	PURPOSE #3 YOU WERE CREATED TO BECOME LIKE CHRIST	22,23	Created to Become Like Christ / How We Grow	1 John 4: 7-14 / Hebrews 11: 1-5
27		24	Transformed by Truth	Numbers 20: 1-13
28		25	Transformed by Trouble	Ephesians 6: 10-18
29		26,27	Growing Through Temptation / Defeating Temptation	Mark 5: 25-34 / 1 Corinthians 10: 1-13
30		28	It Takes Time	Matthew 18: 15-17
ASSESSMENT / TABLE LEADER				
32	PURPOSE #4 YOU WERE SHAPED FOR SERVING GOD	29	Accepting Your Assignment	Isaiah 42: 1-4
SPIRITUAL GIFTS ASSESSMENT REVIEW				
34		30,31	Shaped for Serving God / Understanding Your Shape	Mark 8: 34-38 / Hebrews 12: 1-3
35		32	Using What God Gave You	Jeremiah 29: 10-14
36		33,34	How Real Servants Act / Thinking Like Servant	Isaiah 42: 5-9 / Job 40: 1-5
37	35	God's Power in Your Weakness	Isaiah 12	
TRANSITIONAL PROGRAM INTRODUCTION / COMPLETE HOUSING APPLICATIONS				
39	PURPOSE #5 YOU WERE MADE FOR A MISSION	36,37	Made for a Mission / Sharing Your Life Message	John 6: 26-35 / Colossians 3: 1-4
40		38,39	Becoming a World-Class Christian / Balancing Your Life	2 Peter 3: 1-7 / 2 Peter 3: 8-13
41		40	Living with Purpose	2 Peter 3: 14-18
FINAL ASSESSMENT - TABLE LEADER / INSIDE LEADER / VOLUNTEERS				
GRADUATION				

JUMPSTART 40 Week Scripture Plan

For the Transformed by Truth Study Sheet

Week 1	John 1:1-5	Week 21	Luke 19:1-10
Week 2	Psalms 37:1-4	Week 22	1 John 4:7-14
Week 3	John 1:6-13	Week 23	Hebrews 11:1-5
Week 4	Matthew 6:25-34	Week 24	Numbers 20:1-13
Week 5	Romans 6:1-6	Week 25	Ephesians 6:10-18
Week 6	Romans 6:7-14	Week 26	Mark 5:25-34
Week 7	Psalms 103:1-5	Week 27	1 Corinthians 10:1-13
Week 8	Hebrews 13:15-16	Week 28	Matthew 18:15-17
Week 9	Lamentations 3:19-24	Week 29	Isaiah 42:1-4
Week 10	Matthew 18:21-35	Week 30	Mark 8:34-38
Week 11	Psalms 91:1-4	Week 31	Hebrews 12:1-3
Week 12	1 Peter 2:9-19	Week 32	Jeremiah 29:10-14
Week 13	Psalms 139:1-6	Week 33	Isaiah 42:5-9
Week 14	Psalms 139:7-12	Week 34	Job 40:1-5
Week 15	Psalms 139:13-16	Week 35	Isaiah 12
Week 16	Psalms 32:1-7	Week 36	John 6:26-35
Week 17	James 3:1-12	Week 37	Colossians 3:1-4
Week 18	1 John 1:5-10	Week 38	2 Peter 3:1-7
Week 19	Galatians 6:1-5	Week 39	2 Peter 3:8-13
Week 20	Matthew 11:25-30	Week 40	2 Peter 3:14-18

Explanatory Note for why some of the passages in the 40 Week Scripture Plan do not necessarily correspond to that week's lesson:

The scripture references listed in the JUMPSTART 40 Week Scripture Plan are the intended subjects of personal bible study that we want participants to work through using the Transformed by Truth Study Sheet.

*The scripture passages listed **may** or **may not** correspond with the particular lesson that week. Sometimes they will, sometimes they won't. For example, in week 1, the lesson is about how it all begins with God, and the passage for that week is John 1:1-5. These two mesh nicely together, and it is easy to see how they are both related.*

The lesson in week 2 is about how we are not here by accident, and the passage for that week is Psalm 37:1-4. These don't really correspond with each other and were not intended to. They are intended to serve as passages that will help the participant begin to discover both the depth and breadth of God's Word, by being passages that deal with other subjects beyond the scope of what is covered in that week's lesson.

ABOUT JUMPSTART

JUMPSTART is a faith-based program designed to break the back of recidivism by disciplining men and women inside and outside prison.

Before we get into the details of how the **JUMPSTART** program works and what your responsibilities are, we want to share our heart. Refer to the next few pages often to remind you of your goal and your approach as you lead.

JUMPSTART is:

Bible-based: The Bible is our plumb line. It is the standard by which we live our lives, and the final authority for all life and conduct. While we do recognize there will be disagreements among

brothers and sisters in Christ about certain doctrines not essential to salvation, we are committed to the

position that the confession of certain doctrines are essential to one's salvation.

Christ-Centered: The Lord Jesus Christ is our all-in-all.

Long-term: This class/ministry lasts approximately ten months. You will need a good dose of stay-

put endurance.

Intensive: This class will not be church as usual. You will be challenged and confronted about issues that arise.

Discipleship: The goal is to help you understand and live out your God-given purpose in your everyday life.

OUR MISSION

Believing God's Future is Greater Than Our Past

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.—Jeremiah 29:11

OUR VISION

Breaking the Back of Recidivism in Our State and Our Nation

OUR VALUES

Responsibility, Accountability, Submission to Authority

Success on the Outside

JUMPSTART is designed to help participants prepare for life outside of prison by working to break the back of recidivism, and so we make sure our program holds people accountable to the key things you will need to have success on the outside.

Our work with others like you over many years has shown us that you will need four goals and objectives to be successful on the outside:

- 1) Daily Surrender to Christ
- 2) Finding and keeping a job
- 3) Establishing a budget and financial goals
- 4) Developing a support team
- 5) Learning to have fun God's way

The program is structured to teach these things, and they're worth discussing in class and informally as often as possible. As you get to training (around the beginning of Purpose 4) and begin filling out Housing applications and Resume information, remind participants of these five keys.

OUR VALUES

Responsibility, Accountability, Authority

RESPONSIBILITY

Galatians 6:2-5

Ephesians 4:1-2, 11-16

- 1) Do I take responsibility for my behavior?
- 2) Do I take responsibility for my feelings?
- 3) Do I take responsibility for what God has given me?
- 4) Can others depend on me? (Psalm 15:4)
- 5) Do I take responsibility for how other people perceive me?
- 6) Do I take responsibility for encouraging others in their relationship with Christ?

ACCOUNTABILITY (to each other)

Ephesians 5:21

- 1) Am I willing to be held accountable?
- 2) Do I take a standard of Christian behavior seriously?
- 3) Do I seek fellowship during my up times and down times?
- 4) Am I my brother's keeper? (Galatians 6:1)
- 5) Do I seek out my local Christian community? (Hebrews 10:24-25)
- 6) Do I blame others for my problems?

AUTHORITY

Romans 13:1-7

Hebrews 13:17

- 1) Do I have a problem following rules? (1 Peter 2:13)
- 2) Can I submit to others in positions of authority?
- 3) What does respecting authority mean to me?
- 4) Do I act respectfully?
- 5) Is there a difference between God's authority and man's authority?
- 6) Do I understand the authority God has placed on me? (1 Peter 3:1-6)
- 7) What are the lines of authority in my life?

IMPORTANT INFORMATION FOR JUMPSTART PARTICIPANTS

- 1) If you are transferred during the JUMPSTART class, it is your responsibility to establish contact with your new chaplain. Please inform him or her that you were in the JUMPSTART class at your previous institution and that you would like to continue. If you were transferred because you received a major disciplinary, you will have to wait until the next year to re-enroll.
- 2) If you have three unexcused absences from JUMPSTART, you have demonstrated that you are not committed, and you will be removed from the program. If you do not have your workbook completed when you come to class, that will also count as an unexcused absence.
- 3) If you receive a major disciplinary or three minors during the JUMPSTART class, you will be removed from the program.
- 4) Upon release you must have a Social Security Card, Birth Certificate, and your Prison ID to receive any form of identification from the DMV. Also, your Social Security Card, your Birth Certificate, and your Prison ID must have the same name on all of them. They must match exactly. If they do not, you should begin trying to rectify this immediately. If this concerns you or if you need help, please discuss this with your JUMPSTART inside leadership at your institution.
- 5) If you graduate at one level, but then fail to maintain a life of faith and character at the same level, you will be reassessed concerning whether you will be accepted into JUMPSTART housing.
- 6) Encouraging word for graduates: When it comes to eligibility for consideration for acceptance into our transitional program, we are going to encourage those who want to apply (especially those going up for parole regularly, and who wish to use a JUMPSTART Address on their parole paperwork) to put themselves in the best possible position by returning either as a participant or a table leader in the subsequent classes. Decisions regarding applications are made on a case-by-case basis.
- 7) It is important to remember that you must begin to take ownership of your transition and begin preparations before you are released. You should consider the following goals for success:
 - Employment: What kind of job you would like in the long run? What skills and training will you need?
 - Finances: What will it take to transition back into the community? What savings will you need?
 - Support Team: Who will be on your team? This could include your family, a local church family, ministry brothers and sisters, etc.
 - Fun Time: How will you have fun God's way?

See the Goals and Objectives Progress Report form at the end of this guide for more ideas on how you can work to accomplish these goals.

I NEED HELP

All of us need help to grow in our lives. Use this form to indicate areas where you'd like special help from your leaders during your JUMPSTART course.

God's Five Purposes for your Life form the basis for the 40-week JUMPSTART program.

We're aware this may be alien terminology to some. It is important for you to be honest with yourself and others throughout the journey and seek help from mentors as you progress in regard to these five purposes and other things we will discover during JUMPSTART.

We have discovered in the past that some of our participants are unable to read. If this is you, please let us know. We want to help you to learn how to read. This will be very helpful in your growth as a person. It is important that you understand the content of the material and its place in your life.

Please be willing to admit when you need help defining/living out a spiritual truth. To help you start doing this, fill out this form as you start your JUMPSTART class. During the class, make sure to ask questions as you realize that you need help.

I NEED HELP! EVALUATION	YES	NO
How to Worship		
How to Praise		
How to Pray		
How to Meditate		
With Relationships		
Dealing with Conflict		
Walking in the Spirit		
How to Handle Problems/Troubles		
How to Overcome Temptation		
How to Discover My Purpose		
How to Minister to the Lord		
Do you want one-on-one time with a volunteer?		
Would you open up more in a smaller group?		
Is there a resident leader you would like one-on-one time with?		
Do you have trouble reading/understanding scripture?		

WHAT IS THE GOSPEL?

What exactly do Christians mean when they talk about the “*gospel* of Jesus Christ”? Since the word “*gospel*” means “good news,” when Christians talk about the *gospel*, they’re simply telling the *good news* about Jesus! But it’s not just any good news; it *demand*s a response! It’s a message from God saying, “Good news! Here is how you can be saved from my judgment!” That’s an announcement you can’t afford to ignore.

So, what is the *good news* about Jesus Christ?

Since the earliest Christians announced the *good news* about Jesus, it has been organized around these questions...

1. *Who made us, and to whom are we accountable?*
2. *What is our problem?*
3. *What is God’s solution to our problem?*
4. *How can I be included in his solution?*

Christians through the centuries since Christ have answered those questions with the same truth from the Bible.

1. *We are accountable to God.*
2. *Our problem is our sin against him.*
3. *God’s solution is salvation through Jesus Christ.*
4. *We come to be included in that salvation by faith and repentance.*

Let’s summarize those points like this: God, Mankind, Jesus Christ, and Our Response.

GOD

The first thing to know about the *good news* of Jesus is that “in the beginning, God created the heavens and the earth” (Genesis 1:1). Everything starts from that point, so if you get that point wrong then everything else that follows will be wrong. Because God created everything—including us—he has the *right* to tell us how to live. You have to understand that in order to understand the *good news* about Jesus.

How would you describe God’s character? Loving and good? Compassionate and forgiving? All true. God describes himself as “merciful and gracious, slow to anger, and abounding in love and faithfulness...forgiving iniquity and transgression and sin.” Then God adds, “but who will by no

means clear the guilty” (Exodus 34:6-7). That explodes about 90 percent of what people today think they know about God. This loving God does not leave the guilty unpunished. To understand just how glorious and life-giving the gospel of Jesus Christ is, we have to understand that God is also holy and righteous. He is determined never to ignore or tolerate sin. Including *ours!*

MANKIND

When God created the first human beings – Adam and Eve, he intended for them to live under his righteous rule in perfect joy – obeying him and living in fellowship with him. When Adam disobeyed God, though, and ate the one fruit that God had told him not to eat, that fellowship with God was broken. Moreover, Adam and Eve had declared rebellion against God. They were denying his authority over their lives.

It’s not just Adam and Eve who are guilty of sin. The Bible says “all have sinned and fall short of the glory of God...none is righteous, no, not one” (Romans. 3:23,10). Yet, we often think of *our* sins as not much more than violations of some heavenly traffic law. So we wonder why God gets so upset about them. But sin is *much* more than that. It’s the *rejection of God himself* and his right to exercise authority over those to whom he gives life.

Once you understand sin in that light, you begin to understand why “the wages of sin is *death*” (Romans 6:23). That’s not just physical death, but spiritual death, a forceful separating of our sinful, rebellious selves from the presence of God forever. The Bible teaches that the final destiny for unbelieving sinners is eternal, active judgment in a place called “hell.”

This is the Bible’s sobering verdict: “It is appointed for man to die once, and after that comes judgment” (Hebrews 9:27). Every one of us will be held accountable to God. The Bible warns that “whoever does not believe is condemned already, because he has not believed in the name of the only Son of God” (John 3:18).

But...

JESUS CHRIST

The word “Christ” means “anointed one,” referring to anointing a king with oil when he is crowned. So, when we say “Jesus *Christ*,” we’re saying that Jesus is a King!

When Jesus began his public ministry, he told the people, “The kingdom of God is at hand. Repent and believe the good news!” Centuries before God had promised that he would come as a great King to rescue his people from their sins. And here was Jesus saying, “The kingdom of God is *here... now! I am that great King!*”

Eventually Jesus’ followers realized that his mission was to bring sinful people into that kingdom. Jesus came to die *in their place*, to take the punishment they deserved for their rebellion against God.

As Jesus died on a cross, the awful weight of *all our sins* fell on *his* shoulders. The sentence of death God had pronounced against rebellious sinners struck. And Jesus died. *For you and me!*

But the story doesn't end there. Jesus the Crucified is no longer dead. The Bible tells us that he rose from the grave. He is not just King Jesus the Crucified, but King Jesus the Crucified and Resurrected! Jesus' rising from the grave was God's way of saying, "What Jesus claimed about who he is and what he came to do is *true!*"

OUR RESPONSE

What does God expect us to do with the information that Jesus died in our place so we can be saved from God's righteous wrath against our sins? He expects us to respond with repentance and faith.

To repent of our sins means to turn away *from* our rebellion against God. Repentance doesn't mean we'll bring an immediate end to our sinning. It does mean, though, that we'll never again live at peace with our sins.

Not only that, but we also turn *to* God in faith. Faith is *reliance*. It's a promise-founded trust in the risen Jesus to save you from *your* sins. "God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned...he himself bore our sins in his body on the tree...the righteous for the unrighteous, that he might bring us to God" (John 3:17, 18; 1 Peter 2:24; 3:18).

If God is ever to count us righteous, he'll have to do it on the basis of someone else's record, someone who's qualified to stand in as our substitute. And that's what happens when a person is saved by Jesus: All our sins are credited to Jesus who took the punishment for them, and the perfect righteousness of Jesus is then credited to us when we place our trust in what he has done for us! That's what faith means – to rely on Jesus, to trust in him alone to stand in our place and win a righteous verdict from God!

Do you believe that you have rebelled against God and deserve his wrath? That Jesus Christ is the Son of God who died the death that you deserve for your sins? That he rose from the grave and lives to stand in your place as your Substitute and Savior? If that is your heartfelt conviction, you can tell him in words like these...

"Jesus, I know I can't save myself, and I know you have promised to save those who repent and put their faith in you alone. I trust you to forgive my sins and give me eternal life. Thank you for dying in my place to make my salvation possible!"

If you've done that, then a whole life of getting to know Jesus lies ahead, *beginning right now!* There's much more to learn from the Spirit of God who comes to live in all those who put their trust in King Jesus!

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Over the next 40 weeks, you will be learning about God’s purpose for our lives and how to study the Scriptures.

You will get a chance to read through the material in your participant guide each week and take notes, and then we will discuss it together in our JUMPSTART class so we can learn how to apply what we are being taught.

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ABOUT THIS BOOK

While JUMPSTART offers transitional services such as housing and employment, our primary purpose is to help you discover God's purpose for your life. Don't feel overwhelmed if you feel like you have no clue about God's purpose for your life. You are headed in the right direction by joining the class. If you will apply yourself over the next 40 weeks, you will be on the path towards living a life of significance.

TIPS FOR COMPLETING THIS BOOK SUCCESSFULLY:

- **Practice Humility** – Are you willing to set aside a little of your pride, be transparent, and allow others to help you grow? This book should be hard to finish. It is strategically designed to make you think. We hope this challenges you and raises questions that you will discuss with your fellow participants, leaders, and volunteers.
- **Have an Attitude** – If you have a can-do, never quit attitude, you can complete this class and live a life that honors God in and out of prison.
- Do not worry about spelling, grammar, etc.
- If you procrastinate and try to complete these lessons 30 minutes before class you are setting yourself up for failure. One suggestion is to complete one or two questions each day and you will have the lesson completed by class time.
- You are not expected to fill up every line of space. Answer each question to the best of your ability and you will be well on your way towards success.
- With God's help, nothing is impossible. Let your life be an amazing example of God's grace.

COMPLETING THE BIBLE STUDY WORKSHEETS AFTER EACH CHAPTER

- At the top put the Scripture reference for what you studied or learned during the week. Refer to page 8 to know which passage to read.
- Read the Scripture silently. If possible, in multiple translations. Sometimes read out loud.
- We want you to learn to identify the key truth of each passage.
- Most passages will reveal something of God's character.
- After understanding the passage intellectually, our hope is that the truth will find its way into your heart.
- Be honest with the struggles the biblical passage reveals in your own life.
- Key Principle: What is God teaching you in these verses?
- Application: How are you going to live it?
- Prayer: Who can you pray with about what you learned? What is your prayer?

Introductory Section

**WHAT ON EARTH
ARE WE HERE FOR?**

JUMPSTART **PARTICIPANT SNAP-SHOT**

These questions are for your own reflection and so the coaches and volunteers can better assist you. Your answers will not be used in the assessing of your final grade. Your answers will not be shared with anyone without your permission.

1. What do you hope to get out of participating in JUMPSTART?

.....
.....

2. If you could change one thing from your childhood, what would it be?

.....
.....

3. If you could change one thing from your teenage years, what would it be?

.....
.....

4. What is your greatest strength? Please explain

.....
.....

5. What is your greatest weakness? Please explain

.....
.....

6. How do you resist temptation?

.....
.....

7. When conflict arises in your life, how do you resolve it?

.....
.....

8. If you were to die today, why should God allow you into heaven?

.....
.....

Week 1
IT ALL STARTS WITH GOD

What do you hope to discover and learn during this class?

.....
.....

Why do you want to take JUMPSTART?

.....
.....

Have you ever had anyone in your life that lived for God rather than themselves? If so, please write a few sentences about them. If not, what do you think is the main characteristic of someone who lives their life for God?

.....
.....

What type of life would you like to be known for? Why?

.....
.....

Is living a self-centered life self-defeating in the long run? Explain your answer.

.....
.....

What habits can help remind you that life is about living for God and not yourself?

.....
.....

How can someone discover their life's purpose?

.....
.....

*"I lived a self-centered life my whole life until I met Jesus Christ. Getting to know Him changed everything. As I got to know Him, and realized He had a plan for my life that was greater than anything I could dream up, I surrendered all to Him. As I have lived surrendered to Jesus Christ, He has exceeded my greatest expectations. Following Him has not only kept me out of prison, it has also resulted in me marrying a godly woman, pastoring youth and children, owning a home, and most importantly, living a life of eternal significance."
– Cary Sanders, JUMPSTART Graduate*

Transformed by Truth

Passage Studied:

2. Heart — God's Word Defines Healthy Emotions & Affections

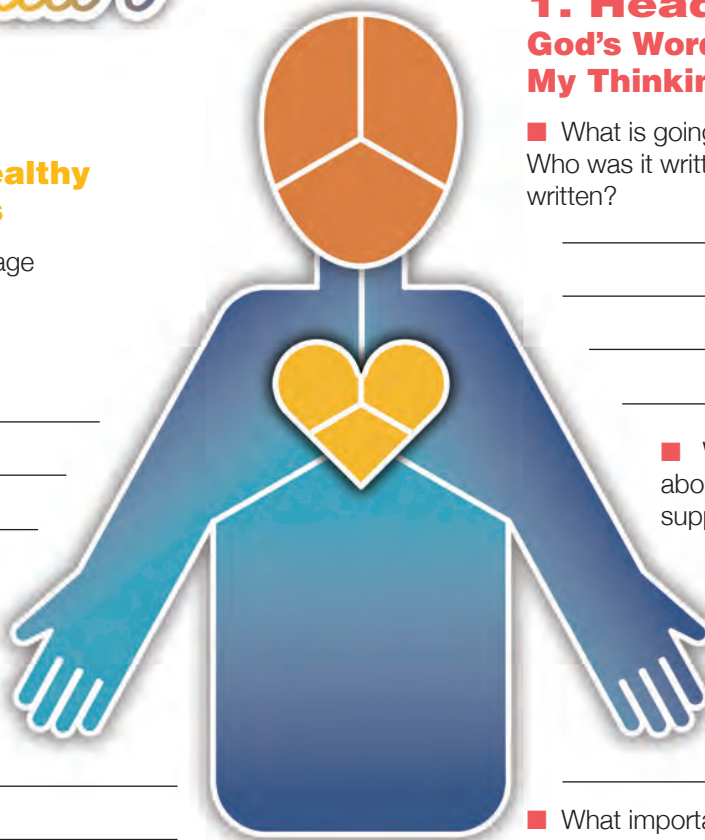
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3. Hands and Feet — God's Word Directs My Actions









■ When observing these people's actions like a movie scene, what stands out about how they obeyed—or didn't obey—God's Word? What's the step of obedience God is showing you to take this week?

■ Is there any sin I need to confess? What gospel truth do I need to believe to live free from this sin? What action steps of obedience would I like my group to hold me accountable for?

■ How does this passage show me ways that I can serve God & help other people?

YOU ARE NOT AN ACCIDENT

Please circle each type of abuse, neglect, and dysfunction you experienced while growing up. Then put a box around the types of abuse, neglect, and dysfunction you have caused:

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
			
Physical	Physical	Mental Illness	Incarcerated Relative
			
Emotional	Emotional	Mother treated violently	Substance Abuse

What was the hardest for you to deal with as a child?

.....

.....

In what ways do you think circumstances and experiences in your childhood have had an impact on your life? Please explain.

.....

.....

The Scriptures state that we are created BY God and FOR God. How should this affect how we view ourselves and how we live?

.....

.....

Write out Psalm 139:13-16 in the translation of your choice below:

.....

.....

.....

.....

Transformed by Truth

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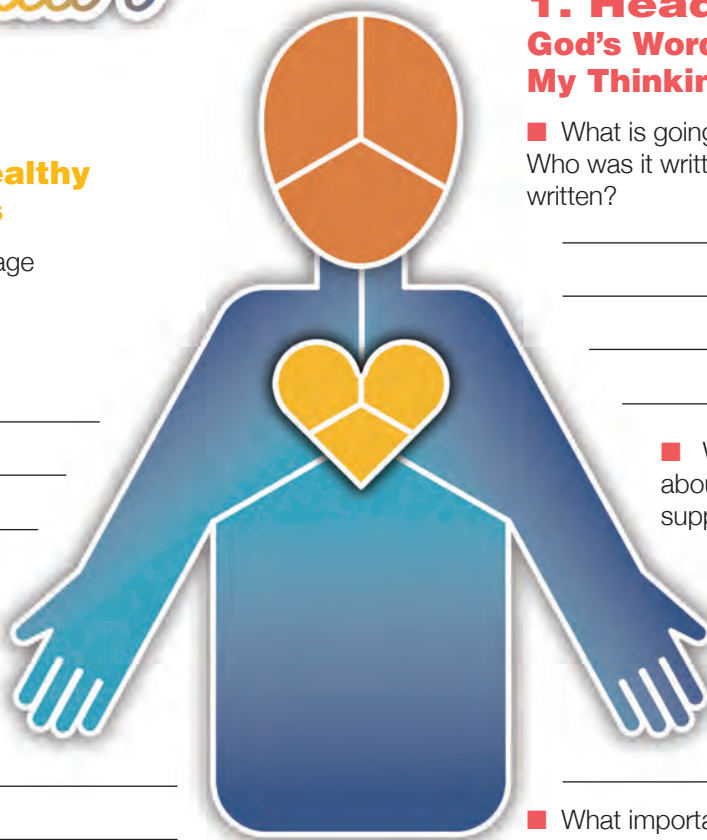
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WHAT DRIVES YOUR LIFE?



*What are some things that have driven your life?
(List all that apply)*

.....

.....

.....

.....

Ask a friend to list what they think drives you:

.....

.....

Which of these, if any, led to your incarceration? Please explain

.....

.....

Benefits of Purpose Driven Living

1. Knowing your purpose gives your life meaning.
2. Knowing your purpose simplifies your life.
3. Knowing your purpose focuses your life.
4. Knowing your purpose motivates your life.
5. Fulfilling your purpose will create an eternal legacy.

Of the 5 listed benefits of purpose driven living, which appeals to you the most? Why?

.....

.....

What will you do with Jesus Christ?

.....

.....

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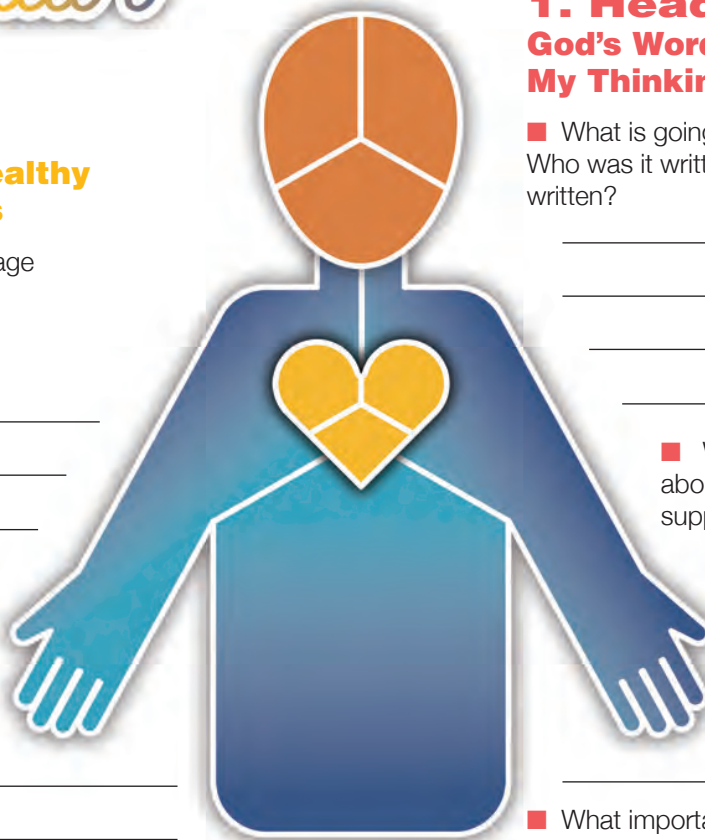
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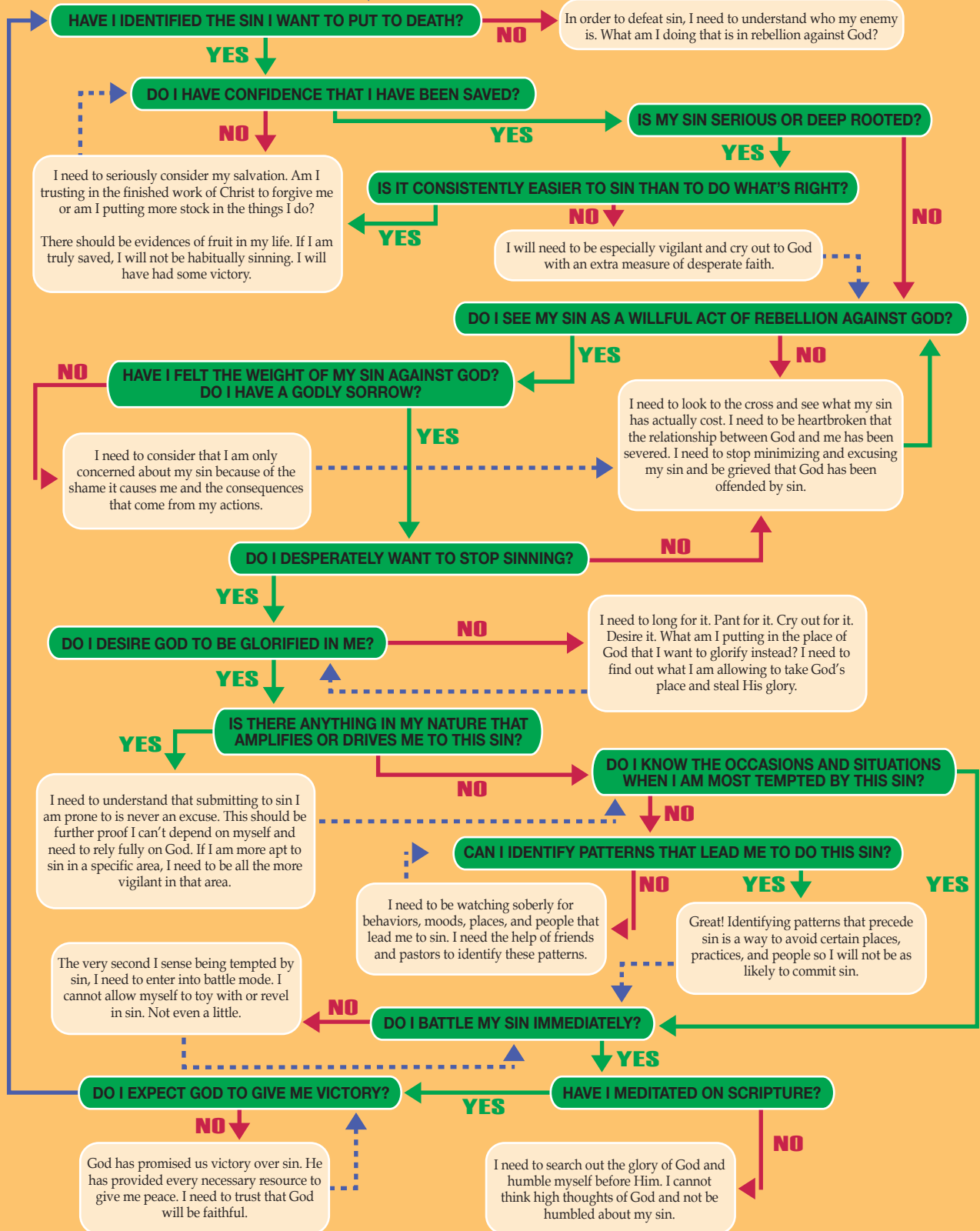
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How to Put Sin TO DEATH

IDENTIFY ANOTHER SIN AND REPEAT



Week 4

MADE TO LAST FOREVER

How should “living in light of eternity” effect how someone lives their life?

.....
.....

Below, inside the boxes write three things you hope to be remembered for:

Now  *Eternity*

--	--	--

Describe one family member or friend who has passed away that you look forward to seeing in eternity:

.....
.....

How can someone with a life sentence still live their life for God?

.....
.....

What about eternity excites you the most?

.....
.....

What are some reasons it is better to follow God’s plan rather than our own plans?

.....
.....
.....

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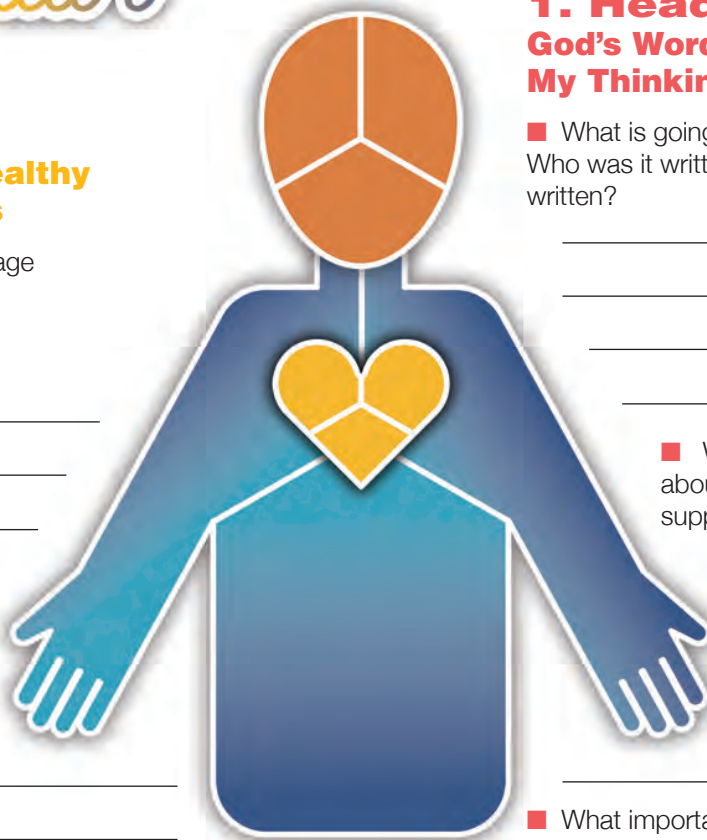
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SEEING LIFE FROM GOD'S VIEW

How did you view your life prior to your incarceration?

.....
.....

How do you view your life now?

.....
.....

In your book, it lists ways people are tested. Please list the ones mentioned and a few others you can think of:

Major promises impossible

unanswered undeserved tragedies

.....
.....

What tests have you failed in life?

.....
.....

What is your strategy to not fail these same tests in the future?

.....
.....

What tests have you passed in life? How did you pass them?

.....
.....

What habits must be developed and maintained to stay focused on God's perspective?

.....
.....

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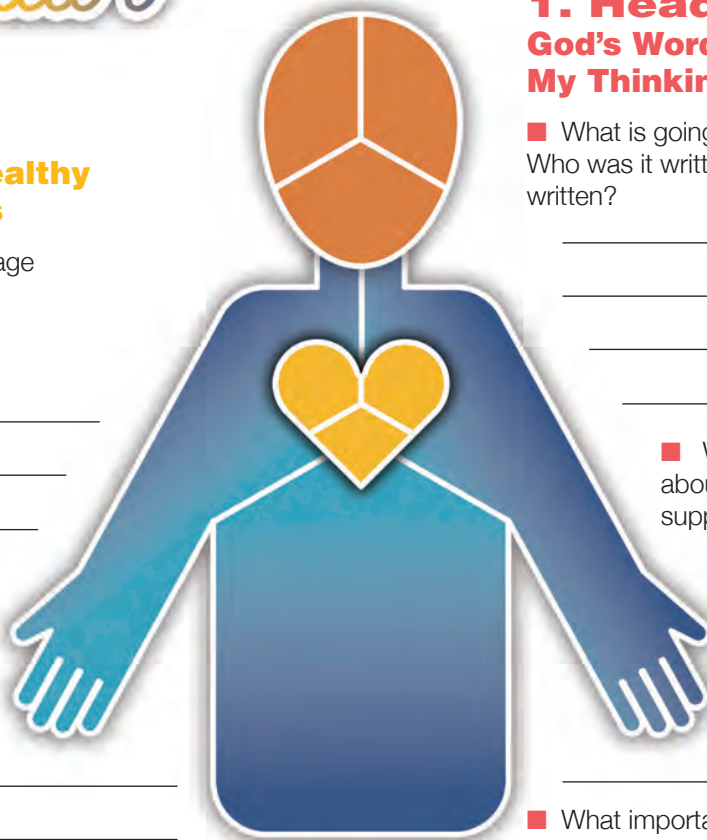
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Week 6

LIFE IS A TEMPORARY ASSIGNMENT

What has been hardest about the class for you so far?

.....
.....

What have you enjoyed most about the class so far?

.....
.....

In what ways might your leaders and volunteers help you better?

.....
.....

Ask someone to help you identify an area of your life that needs to be improved before the end of this class.

.....
.....

How does it make you feel to know that earth is not your final home?

.....
.....

What do you look forward to the most when you think about heaven?

.....
.....

Why is it hard for us to remember that life is about living for eternity and not just the here and now?

.....
.....

*Sedelia, is a former inmate whose life is bringing God glory. A former drug addict, she is now a staff member at a church, a wife, and mother. To the JUMPSTART class participants she says:
"Know that your past mistakes don't have to be your future choices."*

Transformed by Truth

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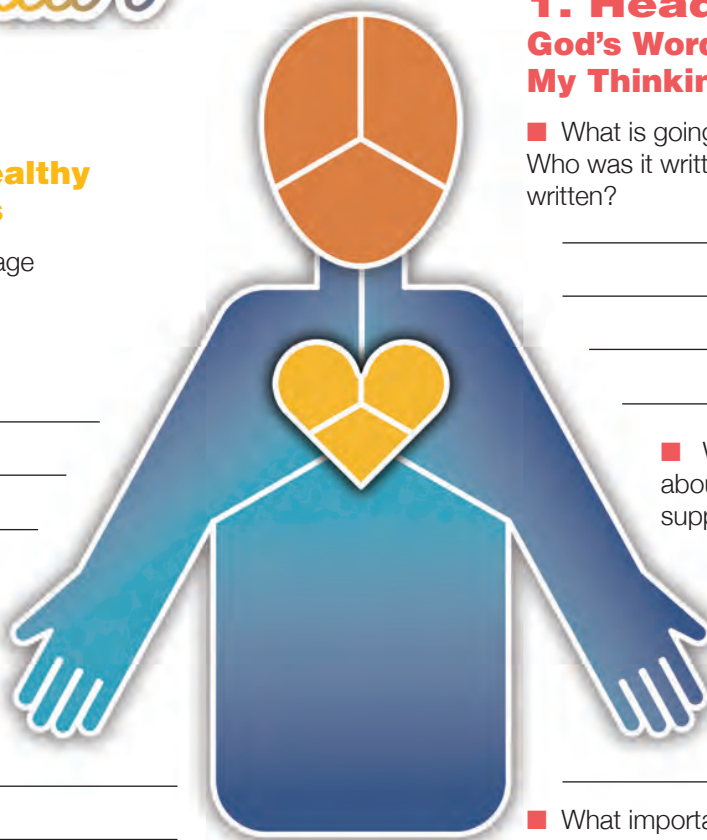
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THE REASON FOR EVERYTHING

What is the ultimate goal of the universe?

.....
.....

All sin, at its root is:

Describe a time when you enjoyed God's beautiful creation:

.....
.....

In what ways is your life bringing glory to God?

.....
.....

In what areas are you not living for God's glory?

.....
.....

With the talents, experiences, and abilities God has given you, how can you bring God glory while incarcerated and after your release?

.....
.....

We bring God glory by:

1.
2.
3.
4.
5.

*One specific thing you will do
before next week's class to bring God glory:*

Transformed by Truth

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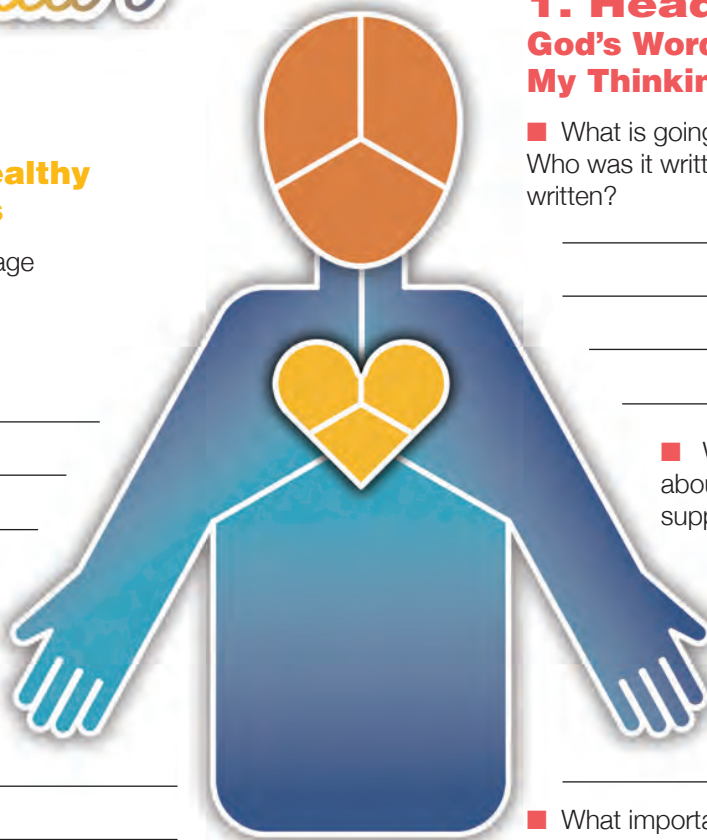
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JUMPSTART SPIRITUAL GROWTH ASSESSMENT

Participant's Name _____ SCDC #: _____

Mentor: _____ Assessment: _____

Date: _____

**Score 1-5
(5 highest)**

CONNECT: You were formed for God's Family	
Member is developing authentic community within the Christian family (interpersonal relationships)	
Member is more loving, grace giving and forgiving to others than when the class began	
Member is intentionally cultivating their relationships with Christian friends and spiritual mentors	
Member is sharing about attempts to restore or enhance immediate family relationships	
Member is resolving conflict in a Biblical manner and supporting the leadership of JUMPSTART	
Membership Total	

GROW: You were created to become like Christ	
Member is sharing with JUMPSTART family about their growing relationship with God through His Word and prayer	
Member is responding to challenges with peace and faith rather than anxiety and fear	
Member is avoiding using addictive behaviors (food, television, busyness, cigarettes, etc.) to meet personal needs	
Member has a relationship with someone that encourages spiritual health	
Member is honoring God by tithing to His Work with whatever means they have	
Maturity Total	

SERVE: You were shaped for serving God	
Member is expressing their unique God-given design as a way of life (dorm, work assignment, institution)	
Member is open and praying to be used by God and express their unique S.H.A.P.E. for ministry	
Member is serving in a regular (once a month or better) ministry in the chapel or institution	
Member is sharing group ownership by assuming a small responsibility or facilitating a discussion group	
Member is honoring Christ by respectfully submitting to authority	
Ministry Total	

SHARE: You were made for a Mission	
Member is actively praying for and cultivating relationships with unsaved friends and family	
Member is inviting seekers (unsaved people) to Christian events or chapel and sharing their spiritual journey with them	
Member is being a good witness by imitating Christ in their attitudes and behaviors	
Member is actively using his or her gifts, talents, resources, abilities to serve others for God's glory	
Member is regularly investing in the spiritual life of another person or group (becoming a disciple maker)	
Mission Total	

WORSHIP: You were planned for God's pleasure	
Member is attending chapel (with the local body of Christ) at least once per week	
Member has a personal plan and process to help them achieve their goals and dreams (spiritual health plan)	
Member has a growing heart for worship to God through music and praise (personal, group, & chapel)	
Member is honoring God with their physical and personal health (exercise and nutrition)	
Member is pleasing God with every dimension of their life by balancing God's purposes in their life	
Magnification Total	
TOTAL ASSESSMENT SCORE	

Rarely Demonstrates 1	Occasionally Demonstrates 2	Shows Developing Habits 3	Consistently Demonstrates Behavior 4	Models Behavior / Inspires Others 5
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Assessment Reference Table

Section / Topics	Score 1 – Rarely Demonstrates	Score 2 – Occasionally Demonstrates	Score 3 – Shows Developing Habits	Score 4 – Consistently Demonstrates Behavior	Score 5 – Models Behavior / Inspires Others
CONNECT Community, Relationships, Forgiveness, Family	Avoids group; Angry/Distrustful; Rejects relationships; Escalates conflict	Participation only when prompted; Shares minimally; One-time attempts at relationships	Participates sometimes; Growing kindness; Occasional family reconciliation; Attempts conflict resolution	Actively engages; Forgives; Works on family; Resolves conflict respectfully; Maintains mentors/friends	Builds unity; Models Christlike love; Restores family; Resolves conflict Biblically; Mentors others
GROW Spiritual Growth, Faith, Coping	No prayer/Bible study; Fearful/angry; Unhealthy coping; Avoids spiritual conversation; No giving	Inconsistent prayer; Small, short-lived faith; Struggles to avoid unhealthy habits; Minimal giving	Prays several times per week; Growing peace; Occasional healthy habits; Maintains 1 spiritual friend; Gives sometimes	Consistent spiritual habits; Mostly healthy coping; Strong mentor/friend relationships; Faithful giving	Mature, daily spiritual habits; Stable faith; Strong coping; Actively mentors; Gives generously
SERVE Ministry, Gifts, Responsibility	Does not serve; Refuses requests; Resists authority; Unused gifts	Serves only when asked; Minimal initiative; Occasional submission; Beginning to explore gifts	Serves occasionally; Cooperative; Exploring ministry roles; May forget commitments	Serves regularly; reliable; Submits respectfully; Uses gifts to bless; Facilitates small tasks	Joyfully serves; Initiates service; Humble authority; Impactful use of gifts; Trains/encourages others
SHARE Evangelism, Witness, Discipleship	Does not share faith; Avoids unbelievers; Never invites; No discipleship	Shares rarely or when prompted; Inconsistent witness; Minimal invitations or prayer for lost	Shares occasionally; models Christlike behavior; Invites sometimes; Prays regularly; Begins discipleship	Shares frequently; Consistent witness; Invites regularly; Prays intentionally; Actively disciples	Lives missionally; Intentional outreach; Consistently invites seekers; Fully invests in discipleship; Inspires others
WORSHIP Chapel, Personal Worship, Balance	Irregular chapel attendance; Disengaged; No plan; Poor health; Unbalanced life	Inconsistent chapel attendance; Minimal worship; Sets goals but doesn't follow; Inconsistent habits	Regular chapel attendance; Sincere worship; Somewhat follows plan; Improving health; Progressing toward balance	Faithful chapel attendance; Active worship; Consistent plan; Disciplined habits; Balanced life	Prioritizes chapel/worship; Deep engagement; Maintains plan; Excellent stewardship; Fully integrated, God-honoring life

Purpose #1

**WORSHIP:
YOU WERE PLANNED
FOR GOD'S PLEASURE**

Week 8

PLANNED FOR GOD'S PLEASURE

How does it make you feel, or what thoughts come to your mind when you read that, "God was at your birth as an unseen witness, smiling at your birth"?

.....
.....

What is the secret to a lifestyle of worship?

.....
.....

What are some ways that people worship themselves?

.....
.....

Many struggle to remain focused on maintaining their relationship with God after their release. In what ways will you prevent this from happening in your life?

.....
.....

What are your favorite ways to worship God?

.....
.....

What can you do this week as if you were doing it directly for Jesus? Write what you will do below:

.....
.....
.....

"Growing up I was neglected, abused emotionally, physically, and sexually. It seemed others took pleasure in hurting me. In my mind, God didn't care about me much less take pleasure in me. But through the love of God's people, I opened my heart to God, and I now know He loves me and takes pleasure in me. As His daughter, I now enjoy not living for my pleasure but His pleasure. — JUMPSTART Graduate

Transformed by Truth

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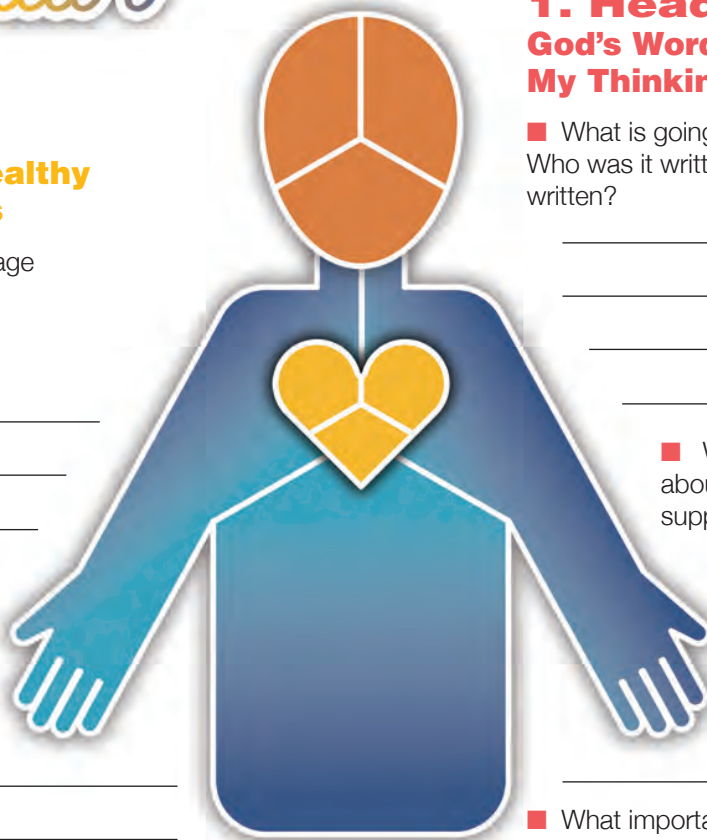
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1 Corinthians 15:22

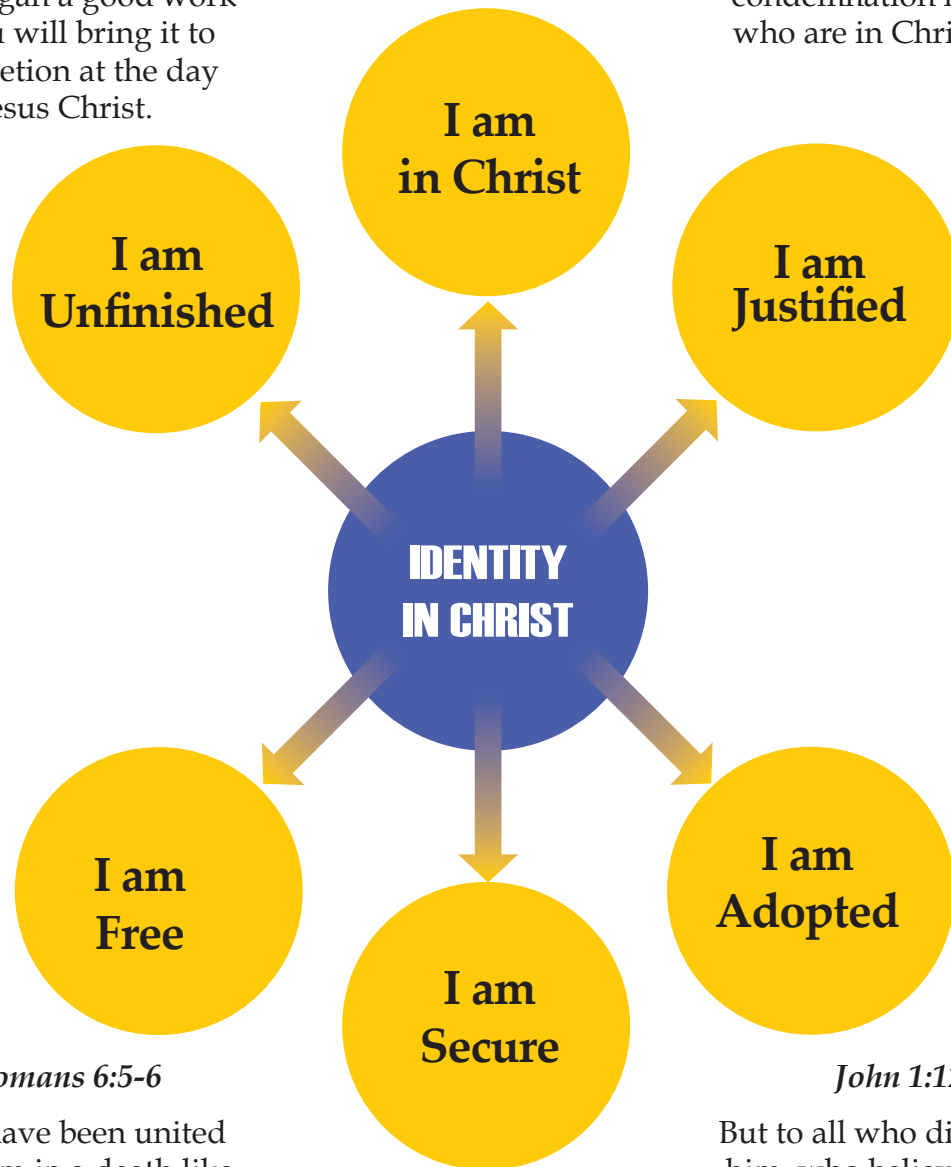
For as in Adam all die,
so also in Christ shall all
be made alive.

Romans 8:1

There is therefore now no
condemnation for those
who are in Christ Jesus.

Philippians 1:6

I am sure of this, that he
who began a good work
in you will bring it to
completion at the day
of Jesus Christ.



Romans 6:5-6

If we have been united
with him in a death like
his, we shall certainly be
united with him in a
resurrection like his. We
know that our old self
was crucified with him in
order that our body of sin
might be brought to
nothing, so that we
would no longer be
enslaved to sin.

Romans 8:38-39

I am sure that neither
death nor life, nor angels
nor rulers, nor things
present nor things to
come, nor powers, no
height nor depth, nor
anything else in all
creation, will be able to
separate us from the love
of God in Christ Jesus
our Lord.

John 1:12

But to all who did receive
him, who believed in his
name, he gave the right to
become children
of God...

WHAT MAKES GOD SMILE?

“The smile of God is the goal of your life”...What do you think about when you read this?

.....
.....

God smiles when we love Him _____ .

Is there a time in your life when you know God smiled on your actions? Please share:

.....
.....

God smiles when we _____ Him completely.

Since God knows best, in what areas of your life do you need to trust Him more?

.....
.....

God smiles when we _____ Him _____ .

Why is it in our best interest to obey God?

.....
.....

God smiles when we _____ and _____ Him continually.

Why do you think God is worthy of worship?

.....
.....

God smiles when we use our _____ .

What is a specific thing you will do this week to make God smile?

.....
.....

Transformed by Truth

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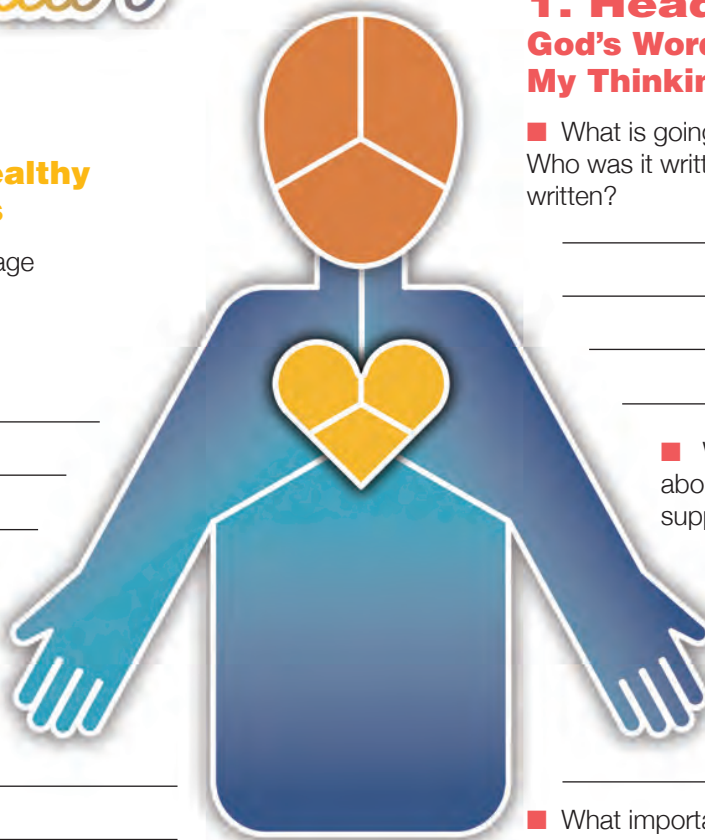
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■ How does this passage show me ways that I can serve God & help other people?

THE HEART OF WORSHIP

What is the biblical meaning of surrender?

.....
.....

Do you believe God loves you? Explain why or why not.

.....
.....

If you are a Christian, describe the experience of when you accepted Christ. For example, what was your life like at the time you accepted Him? Did anyone help you understand the Gospel? How has your life changed since becoming a Christian?

.....
.....
.....

Why do you think surrendering to God is difficult for most people?

.....
.....

What are some steps you and others can take to live surrendered to God in prison, and after your release from prison?

.....
.....

What area of your life are you holding back from God?

.....
.....

*As I have lived surrendered to Christ,
He has exceeded my greatest expectations!*

Transformed by Truth

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2. Heart — God's Word Defines Healthy Emotions & Affections

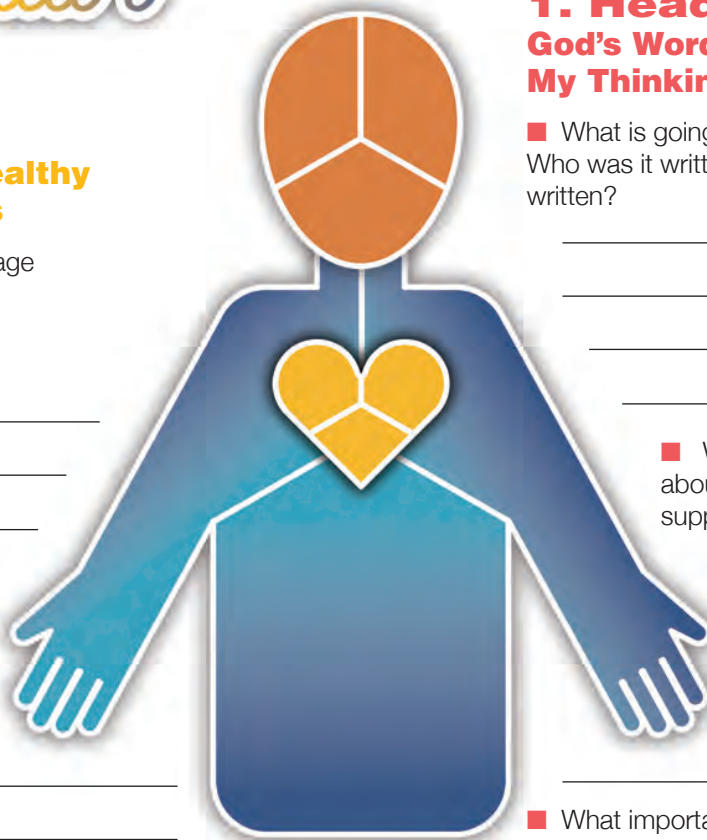
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BECOMING BEST FRIENDS WITH GOD

How would you define your relationship with God? Do you see Him more as your Friend, Lord, Father, Judge, Redeemer, or Savior? Please explain.

.....
.....

When you read in this chapter that God delights in you, how does this make you feel?

.....
.....

How is friendship with God made possible?

.....
.....

What are you currently doing to develop your friendship with God?

.....
.....

Over the next week, list out five specific ways you PRACTICED what you learned in this chapter. Compete with your accountability partner if possible.

1.
2.
3.
4.
5.

What are you doing to remind yourself to think about God and talk to him more often throughout each day?

.....
.....

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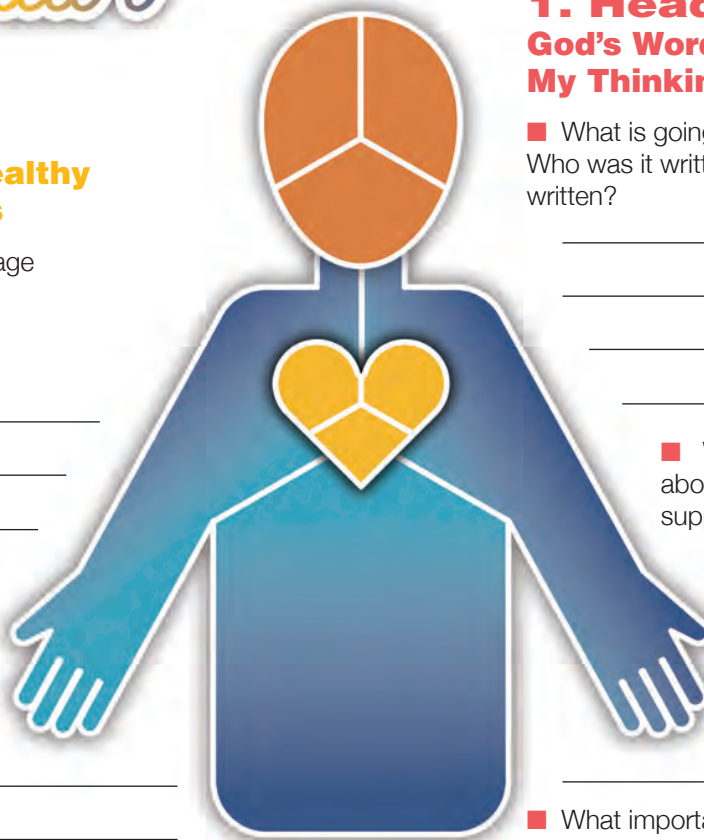
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DEVELOPING YOUR FRIENDSHIP WITH GOD

Rick Warren states, "You are as close to God as you choose to be." What do you think about this statement?

.....

.....

Even though we believe God knows everything, why is it difficult to be completely honest with Him sometimes?

.....

.....

What are the benefits of being completely honest with God?

.....

.....

Why should you obey God?

.....

.....

Have any of your values changed since you became friends with God? Please explain.

.....

.....

How is friendship with God like any other friendship, and how is it different?

.....

.....

What fears surface when you think of obeying everything God asks of you? (John 14:21)

.....

.....

.....

.....

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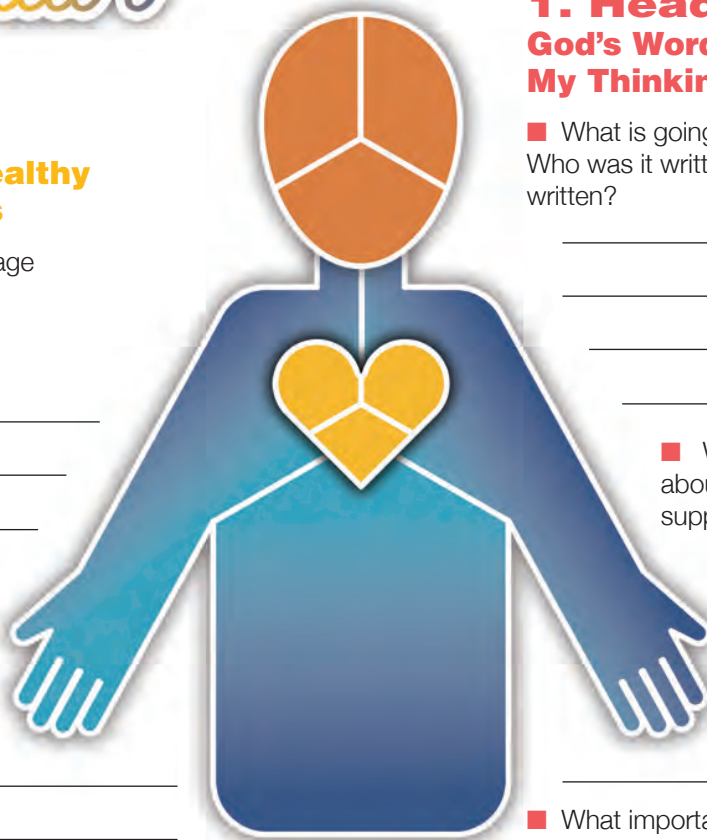
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WORSHIP THAT PLEASES GOD

What are the four characteristics of worship that please God?

1.
2.
3.
4.

Have you ever been guilty of worshipping an idol? If so, what was your idol and why did you worship it?

.....
.....

What does it mean to worship God in truth?

.....
.....

What is often the biggest distraction when we worship God? How can you avoid this distraction?

.....
.....

This chapter lists nine ways people enjoy worshipping God. What is your favorite way to worship God? Why?

.....
.....

Which is more pleasing to God right now – your public worship or your private worship? Do you need to make any changes?

.....
.....

“Since my release from prison, I have enjoyed singing in the church choir for the past several years. Worshipping God along with the congregation each week has helped me focus on God and His plan for my life. I also enjoy worshipping God by giving my best at work each week.”
– Mark Pitto, JUMPSTART Staff

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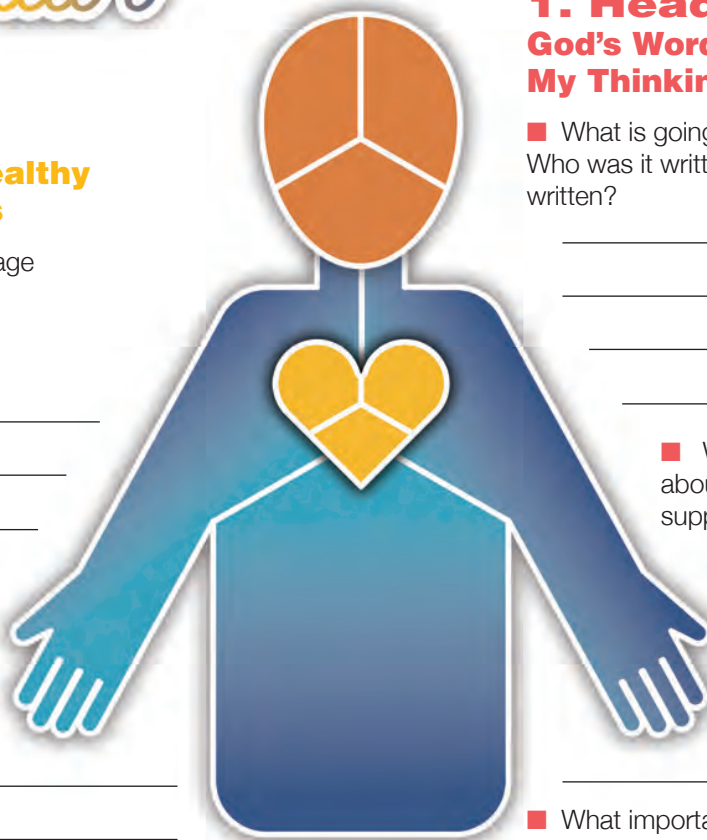
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PRAYER IS / DOES

Response

In all of life, God initiates and we respond. God created us, and we respond to His creative work.

Assertive Supplication

God's Word tells us what we need and what we desire, and in prayer we ask God to supply them.

Peaceful Adoration

Prayer is not an emptying of the mind and resting in thoughtless silence, but a filling of the mind with the truth of God and a joyful communion with the God who is.

Duty

God tells you to pray. If you acknowledge the existence of God and invite the presence of God in your life, you will want to do what He says.

Delight

As you spend time with God in prayer, you necessarily grow in your relationship with Him in your friendship.

Brings Results

God answers prayer. God is sovereign in this world and does whatever He wishes, but He chooses to act through prayer and because of prayer, not apart from prayer.

Changes You

As you seek Him, and as you seek His will, He changes you to be more like Him.

Builds Relationships

Pray to be close to God.

Prepares You

If God extends trial or difficulty, prayer will prepare us to receive it without despair and without anger.

WHEN GOD SEEMS DISTANT

Have you ever had a time when God seemed a million miles away?

.....

.....

_____ , not feelings, pleases God.

How can you remain focused on staying close to God when He seems far away?

.....

.....

Sometimes our feelings make God seem distant. What are some things that can separate us from God's presence?

.....

.....

What are we supposed to do when our sin has separated us from enjoying God's presence?

.....

.....

Some participants after completing JUMPSTART and/or after their release, begin to make decisions without seeking God or the wisdom of others because what they want is not happening fast enough. Before long their impulsive decisions cause them problems, and they often move further away from God. They could have avoided the heartache they cause themselves with patience and a listening ear. How can you avoid making this mistake?

.....

.....

Read Psalms 103 and then reflect on this testimonial with your accountability partner:

*"Practicing thanksgiving and gratitude has helped me so much in my life.
When I feel like I need this or that to be happy, I remind myself of God's goodness in my life.
At least once a month, I write out a list of all the things I am thankful for.
I am convinced this is one of the things that has helped me continue to live for God,
years after my release from prison."*

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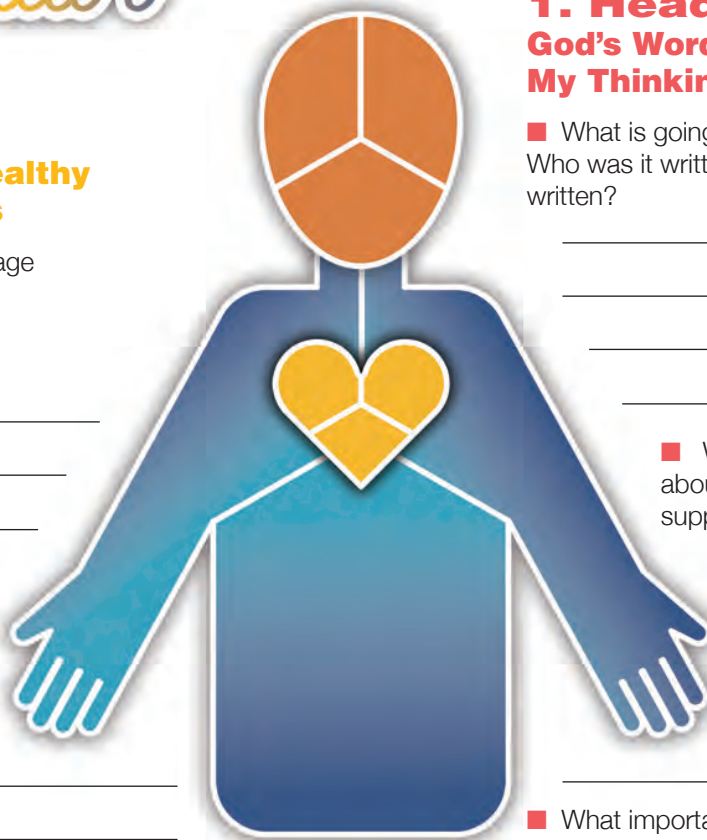
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JUMPSTART SPIRITUAL GROWTH ASSESSMENT

Participant's Name: _____ SCDC #: _____

Mentor: _____ Assessment: _____

Date: _____

**Score 1-5
(5 highest)**

CONNECT: You were formed for God's Family	
Member is developing authentic community within the Christian family (interpersonal relationships)	
Member is more loving, grace giving and forgiving to others than when the class began	
Member is intentionally cultivating their relationships with Christian friends and spiritual mentors	
Member is sharing about attempts to restore or enhance immediate family relationships	
Member is resolving conflict in a Biblical manner and supporting the leadership of JUMPSTART	
Membership Total	
GROW: You were created to become like Christ	
Member is sharing with JUMPSTART family about their growing relationship with God through His Word and prayer	
Member is responding to challenges with peace and faith rather than anxiety and fear	
Member is avoiding using addictive behaviors (food, television, busyness, cigarettes, etc.) to meet personal needs	
Member has a relationship with someone that encourages spiritual health	
Member is honoring God by tithing to His Work with whatever means they have	
Maturity Total	
SERVE: You were shaped for serving God	
Member is expressing their unique God-given design as a way of life (dorm, work assignment, institution)	
Member is open and praying to be used by God and express their unique S.H.A.P.E. for ministry	
Member is serving in a regular (once a month or better) ministry in the chapel or institution	
Member is sharing group ownership by assuming a small responsibility or facilitating a discussion group	
Member is honoring Christ by respectfully submitting to authority	
Ministry Total	
SHARE: You were made for a Mission	
Member is actively praying for and cultivating relationships with unsaved friends and family	
Member is inviting seekers (unsaved people) to Christian events or chapel and sharing their spiritual journey with them	
Member is being a good witness by imitating Christ in their attitudes and behaviors	
Member is actively using his or her gifts, talents, resources, abilities to serve others for God's glory	
Member is regularly investing in the spiritual life of another person or group (becoming a disciple maker)	
Mission Total	
WORSHIP: You were planned for God's pleasure	
Member is attending chapel (with the local body of Christ) at least once per week	
Member has a personal plan and process to help them achieve their goals and dreams (spiritual health plan)	
Member has a growing heart for worship to God through music and praise (personal, group, & chapel)	
Member is honoring God with their physical and personal health (exercise and nutrition)	
Member is pleasing God with every dimension of their life by balancing God's purposes in their life	
Magnification Total	
TOTAL ASSESSMENT SCORE	

Rarely
Demonstrates
1

Occasionally
Demonstrates
2

Shows
Developing Habits
3

Consistently Demonstrates
Behavior
4

Models Behavior /
Inspires Others
5

Purpose #2

**FELLOWSHIP:
YOU WERE FORMED
FOR GOD'S FAMILY**

YOU WERE FORMED FOR GOD'S FAMILY

What does it mean to you that you are a part of God's family?

.....

.....

Whenever you feel insignificant, insecure, unloved, or unwanted, what should you remind yourself of?

.....

.....

One of the best things you can do when you are released is get involved with a local church. Why do you think this is true?

.....

.....

What can you do this week for a fellow believer to let them know you are glad they are part of God's family?

.....

.....

"After being turned down for parole 10 times, I didn't know if I was ever going to get out. I was serving a life sentence and had been incarcerated for 30 years when I made parole. My first weekend home, I was nervous as could be heading to church. I hadn't been around non-prison people in so long, I felt awkward around them. I didn't know if they were going to accept me once they knew my story. Guess what? I was pleasantly surprised. After speaking with the pastor, I shared my story with the church the second week, and they welcomed me into their church like I was close family they hadn't seen in years. They have loved on me, encouraged me, corrected me when I needed it, and helped me transition back into society. Will every church receive ex-prisoners like this? Maybe not, but many will. Don't let fear and shame keep you from letting a local family of God love you back to life. Many of us out here are praying for each member of the JUMPSTART classes. Give it your best and finish strong."

– Ray, JUMPSTART Graduate

Transformed by Truth

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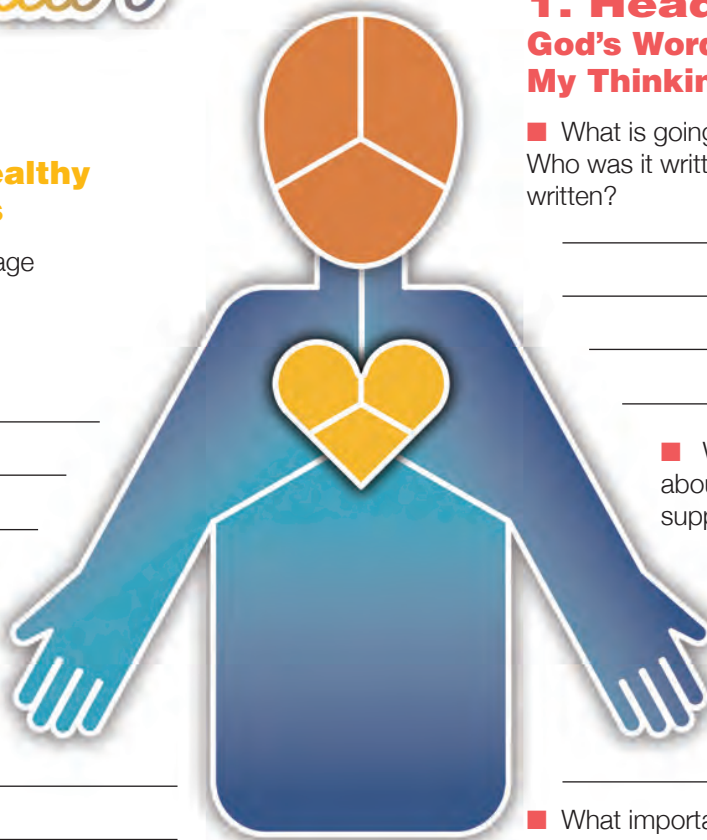
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WHAT MATTERS MOST

If wealth is measured by the quality of your relationships, how wealthy are you?

.....
.....

Has neglecting relationships ever caused problems in your life? Please explain.

.....
.....

What steps can you take to remind yourself that life is about loving others more than loving yourself?

.....
.....

Do you have hopes of building strong relationships with your family when you are released? Please describe one family tradition you would like to develop with them.

.....
.....

What are the barriers and wounds in your life that have gotten in the way of you loving others?

.....
.....

What is your favorite verse about loving others?

Why did you pick this verse?

.....
.....

*“The entire law is summed up in a single command:
Love your neighbor as yourself.”
— Galatians 5:14*

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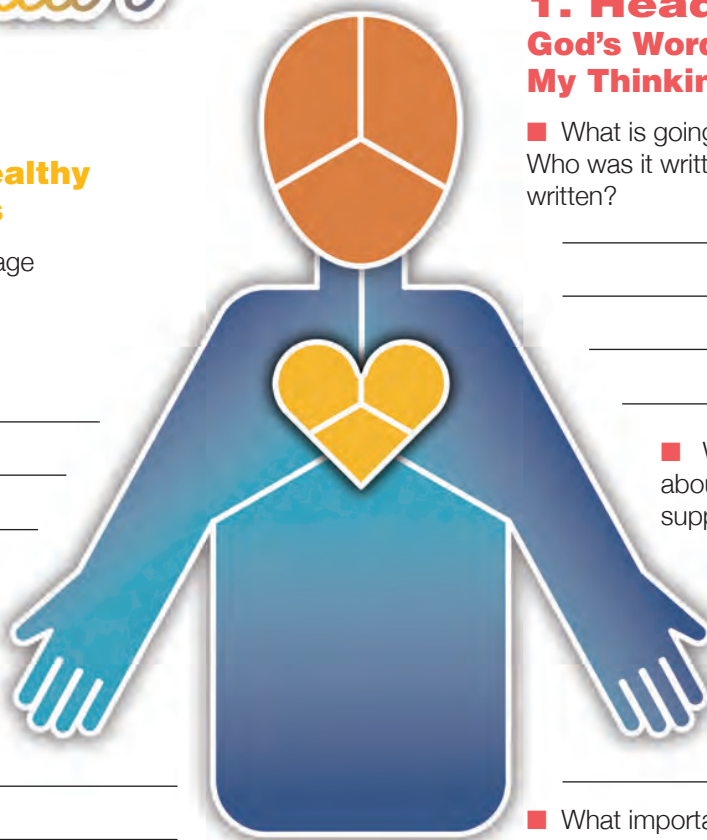
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A PLACE TO BELONG

We are:

Created for

Fashioned for

Formed for a

“The Bible knows nothing of solitary saints or spiritual hermits isolated from other believers and deprived of fellowship.”

Why is being involved in a local church so important?

.....
.....

How can we learn real fellowship?

.....
.....

Have you ever experienced biblical fellowship as described in this chapter? If so, please describe this experience.

.....
.....

Have you ever been hurt by a church or by those who were Christians? If so, have you gotten past the hurt they caused you? How did you put it behind you?

.....
.....

Does your level of involvement in your local church demonstrate that you love and are committed to God’s family?

.....
.....

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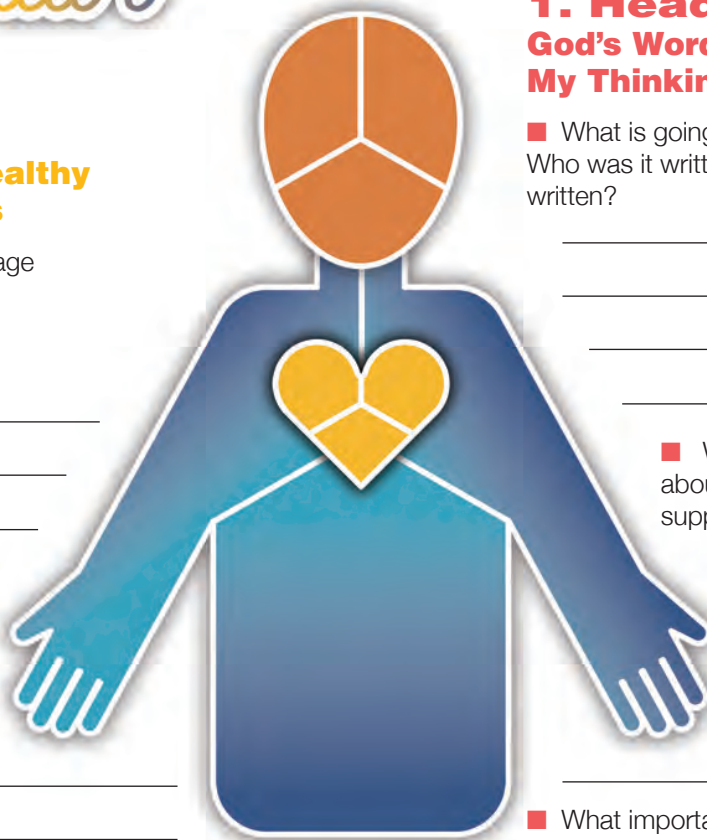
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Love



EXPERIENCING LIFE TOGETHER

Please define the meaning of fellowship:

.....
.....

How has being a part of a small fellowship group impacted your life?

.....
.....

Part of biblical fellowship involves confessing our sins and shortcomings. When is the last time you confessed sin and had your group pray for you?

.....
.....

Both now and after your release, it is critical that you have a trusted accountability partner to share your struggles and triumphs with. How is your relationship with your accountability partner?

.....
.....

Does your level of involvement in your local church demonstrate that you love and are committed to God's family?

.....
.....

Part of maintaining fellowship is forgiving others and being forgiven. Is there anyone you need to forgive or anyone you need to ask for forgiveness? Do it as soon as possible.

.....
.....

Be intentional about gathering with a group of believers in your dorm this week to pray for each other, your fellow believers, the chaplain, and institutional staff.

Did you gather with a group of believers in your dorm this week?

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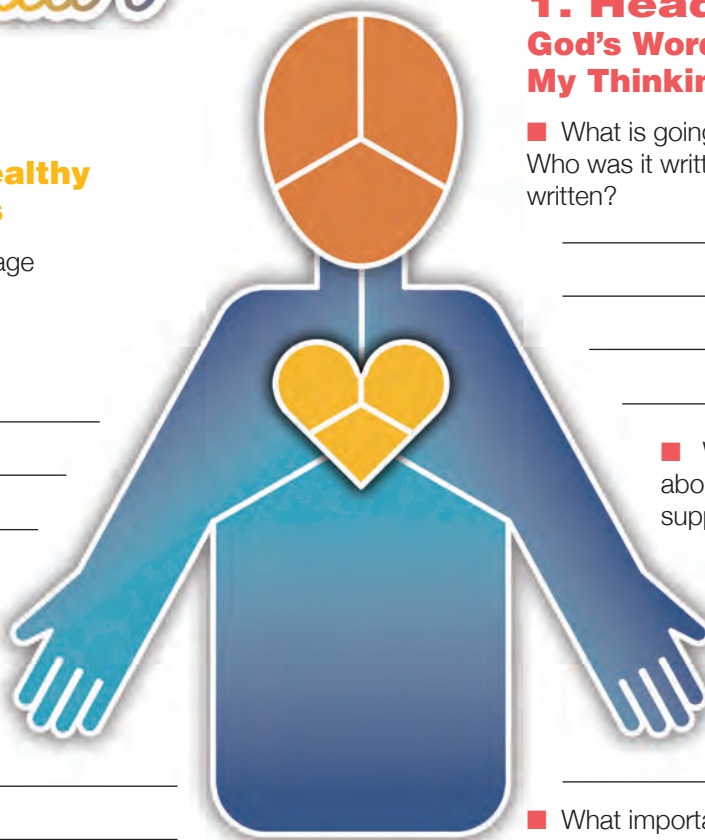
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CULTIVATING COMMUNITY

By this point in the class, your JUMPSTART coaches and volunteers may have had to point out something in your life that was keeping you from God’s best. If so, please describe how this helped you grow.

.....
.....

Conflict is often avoided because it is so hard to manage. Sometimes we have another’s best interest in mind, but when we try to help them, they turn on us. This can make us fearful of helping others. What lessons in life have you learned about managing conflict?

.....
.....

_____ *builds walls between people;* _____ *builds bridges.*

Practical ways to develop humility:

Admit your

Be with other’s weaknesses.

Be open to

Pointing the spotlight on

Why is it so hard to admit our weaknesses, but so easy to point out the weaknesses of others?

.....
.....

What are your quirks and annoying traits? Don’t know? Ask a close fellow believer or your cellmate.

.....
.....

“If you learn how to live out these lessons on fellowship and managing conflict, you will be a better spouse, parent, co-worker, and church member.” – JUMPSTART Graduate

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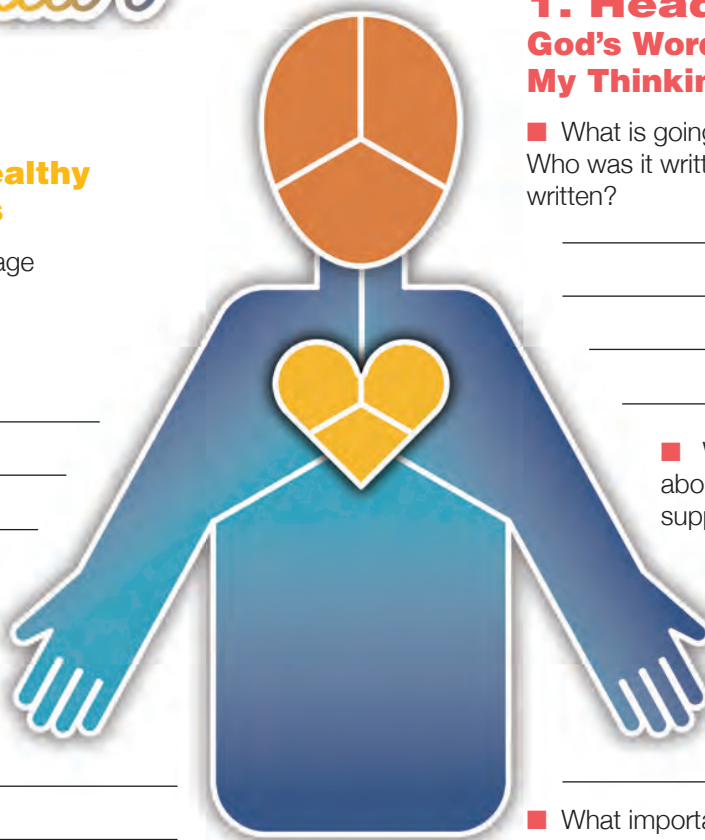
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RESTORING BROKEN FELLOWSHIP

How to Restore a Relationship:

1. Talk to before talking to the other person.
2. Always take the
3. Sympathize with feelings.
4. your part of the conflict.
5. Attack the, not the
6. as much as possible.
7. Emphasize, not resolution.

A gentle response defuses anger, but a sharp tongue kindles a temper-fire.
 (Proverbs 15:1 MSG)

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.
 (Proverbs 15:8 ESV)

How have you typically responded to conflict in your life?
 When you've faced problems, how have you normally responded?
 Have you been a fighter or a runner?

.....

Why is having good conflict resolution skills important for those being released back into society? Why is it important for you?

.....

- In resolving conflict, is as important as what you say.
- You are never when you're abrasive.
- responsibility for your and ask for

Practice Reconciliation:

Who do you need to make reconciliation with?

When will you initiate reconciliation with this person?

Please explain what happened in your attempt at reconciliation?

.....

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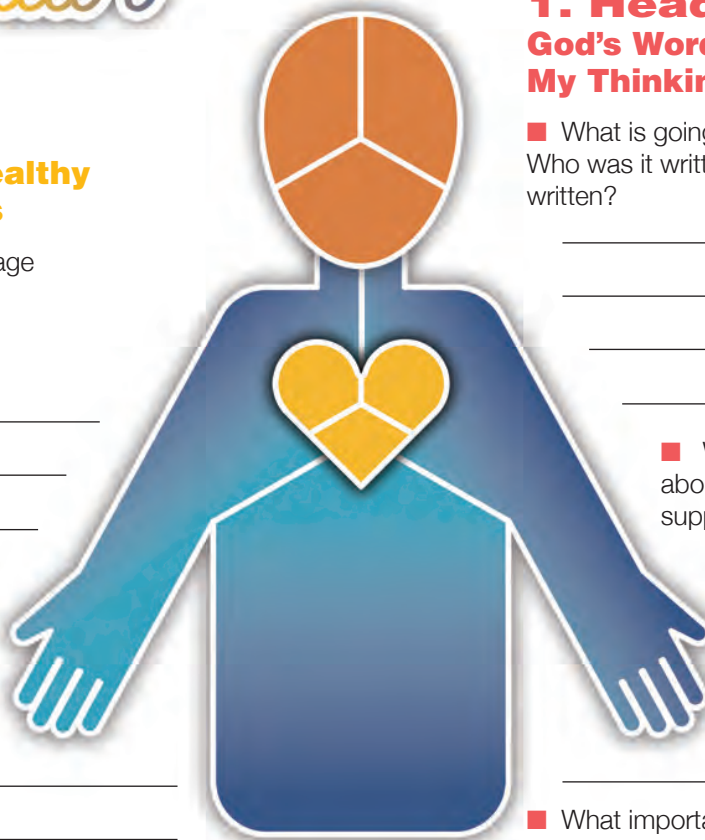
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PROTECTING YOUR CHURCH

It is no secret that church unity in an institutional environment can be difficult. What are some things each believer can do to protect and promote the church behind the fences?

.....
.....

Often selfishness causes problems in churches and relationships quicker than anything else. Have you ever been guilty of trying to orchestrate events and people to get your own way?

.....
.....

In prison and in regular society, many people are complainers. Too often we are all guilty of focusing on what is wrong with someone or something, rather than focusing on their good qualities. Pick one person it is difficult for you to get along with, or maybe a fellow believer you don't interact with often, and list at least five good qualities about this person. Then, before next week, tell them what you appreciate about them.

.....
.....

Having realistic expectations is important in every sphere of life. Often people have unrealistic expectations about work, relationships, and church. They expect perfection out of everyone but themselves. How have unrealistic expectations caused you problems?

.....
.....

Be creative and think of a specific way you can fellowship with other believers in your dorm this week. Can you share a meal? Meet each day for prayer? Collectively provide for a fellow believer in need? Write about what you chose to do here:

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.....
.....

Transformed by Truth

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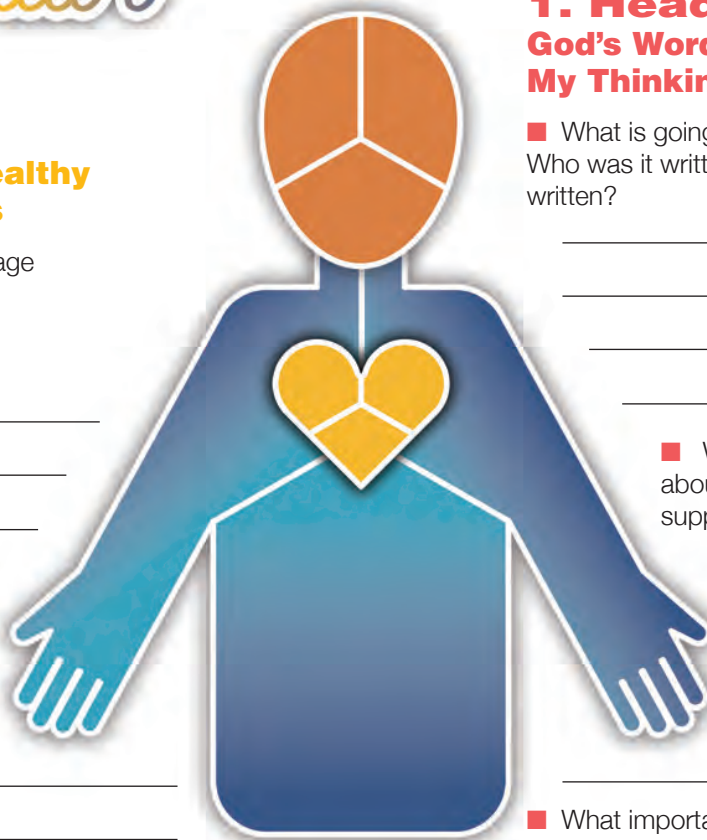
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JUMPSTART SPIRITUAL GROWTH ASSESSMENT

Participant's Name: _____ SCDC #: _____

Mentor: _____ Assessment: _____

Date: _____

**Score 1-5
(5 highest)**

CONNECT: You were formed for God's Family	
Member is developing authentic community within the Christian family (interpersonal relationships)	
Member is more loving, grace giving and forgiving to others than when the class began	
Member is intentionally cultivating their relationships with Christian friends and spiritual mentors	
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Member is resolving conflict in a Biblical manner and supporting the leadership of JUMPSTART	
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GROW: You were created to become like Christ	
Member is sharing with JUMPSTART family about their growing relationship with God through His Word and prayer	
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Maturity Total	
SERVE: You were shaped for serving God	
Member is expressing their unique God-given design as a way of life (dorm, work assignment, institution)	
Member is open and praying to be used by God and express their unique S.H.A.P.E. for ministry	
Member is serving in a regular (once a month or better) ministry in the chapel or institution	
Member is sharing group ownership by assuming a small responsibility or facilitating a discussion group	
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SHARE: You were made for a Mission	
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WORSHIP: You were planned for God's pleasure	
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Member has a growing heart for worship to God through music and praise (personal, group, & chapel)	
Member is honoring God with their physical and personal health (exercise and nutrition)	
Member is pleasing God with every dimension of their life by balancing God's purposes in their life	
Magnification Total	
TOTAL ASSESSMENT SCORE	

Rarely
Demonstrates
1

Occasionally
Demonstrates
2

Shows
Developing Habits
3

Consistently Demonstrates
Behavior
4

Models Behavior /
Inspires Others
5

Purpose #3

**DISCIPLESHIP:
YOU WERE CREATED TO
BECOME LIKE CHRIST**

CREATED TO BECOME LIKE CHRIST

What does it mean to become godly?

.....
.....

What is God's ultimate goal for our lives on earth?

.....
.....

According to the author, why are people often frustrated with life? Which of the author's reasons for being frustrated with life do you identify with?

.....
.....

How is Christlikeness produced in the life of a believer?

.....
.....

How do we cooperate with the Holy Spirit's work in our lives?

.....
.....

Our three responsibilities in becoming like Christ are:

1.
2.
3.

God uses,, and to mold us.

In what area of your life do you need to ask for the Spirit's power to be more like Christ today? Be prepared to share this with your group during class. After sharing together as a group, let the group pray for each member's needs.

Transformed by Truth

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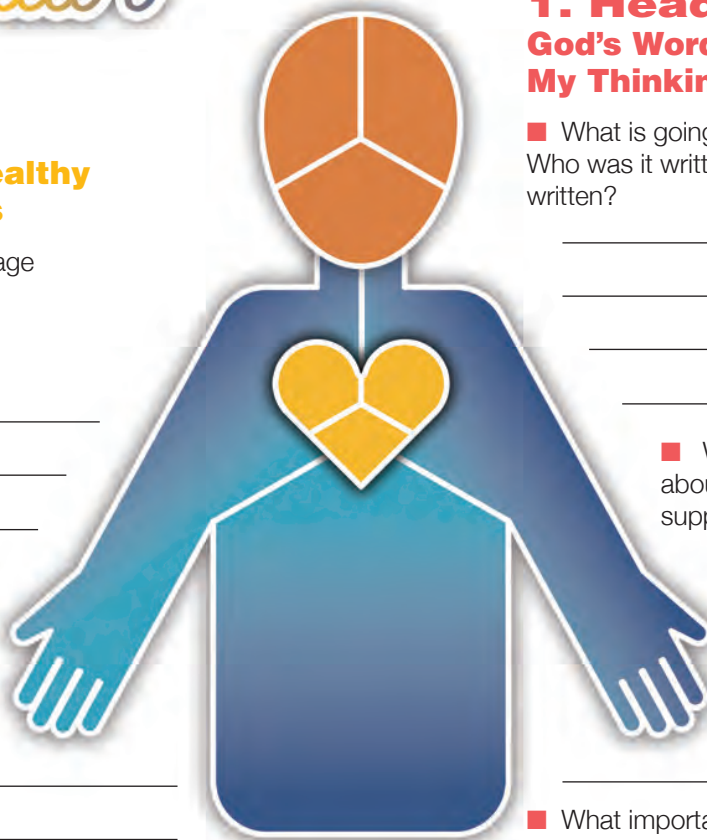
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HOW WE GROW

Have you made the decision to really be a sold-out disciple? If "yes," when and why did you make this decision? If "no," what do you think is holding you back?

.....
.....

The way you determines the way you ,
and the way you feel determines the way you

What is the heart of Christlikeness? What evidence of this is there in your life?

.....
.....

How have the Bible studies/sermon notes you've taken in your participant's workbook each week helped you grow since the class started?

.....
.....

Many find the S.O.A.P method helpful when studying the Bible.



Write out one verse that is meaningful to you.

What is interesting in this passage? What did you learn?

How can you apply this Scripture in your life?

Pray asking God to help you remember what you've learned and live it out in your life.

.....
.....

What is one area you need to stop thinking your way and start thinking God's way?

.....
.....

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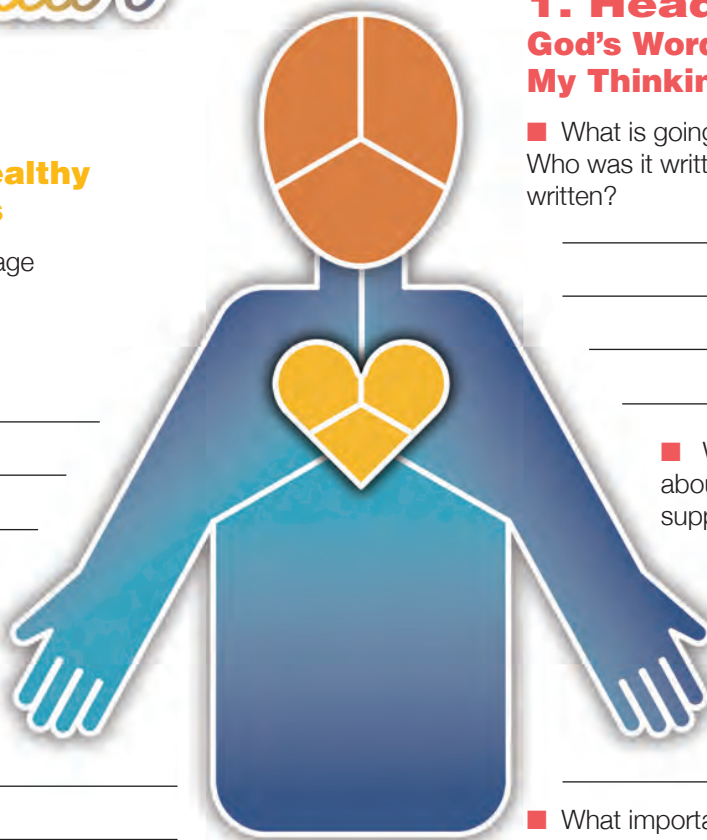
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TRANSFORMED BY TRUTH

Spiritual growth is the process of replacing with

The uses the to make us like

What must be your first priority to be a healthy disciple? How are you doing in this area? Would you like some help in this area?

.....
.....

What is the ultimate authority for your life? Why have you made this decision?

.....
.....

Five Ways to Assimilate Biblical Truth

1.
2.
3.
4.
5.

Many while incarcerated have plenty of time to dig into God’s word each day. However, once you are released, staying in God’s Word each day will require more effort and a specific plan. If you have made it this far in the class, you are demonstrating that you REALLY want to be successful upon your release. We can assure you that staying in God’s Word and applying it daily now, and after your release, is the most critical component of success. Learning how to study the Bible will not only help you understand it better, but will also make studying it more enjoyable and beneficial.

Here are a few things to think about:

1. Develop a plan, and discipline yourself to spend at least 20 minutes each day in God’s Word practicing the ways to assimilate listed above.
2. Find someone now and ASAP after your release to hold you accountable in this area.

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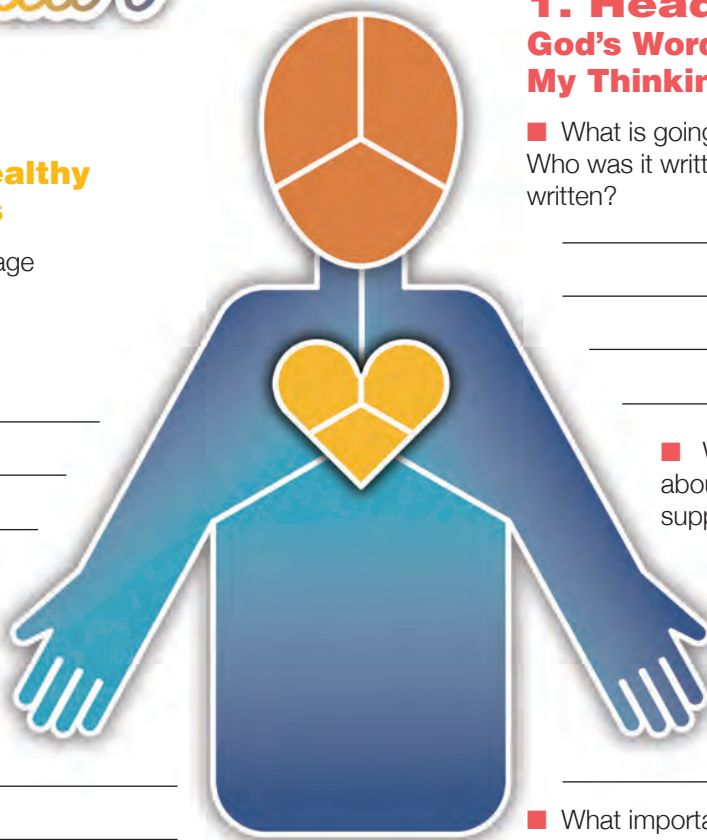
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THE BIBLE IS

Trustworthy



Because the Bible originates with God, it reflects the character of God. For that reason, we can believe that the Bible is without error and perfectly reliable. What God says is true.

Complete



God has spoken and given us the Bible, and there is no reason to believe that he will ever add to it. What he means to tell us he has told us.

God's Word



God is present in and through the Bible in a special way so that he continues to speak to us today. His voice reaches out to us today through the Bible.

About Jesus



The focus and hero of the Bible is Jesus. In some way, every part of the Bible points forward to Christ or points back to him.

A Story



The complete collection of God's revelation to humanity is in the form of story – the story of what God is accomplishing in this world.

Composed of



The most significant division in the Bible is the division between two Testaments, or two smaller collections of writing. The Old Testament and the New Testament.

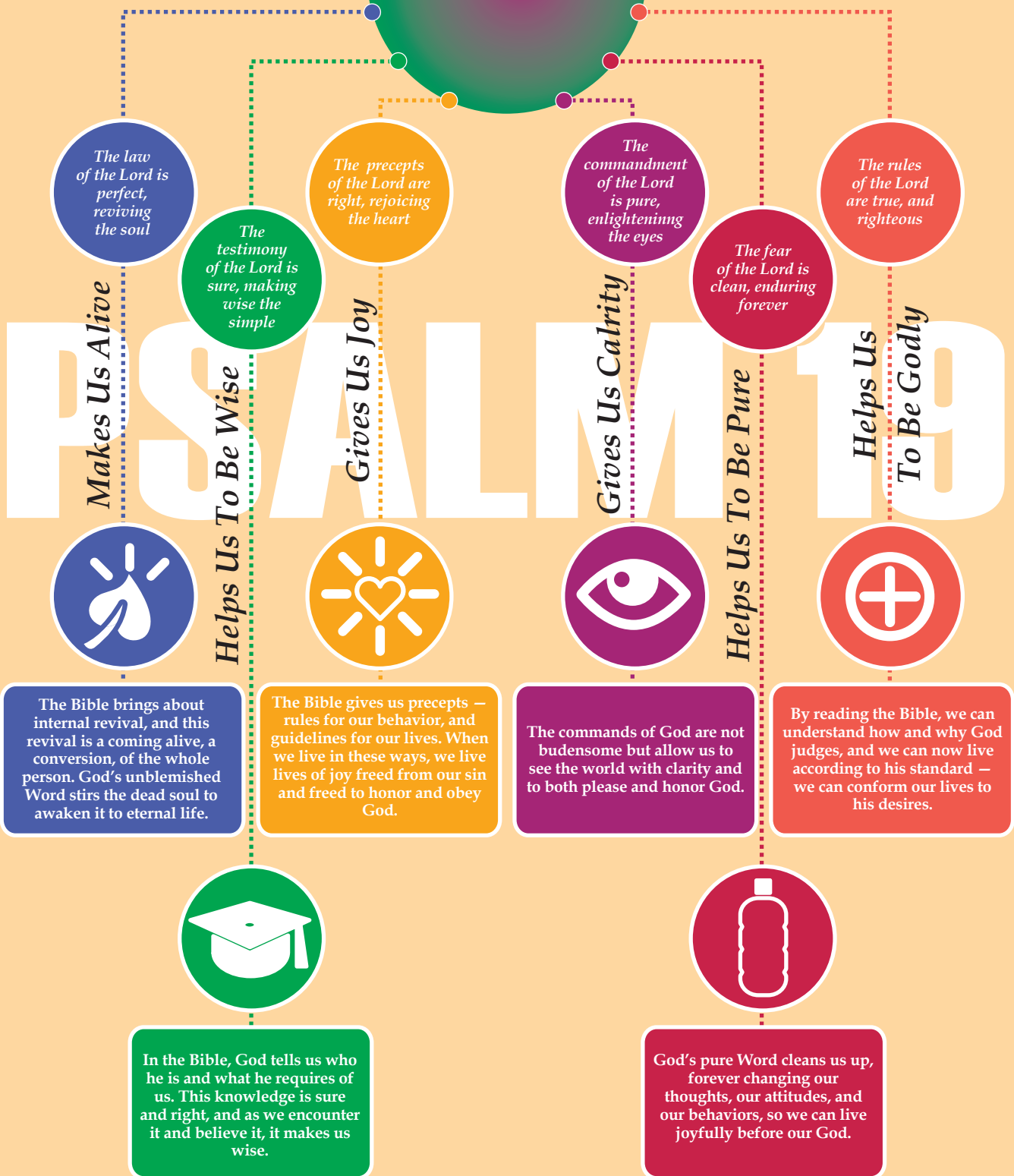
Two Testaments

A Collection



The Bible is the authoritative collection of works given by God to humanity. The Bible, then, is what we call a canon, a complete and authoritative collection of one person's written works.

WHAT THE BIBLE DOES



TRANSFORMED BY TROUBLE

“Problems don’t automatically produce what God intends. Many people become bitter, rather than better, and never grow up. You have to respond the way Jesus would.”

Think of a difficult time in your life, and explain how God has used it to develop you:

.....
.....

Are there any problems in your life right now that are drawing you closer to God?

.....
.....

Is it comforting to know that everything you face is “father-filtered”? If so, why?

.....
.....

Study Romans 8:28-29 and read the section pertaining to it in your book. Then, in your own words explain what this Scripture means:

.....
.....

How are current circumstances in your life building your character?

.....
.....

.....
.....

Some think that life will only be peaches and cream upon their release. However, the reality is that life will still be challenging on some days. You will most likely face family problems, difficult co-workers and supervisors, church members with bad attitudes, and other trials that will test your character. Practice passing character tests now, and let God’s light shine through you in a dark place now and when you are released. Always remember, Christ has promised to be with you wherever you go and that His grace is sufficient to help you.

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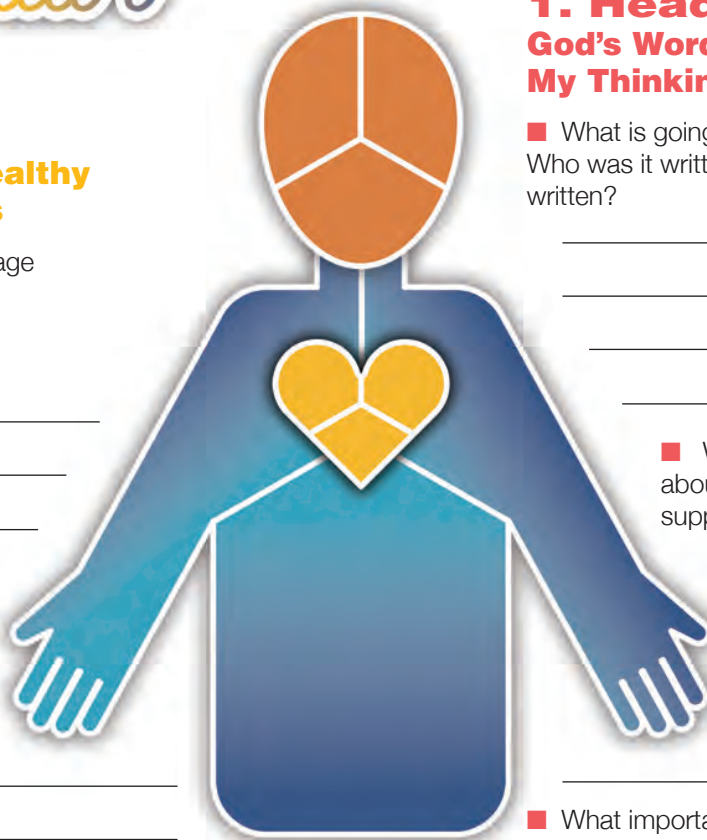
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GROWING THROUGH TEMPTATION

What temptation in your life do you need to begin looking at as an opportunity to do good?

.....
.....

God uses the situation of each fruit to allow us a
Every time you a you become more like Jesus.

How Temptation Works

Step 1:

Step 2:

Step 3:

Step 4:

Overcoming Temptation

Refuse to be

Recognize your of temptation and be prepared for it.

Request help.

WHEN are you most tempted?

WHERE are you most tempted?

WHO is with you when you are most tempted?

HOW do you usually feel when you are most tempted?

What Christlike character quality can you develop by defeating the most common temptation you face?

.....
.....

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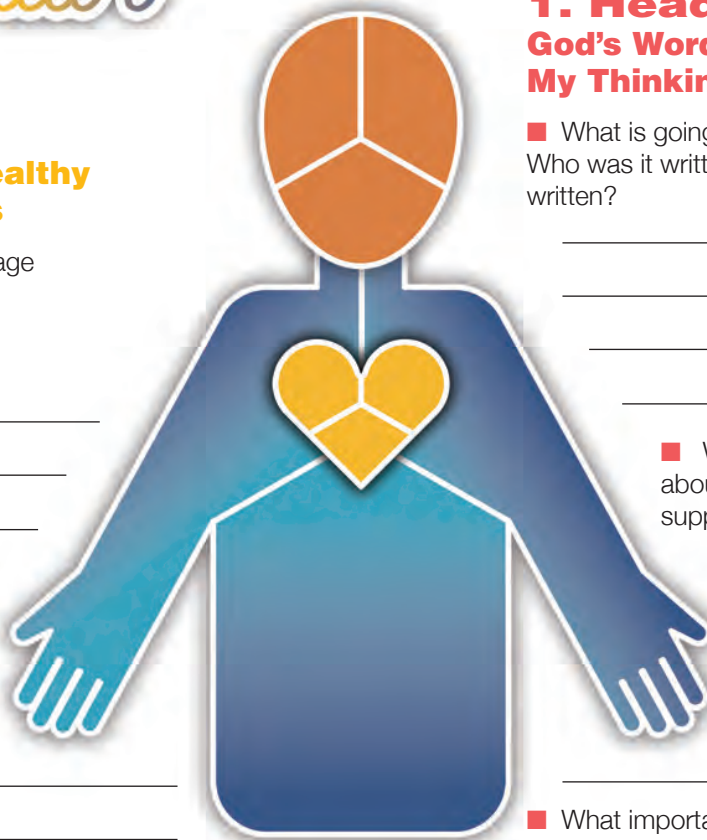
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DEFEATING TEMPTATION

Biblical Keys to Defeating Temptation:

- R your attention on something else.
- R your struggle to a godly friend or support group.
- R the devil.
- R your vulnerability.

How have you defeated temptation by using the biblical keys this week?

.....
.....

Are you allowing any “trash” into your mind? If so, what are you going to do about it?

.....
.....

How can having an accountability partner help you defeat temptation?

.....
.....

How can memorizing Scripture help you defeat temptation?

.....
.....

Many think they must be perfect to be considered a mature Christian. Because of this mindset, they do not even want to admit they battle temptation. This is pride. Now and after your release, you will be tempted. Remember, it is not a sin to be tempted. What will be your specific plan of action when you are facing temptation upon your release?

.....
.....

“I have been released from prison for almost 5 years. In that time God has given me a wife, a great job, a church family that loves me, a home, and a lot of great experiences. When I am tempted, I remind myself of how far God has brought me and I follow the biblical keys to defeating temptation.” – Viengxay Phankhaysy, JUMPSTART Graduate

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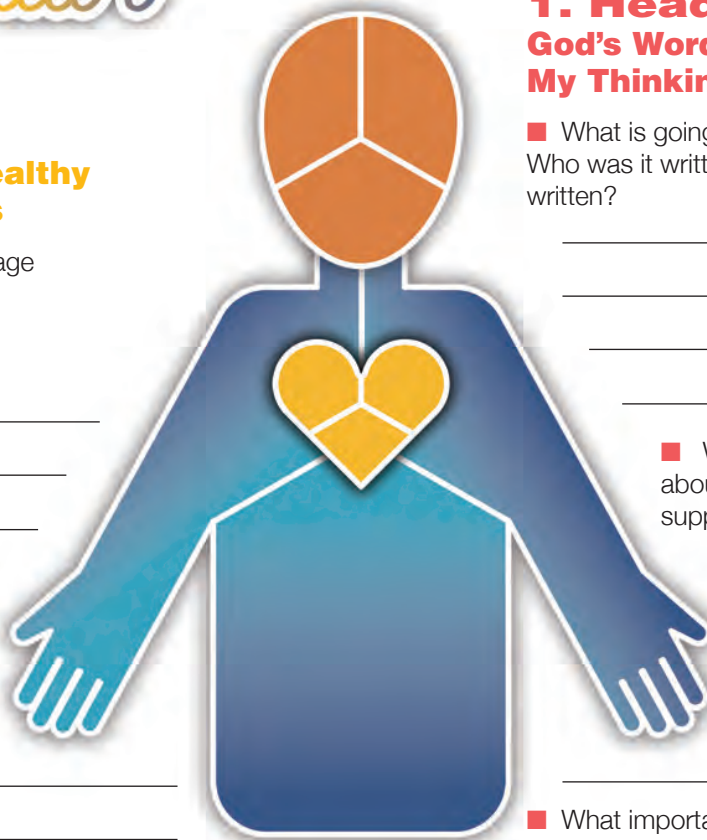
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THE CHOICES WE MAKE TODAY DETERMINE THE LIFE WE LIVE TOMORROW.



IT TAKES TIME

What thoughts came to your mind as you read this chapter?

.....

.....

Why is God more concerned with how strong we grow rather than how fast we grow?

.....

.....

Are you certain that you are ready for eternity?

.....

.....

The defining characteristic of "life" is change. Living things never stay the same. Why is that both exciting and scary?

.....

.....

In what ways are you more mature now than you were when you began your incarceration, and when you began this class?

.....

.....

Why is a humble and teachable attitude so important in every area of life?

.....

.....

In what ways do you think God is working in your life right now? Even if you can't feel it.

.....

.....

"I have learned to focus on the destination and not the bumps in the road"
– Steve Harbin, President of Changing the Way and JUMPSTART SCDC Liaison

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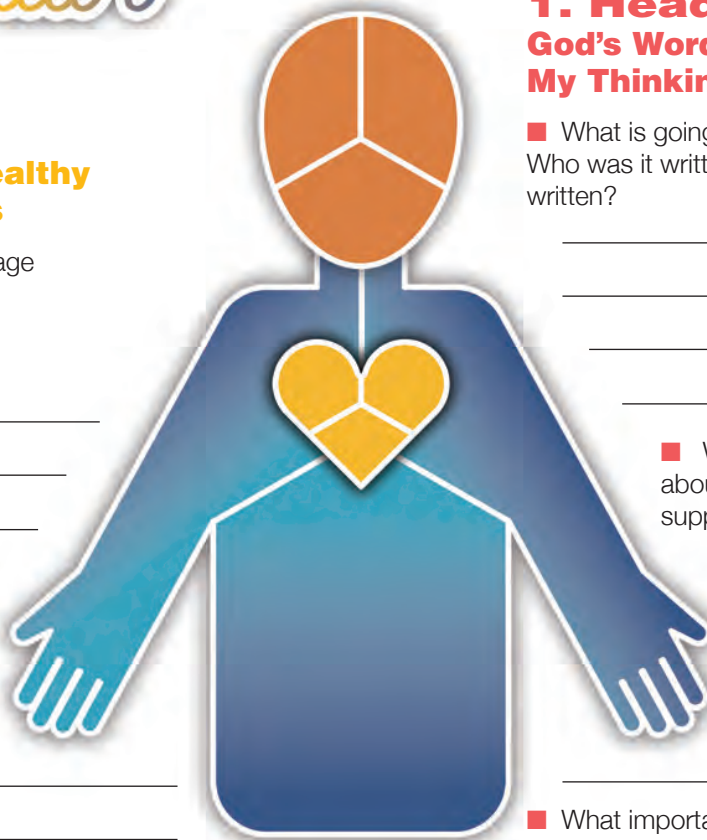
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Member is pleasing God with every dimension of their life by balancing God's purposes in their life	
Magnification Total	

TOTAL ASSESSMENT SCORE

Rarely Demonstrates 1	Occasionally Demonstrates 2	Shows Developing Habits 3	Consistently Demonstrates Behavior 4	Models Behavior / Inspires Others 5
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Purpose #4

**MINISTRY:
YOU WERE SHAPED
FOR SERVING GOD**

ACCEPTING YOUR ASSIGNMENT

You were to serve God.

You were to serve God.

You are to serve God.

You are to serve God.

If you have no love for others, no desire to serve others, you should question whether Christ is really in your life.

In what ways are you serving God by serving others?

.....
.....

In God's kingdom, you have a, a, a and a to fulfill. This gives your life great significance and value.

What are some unhealthy reasons to serve God?

.....
.....

What should be a believer's motivation for serving God?

.....
.....

Why doesn't God just immediately take us to heaven once we accept Christ?

.....
.....

What gifts, talents, experiences, and abilities have you been given that can be used to serve God and serve others? What are some specific ways you can put them into use?

.....
.....
.....
.....

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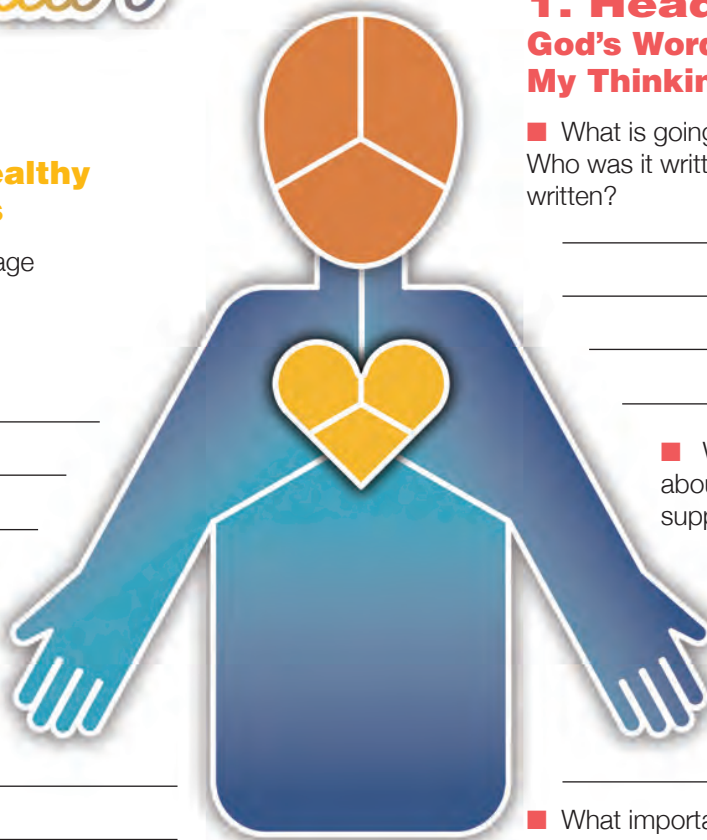
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3. Hands and Feet — God's Word Directs My Actions

■ When observing these people's actions like a movie scene, what stands out about how they obeyed—or didn't obey—God's Word? What's the step of obedience God is showing you to take this week?

■ Is there any sin I need to confess? What gospel truth do I need to believe to live free from this sin? What action steps of obedience would I like my group to hold me accountable for?

■ How does this passage show me ways that I can serve God & help other people?

JUMPSTART SPIRITUAL GIFT ASSESSMENT

DIRECTIONS

This is not a test, so there are no wrong answers. The *Spiritual Gift Assessment* consists of 80 statements. Some items reflect concrete actions; other items are descriptive traits; and still others are statements of belief.

- Select the one response you feel best characterizes yourself and place that number in the blank provided. Record your answer in the blank beside each item.
- Do not spend too much time on any one item. Remember, it is not a test. Usually your immediate response is best.
- Please give an answer for each item. Do not skip any items.
- Do not ask others how they are answering or how they think you should answer.
- Work at your own pace.

YOUR RESPONSE CHOICES ARE:

- 5— Highly characteristic of me/ definitely true for me
- 4— Most of the time this would describe me/be true for me
- 3— Frequently characteristic of me/true for me—about 50 percent of the time
- 2— Occasionally characteristic of me/true for me—about 25 percent of the time
- 1— Not at all characteristic of me/ definitely untrue for me

-
- _____ 1. I have the ability to organize ideas, resources, time, and people effectively.
 - _____ 2. I am willing to study and prepare for the task of teaching.
 - _____ 3. I am able to relate the truths of God to specific situations.
 - _____ 4. I have a God-given ability to help others grow in their faith.
 - _____ 5. I possess a special ability to communicate the truth of salvation.
 - _____ 6. I have the ability to make critical decisions when necessary.
 - _____ 7. I am sensitive to the hurts of people.
 - _____ 8. I experience joy in meeting needs through sharing possessions.
 - _____ 9. I enjoy studying.
 - _____ 10. I have delivered God's message of warning and judgment.
 - _____ 11. I am able to sense the true motivation of persons and movements.
 - _____ 12. I have a special ability to trust God in difficult situations.
 - _____ 13. I have a strong desire to contribute to the establishment of new churches.
 - _____ 14. I take action to meet physical and practical needs rather than merely talking about or planning to help.
 - _____ 15. I enjoy entertaining guests in my home.
 - _____ 16. I can adapt my guidance to fit the maturity of those working with me.
 - _____ 17. I can delegate and assign meaningful work.

- _____ 18. I have an ability and desire to teach.
- _____ 19. I am usually able to analyze a situation correctly.
- _____ 20. I have a natural tendency to encourage others.
- _____ 21. I am willing to take the initiative in helping other Christians grow in their faith.
- _____ 22. I have an acute awareness of the emotions of other people, such as loneliness, pain, fear, and anger.
- _____ 23. I am a cheerful giver.
- _____ 24. I spend time digging into facts.
- _____ 25. I feel that I have a message from God to deliver to others.
- _____ 26. I can recognize when a person is genuine/honest (Discernment).
- _____ 27. I am a person of vision (a clear mental portrait of a preferable future given by God).
- _____ 28. I am willing to yield to God's will rather than question and waver (Faith).
- _____ 29. I would like to be more active in getting the gospel to people in other lands.
- _____ 30. It makes me happy to do things for people in need.
- _____ 31. I am successful in getting a group to do its work joyfully.
- _____ 32. I am able to make strangers feel at ease.
- _____ 33. I have the ability to plan learning approaches.
- _____ 34. I can identify those who need encouragement.
- _____ 35. I have trained Christians to be more obedient disciples of Christ.
- _____ 36. I am willing to do whatever it takes to see others come to Christ.
- _____ 37. I am attracted to people who are hurting.
- _____ 38. I am a generous giver.
- _____ 39. I am able to discover new truths.
- _____ 40. I have spiritual insights from Scripture concerning issues and people that compel me to speak out.
- _____ 41. I can sense when a person is acting in accord with God's will.
- _____ 42. I can trust in God even when things look dark.
- _____ 43. I can determine where God wants a group to go and help it get there.
- _____ 44. I have a strong desire to take the gospel to places where it has never been heard.
- _____ 45. I enjoy reaching out to new people in my church and community.
- _____ 46. I am sensitive to the needs of people.
- _____ 47. I have been able to make effective and efficient plans for accomplishing the goals of a group.
- _____ 48. I often am consulted when fellow Christians are struggling to make difficult decisions.
- _____ 49. I think about how I can comfort and encourage others in my congregation.
- _____ 50. I am able to give spiritual direction to others.
- _____ 51. I am able to present the gospel to lost persons in such a way that they accept the Lord and His salvation.
- _____ 52. I possess an unusual capacity to understand the feelings of those in distress.
- _____ 53. I have a strong sense of stewardship based on the recognition that God owns all things.
- _____ 54. I have delivered to other persons messages that have come directly from God.
- _____ 55. I can sense when a person is acting under God's leadership.

- _____ 56. I try to be in God's will continually and be available for His use.
- _____ 57. I feel that I should take the gospel to people who have different beliefs from me.
- _____ 58. I have an acute awareness of the physical needs of others.
- _____ 59. I am skilled in setting forth positive and precise steps of action.
- _____ 60. I like to meet visitors at church and make them feel welcome.
- _____ 61. I explain Scripture in such a way that others understand it.
- _____ 62. I can usually see spiritual solutions to problems.
- _____ 63. I welcome opportunities to help people who need comfort, consolation, encouragement, and counseling.
- _____ 64. I feel at ease in sharing Christ with nonbelievers.
- _____ 65. I can influence others to perform to their highest God-given potential.
- _____ 66. I recognize the signs of stress and distress in others.
- _____ 67. I desire to give generously and unpretentiously to worthwhile projects and ministries.
- _____ 68. I can organize facts into meaningful relationships.
- _____ 69. God gives me messages to deliver to His people.
- _____ 70. I am able to sense whether people are being honest when they tell of their religious experiences.
- _____ 71. I enjoy presenting the gospel to persons of other cultures and backgrounds.
- _____ 72. I enjoy doing little things that help people.
- _____ 73. I can give a clear, uncomplicated presentation.
- _____ 74. I have been able to apply biblical truth to the specific needs of my church.
- _____ 75. God has used me to encourage others to live Christlike lives.
- _____ 76. I have sensed the need to help other people become more effective in their ministries.
- _____ 77. I like to talk about Jesus to those who do not know Him.
- _____ 78. I have the ability to make strangers feel comfortable in my home.
- _____ 79. I have a wide range of study resources and know how to secure information.
- _____ 80. I feel assured that a situation will change for the glory of God even when the situation seem impossible.

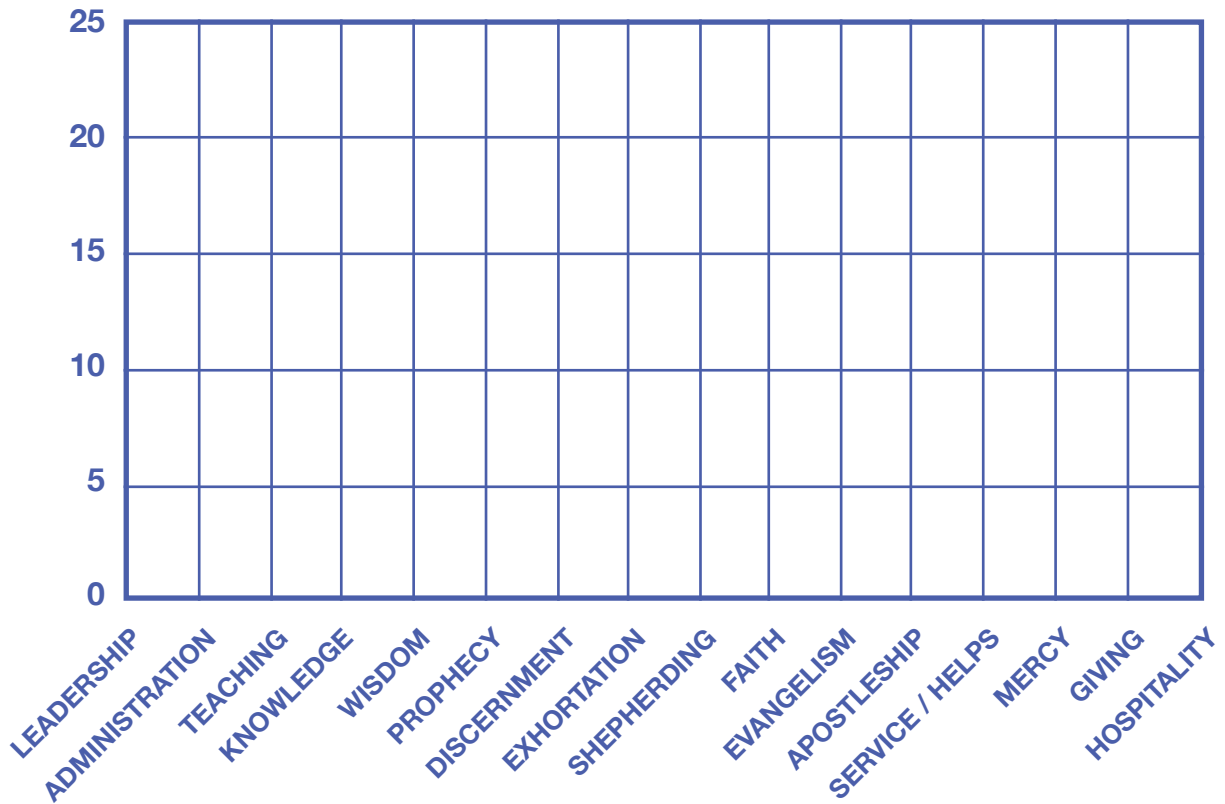
SCORING YOUR SURVEY

Follow these directions to figure your score (on the next page) for each spiritual gift.

1. Place in each box your numerical response (1-5) to the item number which is indicated below the box.
2. For each gift, add the numbers in the boxes and put the total in the TOTAL box.

LEADERSHIP	+	+	+	+	=
Item 6	Item 16	Item 27	Item 43	Item 65	TOTAL
ADMINISTRATION	+	+	+	+	=
Item 1	Item 17	Item 31	Item 47	Item 59	TOTAL
TEACHING	+	+	+	+	=
Item 2	Item 18	Item 33	Item 61	Item 73	TOTAL
KNOWLEDGE	+	+	+	+	=
Item 9	Item 24	Item 39	Item 68	Item 79	TOTAL
WISDOM	+	+	+	+	=
Item 3	Item 19	Item 48	Item 62	Item 74	TOTAL
PROPHECY	+	+	+	+	=
Item 10	Item 25	Item 40	Item 54	Item 69	TOTAL
DISCERNMENT	+	+	+	+	=
Item 11	Item 26	Item 41	Item 55	Item 70	TOTAL
EXHORTATION	+	+	+	+	=
Item 20	Item 34	Item 49	Item 63	Item 75	TOTAL
SHEPHERDING	+	+	+	+	=
Item 4	Item 21	Item 35	Item 50	Item 76	TOTAL
FAITH	+	+	+	+	=
Item 12	Item 28	Item 42	Item 56	Item 80	TOTAL
EVANGELISM	+	+	+	+	=
Item 5	Item 36	Item 51	Item 64	Item 77	TOTAL
APOSTLESHIP	+	+	+	+	=
Item 13	Item 29	Item 44	Item 57	Item 71	TOTAL
SERVICE / HELPS	+	+	+	+	=
Item 14	Item 30	Item 46	Item 58	Item 72	TOTAL
MERCY	+	+	+	+	=
Item 7	Item 22	Item 37	Item 52	Item 66	TOTAL
GIVING	+	+	+	+	=
Item 8	Item 23	Item 38	Item 53	Item 67	TOTAL
HOSPITALITY	+	+	+	+	=
Item 15	Item 32	Item 45	Item 60	Item 78	TOTAL

GRAPHING YOUR PROFILE



1. For each gift place a mark across the bar at the point that corresponds to your TOTAL for that gift.
2. For each gift shade the bar below the mark that you have drawn.
3. The resultant graph gives a picture of your gifts. Gifts for which the bars are tall are the ones in which you appear to be strongest. Gifts for which the bars are very short are the ones in which you appear not to be strong.

**NOW THAT YOU HAVE COMPLETED THE SURVEY,
THOUGHTFULLY ANSWER THE FOLLOWING QUESTIONS.**

The gifts I have begun to discover in my life are:

1. _____
2. _____
3. _____

■ After prayer and worship, I am beginning to sense that God wants me to use my spiritual gifts to serve Christ's body by _____.

■ I am not sure yet how God wants me to use my gifts to serve others. But I am committed to prayer and worship, seeking wisdom and opportunities to use the gifts I have received from God.

Ask God to help you know how He has gifted you for service and how you can begin to use this gift in ministry to others.

SHAPED FOR SERVING GOD

Please complete Spiritual Gift test prior to completing this chapter. See your inside leaders if you need assistance.

“You are a custom designed, one-of-a-kind, original masterpiece.”

In what ways are you serving God by serving others?

.....
.....

In what way can you see yourself passionately serving God and loving it?

.....
.....

Looking back over your life, what experiences have prepared you to serve others?

.....
.....

How is “heart” defined in the Bible and in the Purpose Driven Life?

.....
.....

What are some of the interests God has given to you?

.....
.....

What ministry are you doing now to meet a need in your dorm?

.....
.....

What ministry are you effective at? If you are not sure ask some of your Christian family that know you best to help you answer this question.

.....
.....

Transformed by Truth

Passage Studied:

2. Heart — God's Word Defines Healthy Emotions & Affections

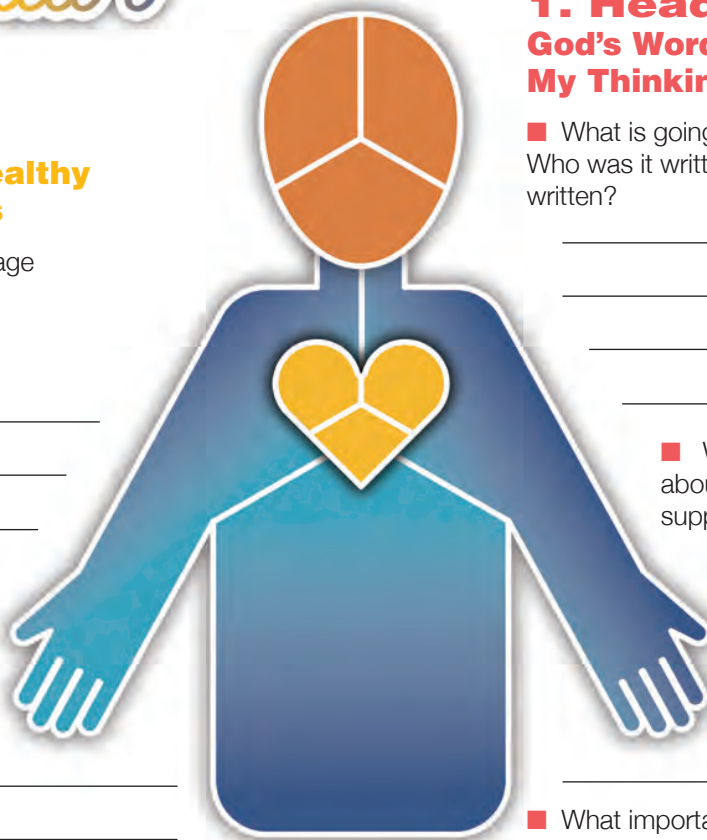
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UNDERSTANDING YOUR SHAPE

All of our come from God.

..... ability can be used for God's glory.

What I am to do, God me to do.

What abilities have you been given that can be used for serving God?

.....
.....

What are some things that keep us from doing what God has given us the ability to do?

.....

Family Experiences: What did you learn growing up in your family?

.....

Educational Experiences: What were your favorite subjects in school?.....

.....

Vocational Experiences: What jobs have you been most effective in and enjoyed the most?

.....

Spiritual Experiences: When have been your most meaningful times with God?

.....

Ministry Experiences: How have you served God in the past?

.....

Painful Experiences: What problems, hurts, thorns, and trials have you learned from?

.....

"Since my release from prison, I have used the talents and abilities I learned on the street to start and manage two businesses and to help begin JUMPSTART. All our abilities come from God and we can choose to use them for evil or for good. The profits from these businesses have helped me not only provide for my family, but have also enabled me to give back to God's work all over the world." – Don Williams, JUMPSTART Co-Founder

Transformed by Truth

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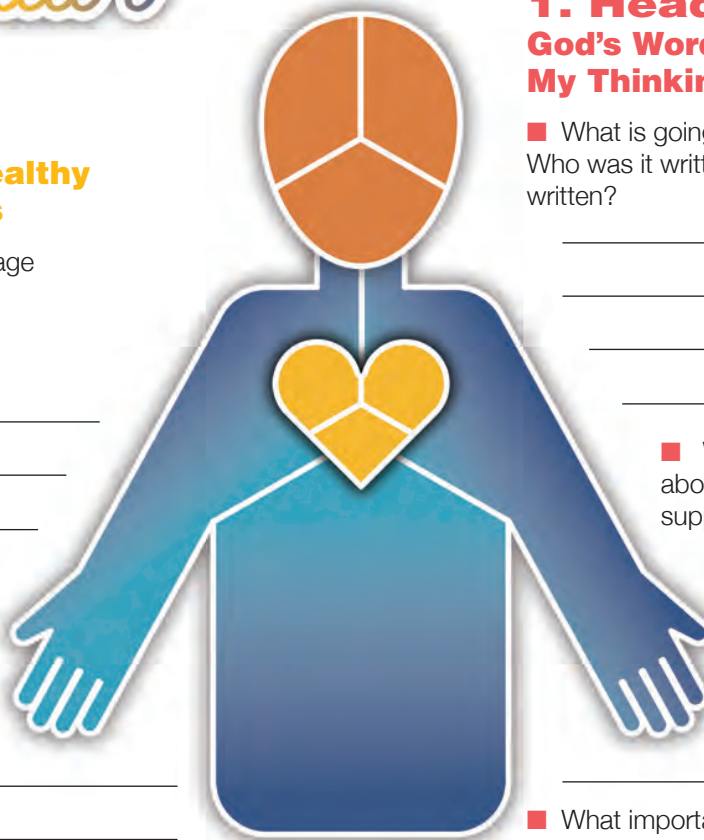
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USING WHAT GOD GAVE YOU

What are some things that you are not good at?

.....

.....

Should we know we are gifted at something before attempting to do it? Or should we be willing to experiment to find out what we are good at? How will our attitude effect the outcome?

.....

.....

Do you have a difficult time accepting the gifts/abilities God has or has not given you? Please explain your answer.

.....

.....

In what ways does satan seek to steal the joy of serving God?

.....

.....

Why is it never helpful to compare ourselves to others?

.....

.....

In what ways can you continue to develop your SHAPE?

.....

.....

How are you currently making the most of what God has given you?

.....

.....

Transformed by Truth

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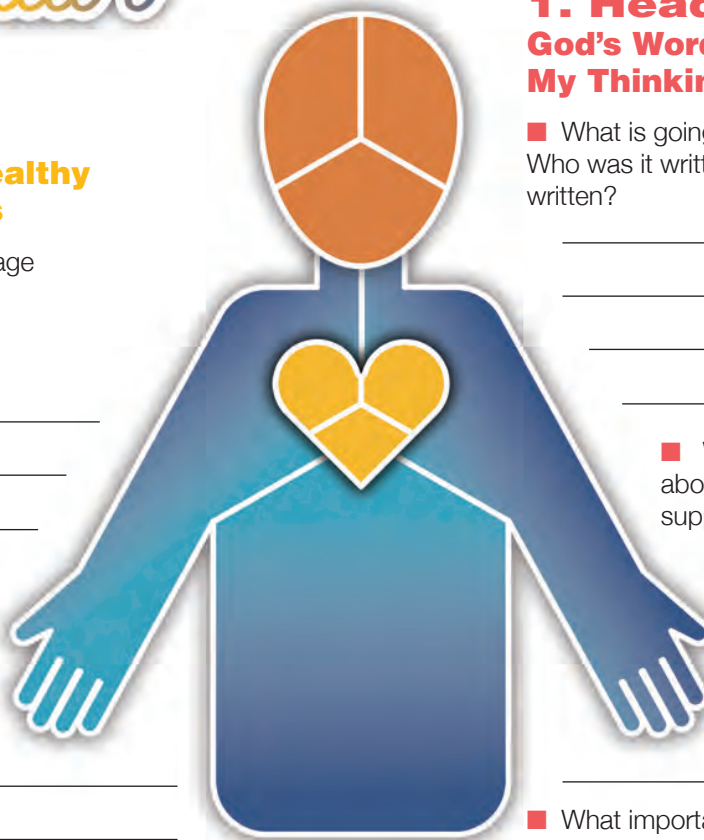
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HOW REAL SERVANTS ACT

Your SHAPE reveals your _____, but your _____ will reveal your maturity. Your primary ministry is in the area of your _____, but your secondary service is wherever you're _____ at the moment.

What does it mean to have the heart of a servant?

.....
.....

What are some small needs in your dorm that you could meet as if you were meeting them for God?

.....
.....

Why is it often easier for us to make excuses rather than jump in and do what needs to be done?

.....
.....

Can others count on you? Ask 5 people this week if they think you are highly dependable.

.....
.....

How can you keep from getting discouraged in your service for God?

.....
.....

Which of the six characteristics of real servants is the most challenging for you?

.....
.....

*Real servants don't serve for the approval or applause of others.
They live for an audience of One.*

Transformed by Truth

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2. Heart — God's Word Defines Healthy Emotions & Affections

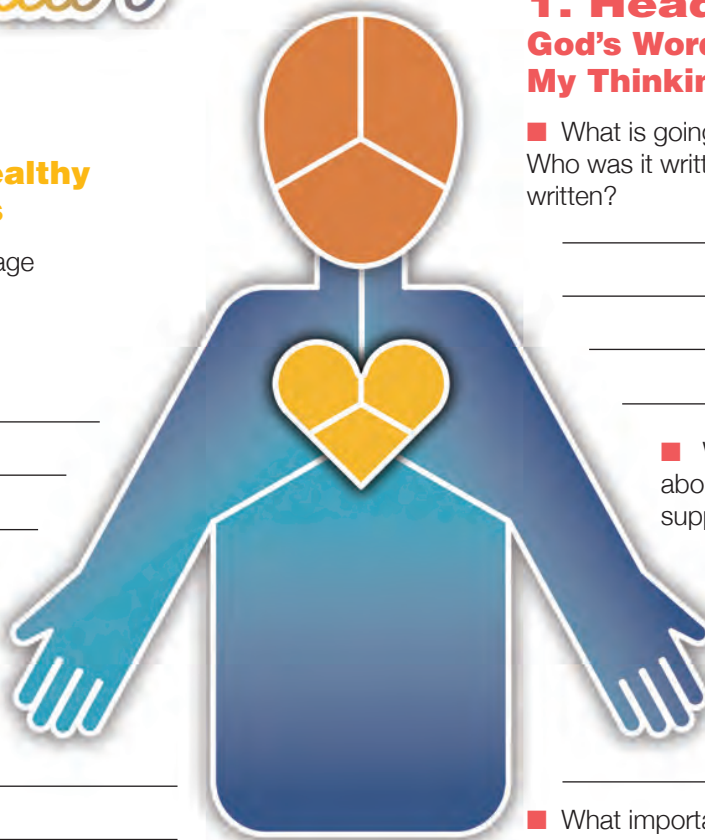
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THINKING LIKE A SERVANT

Servants think more about than about themselves.

How do you react when you're taken for granted, bossed around, or treated as an inferior?

.....
.....

Servants think like , not owners.

How are you handling the resources God has entrusted to you?

.....
.....

Servants think about their , not what others are doing.

How can you avoid criticizing others? How can you avoid being discouraged by the criticism of others?

.....
.....

Servants base their in Christ.

Find and list some Scriptures that speak of who you are in Christ. Let your leaders know if you need help.

.....
.....

Servants think of ministry as an , not an obligation.

What evidence in your life points to you being a real servant?

.....
.....

Transformed by Truth

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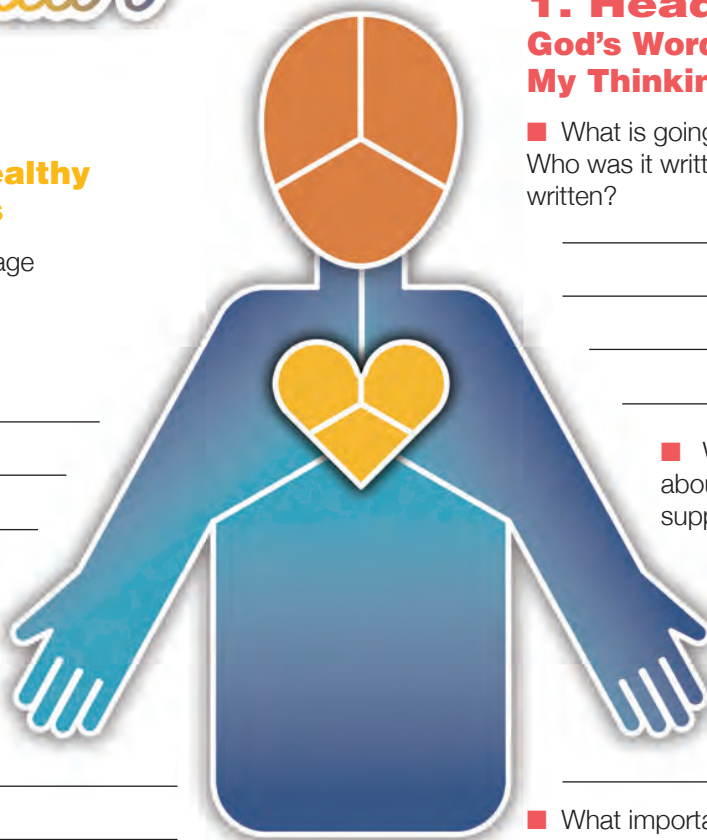
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■ How does this passage show me ways that I can serve God & help other people?

GOD'S POWER IN YOUR WEAKNESS

What does the Bible mean by "weakness"?

.....
.....

How has God shown His strength in your weakness?

.....
.....

What weakness in your life have you struggled to admit?

.....
.....

In an attempt to hide from your weaknesses, have you ever made matters worse? For example, some students who are struggling to learn begin getting in trouble because they are ashamed to admit they need additional help.

.....
.....

How can admitting your weaknesses help improve fellowship with other believers?

.....
.....

Have you decided whether you want to impress people or influence people? What evidence in your life offers proof of your decision?

.....
.....

Are you limiting God's power in your life by attempting to hide your weaknesses? What do you need to be honest about in order to help others?

.....
.....

Transformed by Truth

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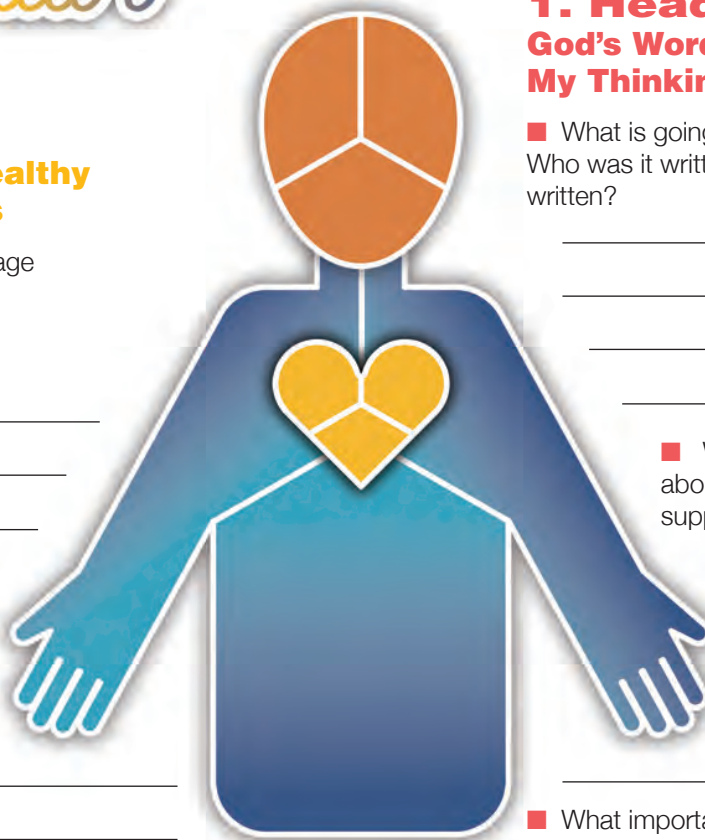
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Purpose #5

**MISSION:
YOU WERE MADE
FOR A MISSION**

MADE FOR A MISSION

What is the difference between ministry and mission?

.....
.....

What is every believer's primary mission to unbelievers?

.....
.....

Describe the last time you shared with someone what God has done in your life:

.....
.....

Is there anything that keeps you hesitant from sharing about Christ as much as you'd like?

.....
.....

Write out what you would say to someone if they asked, "Why do you follow Jesus?":

.....
.....

Memorize the graphic and verses below over the next two weeks and share with someone.

GOD created us to be with Him.

Our sins separate us from God.

Sins cannot be removed by good deeds.

Paying the price for sin, Jesus died and rose again.

Everyone who trusts in Him alone has eternal life.

Life with Jesus starts now and lasts forever.

Romans 3:23

Romans 6:23

Romans 5:8

Romans 10:9-10

Romans 10:13

Transformed by Truth

Passage Studied:

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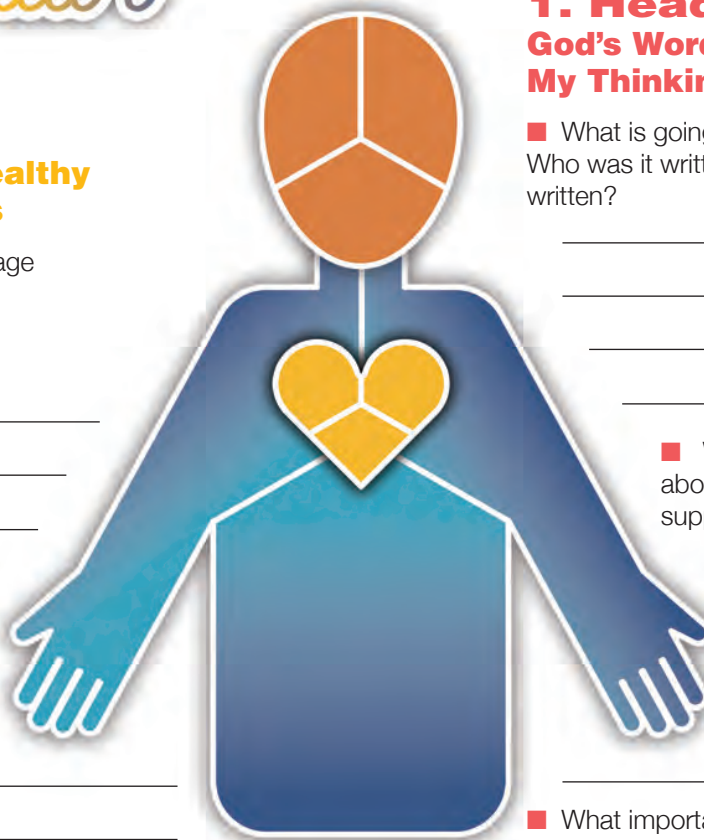
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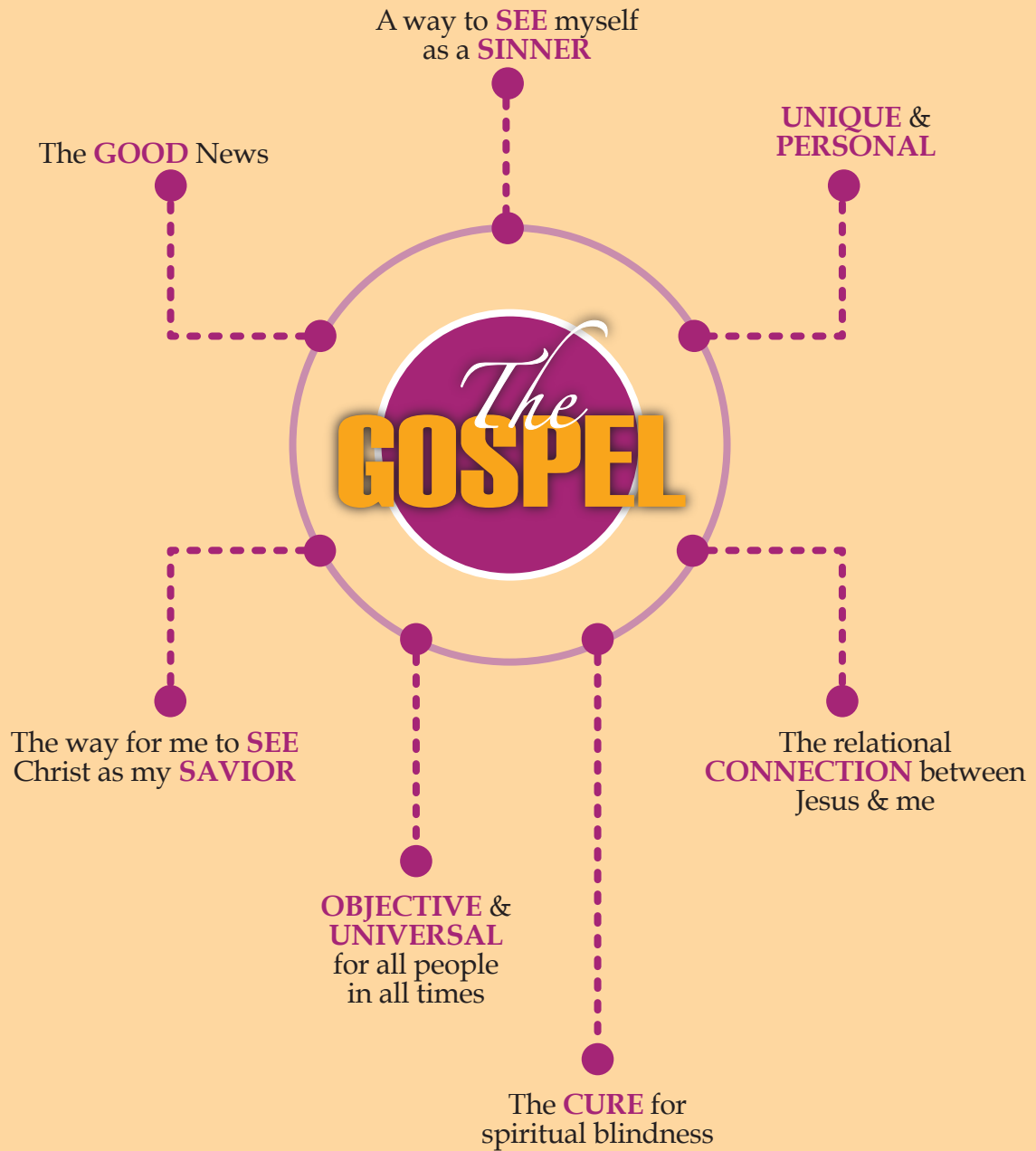
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SHARING YOUR LIFE MESSAGE

1. What was your life like before you met Jesus?

.....
.....

2. How did you realize you needed Jesus?

.....
.....

3. How did you commit your life to Jesus?

.....
.....

4. What difference has Christ made in your life?

.....
.....

What is one major life lesson you have learned?

.....
.....

What godly passions do you have?

.....
.....

What are you willing to do so that the people you know will go to heaven?

.....
.....

“After I was released from prison, I focused on getting my life back on track – working hard and investing in the lives of my children. Then, God opened doors for me to go back into the same neighborhood that I used to terrorize, to lead others to Christ.”

Transformed by Truth

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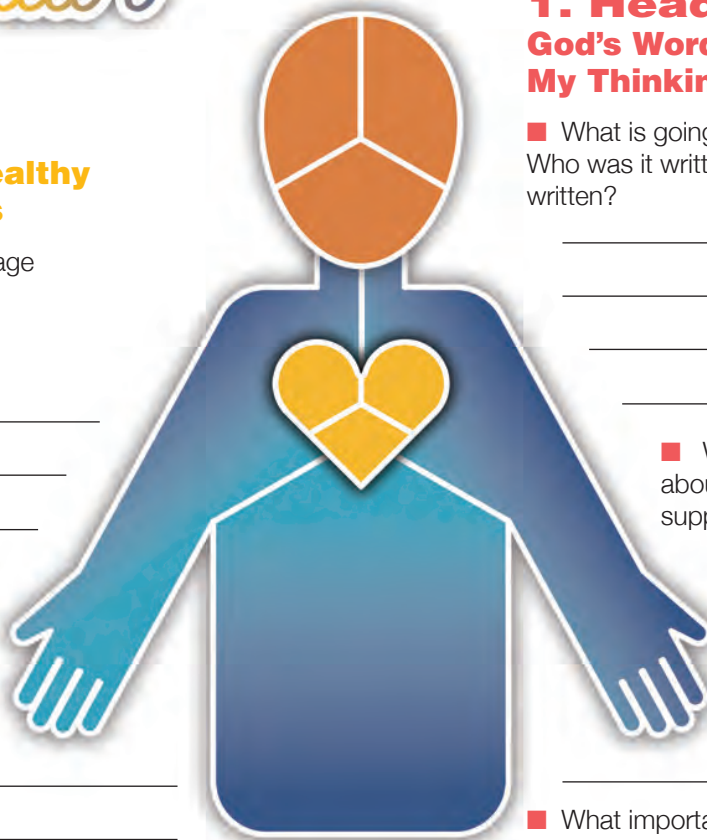
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■ How does this passage show me ways that I can serve God & help other people?

BECOMING A WORLD-CLASS CHRISTIAN

What is the first step in becoming a world-class Christian? How are you actively taking this step on a daily basis?

.....
.....

Who are you currently praying for to accept Christ?

.....
.....

Who have you shared the Gospel with since memorizing the Scriptures during week 36? What was their response?

.....
.....

Have you ever participated in a short-term mission trip? Do you want to? Where would you like to go?

.....
.....

In what ways do you need to shift from “here and now” thinking to eternal thinking?

.....
.....

What excuses are keeping you from serving God? Ask others to help you identify your excuses.

.....
.....

Cary Sanders, a JUMPSTART graduate, who served almost 9 years for armed robbery never thought he'd get to go on a mission trip. He didn't think he could get a passport. In 2017, after being out of prison for four years, he went to Nicaragua and participated in mission work. NEVER UNDERESTIMATE GOD. He can send you anywhere He wants as you follow Him.

Transformed by Truth

Passage Studied:

2. Heart — God's Word Defines Healthy Emotions & Affections

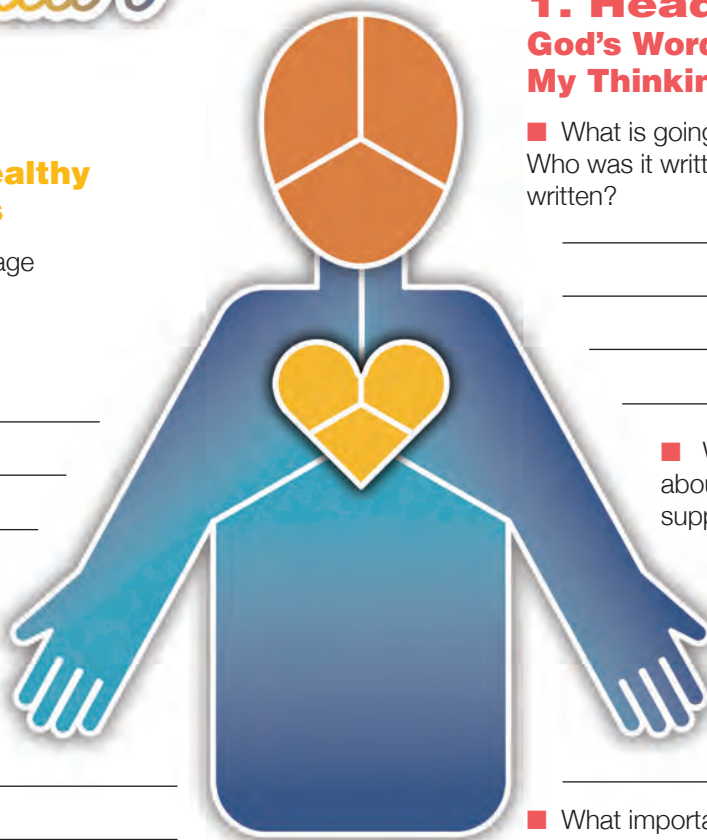
■ What emotions does this passage bring to your heart?

Would they be pleasing to God?

■ What choices are people making in this story?

What similar choices do I need to make?

■ Does this passage show me any wrong desires or attitudes (temptations) I might have?



1. Head — God's Word Transforms My Thinking

■ What is going on in this story? Who wrote it? Who was it written for? Why do you think it was written?

■ What does this passage show me about what God is like? (Give verse(s) to support your answer.)

■ What important truth from this passage do I need to believe and live out? (Give verse(s) to support your answer.)

3. Hands and Feet — God's Word Directs My Actions

■ When observing these people's actions like a movie scene, what stands out about how they obeyed—or didn't obey—God's Word? What's the step of obedience God is showing you to take this week?

■ Is there any sin I need to confess? What gospel truth do I need to believe to live free from this sin? What action steps of obedience would I like my group to hold me accountable for?

■ How does this passage show me ways that I can serve God & help other people?

BALANCING YOUR LIFE

How are you going to continually remind yourself of what you have learned in this class?

.....
.....

What/Who can help hold you accountable to living a life that honors God?

.....
.....

What method do you follow for personal Bible study?

.....
.....

How can you impact the lives of others with what you have learned in JUMPSTART?

.....
.....

What are the five practices of a Purpose-Driven Life?

1.
2.
3.
4.
5.

What is different in your life from when the class began?

.....
.....
.....
.....
.....

Transformed by Truth

Passage Studied:

2. Heart — God's Word Defines Healthy Emotions & Affections

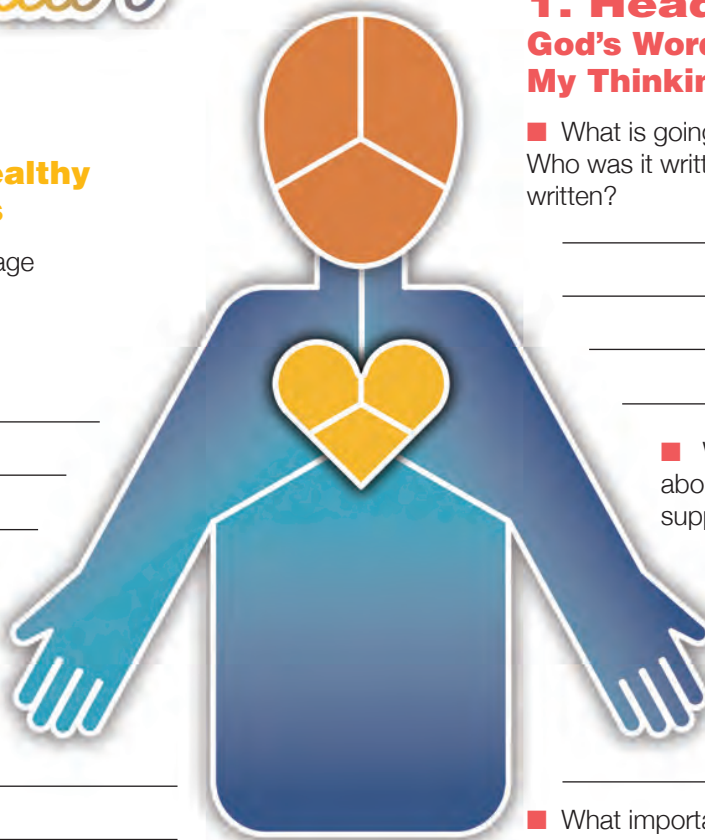
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■ How does this passage show me ways that I can serve God & help other people?

LIVING WITH PURPOSE

Partner with at least one other person in your dorm and help each other write out your life purpose statements:

What will be the center of your life?

.....
.....

What will be the character of your life?

.....
.....

What will be the contribution of your life?

.....
.....

What will be the communication of your life?

.....
.....

What will be the community of your life?

.....
.....

Now take the answers from the questions above and summarize your life purpose statement.

.....
.....
.....
.....
.....
.....
.....

Transformed by Truth

Passage Studied:

2. Heart — God's Word Defines Healthy Emotions & Affections

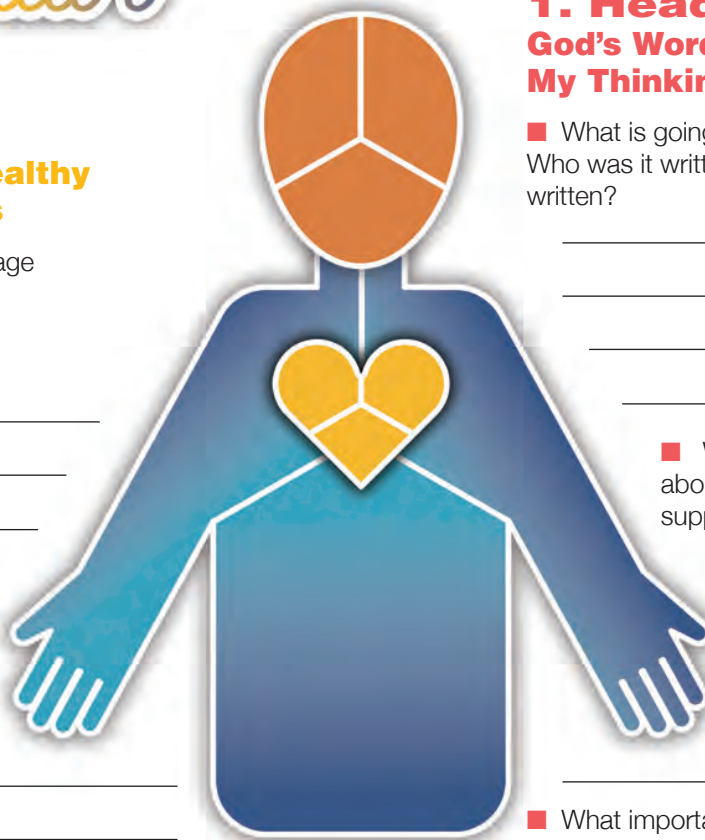
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■ How does this passage show me ways that I can serve God & help other people?

JUMPSTART SPIRITUAL GROWTH ASSESSMENT

Participant's Name: _____ SCDC #: _____

Mentor: _____ Assessment: _____

Date: _____

**Score 1-5
(5 highest)**

CONNECT: You were formed for God's Family	
Member is developing authentic community within the Christian family (interpersonal relationships)	
Member is more loving, grace giving and forgiving to others than when the class began	
Member is intentionally cultivating their relationships with Christian friends and spiritual mentors	
Member is sharing about attempts to restore or enhance immediate family relationships	
Member is resolving conflict in a Biblical manner and supporting the leadership of JUMPSTART	
Membership Total	

GROW: You were created to become like Christ	
Member is sharing with JUMPSTART family about their growing relationship with God through His Word and prayer	
Member is responding to challenges with peace and faith rather than anxiety and fear	
Member is avoiding using addictive behaviors (food, television, busyness, cigarettes, etc.) to meet personal needs	
Member has a relationship with someone that encourages spiritual health	
Member is honoring God by tithing to His Work with whatever means they have	
Maturity Total	

SERVE: You were shaped for serving God	
Member is expressing their unique God-given design as a way of life (dorm, work assignment, institution)	
Member is open and praying to be used by God and express their unique S.H.A.P.E. for ministry	
Member is serving in a regular (once a month or better) ministry in the chapel or institution	
Member is sharing group ownership by assuming a small responsibility or facilitating a discussion group	
Member is honoring Christ by respectfully submitting to authority	
Ministry Total	

SHARE: You were made for a Mission	
Member is actively praying for and cultivating relationships with unsaved friends and family	
Member is inviting seekers (unsaved people) to Christian events or chapel and sharing their spiritual journey with them	
Member is being a good witness by imitating Christ in their attitudes and behaviors	
Member is actively using his or her gifts, talents, resources, abilities to serve others for God's glory	
Member is regularly investing in the spiritual life of another person or group (becoming a disciple maker)	
Mission Total	

WORSHIP: You were planned for God's pleasure	
Member is attending chapel (with the local body of Christ) at least once per week	
Member has a personal plan and process to help them achieve their goals and dreams (spiritual health plan)	
Member has a growing heart for worship to God through music and praise (personal, group, & chapel)	
Member is honoring God with their physical and personal health (exercise and nutrition)	
Member is pleasing God with every dimension of their life by balancing God's purposes in their life	
Magnification Total	
TOTAL ASSESSMENT SCORE	

Getting Started: (6-10) Red Getting Going: (11-15) Yellow Very Good: (16-20) Green Well Developed: (21-25) Blue

		PROGRESS TRACKER				
		1-5	6-10	11-15	16-20	21-25
		JUST BEGINNING	GETTING STARTED	GETTING GOING	VERY GOOD	WELL DEVELOPED
		Rarely Demonstrates	Occasionally Demonstrates	Shows Developing Habits	Consistently Demonstrates Behavior	Models Behavior / Inspires Others
CONNECT	Week 11					
	Week 18					
	Week 25					
	Week 31					
	FINAL					
GROW	Week 11					
	Week 18					
	Week 25					
	Week 31					
	FINAL					
SERVE	Week 11					
	Week 18					
	Week 25					
	Week 31					
	FINAL					
SHARE	Week 11					
	Week 18					
	Week 25					
	Week 31					
	FINAL					
WORSHIP	Week 11					
	Week 18					
	Week 25					
	Week 31					
	FINAL					

TRANSITIONAL HOUSING PROGRAM

Welcome Home

These are some of the things a participant in the JUMPSTART Transitional Program can look forward to as they embark on their new journey:

Low-cost, safe, and stable housing

Individual case management

Access to healthcare providers

Transportation for all essential needs

Meaningful employment at a living wage

Financial stability training

Individual mentoring

Community engagement

Healthy recreational activities

Spiritual growth opportunities



Matthew is an alumni and serves as the house-manager for our Church Street home. He will ensure our men have everything they need during their stay with us.

Matthew's journey with JUMPSTART SC began while he was incarcerated at Perry Correctional Institution. After completing the program, he came back the next year to serve as a leader. He became a disciple who makes disciples.

Upon his release in October 2020, he knew the JUMPSTART transitional program was where the Lord was leading him.

He began taking on more responsibility because he wanted to love those around him well. Even though he could have returned to his hometown when he graduated, he chose to join our team as a housing manager.

He will help ensure our participants have the encouragement, support, and accountability they need to thrive.



Welcome Home

These are some of the things a participant in the JUMPSTART Transitional Program can look forward to as they embark on their new journey:

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Individual case management

Access to healthcare providers

Transportation for all essential needs

Meaningful employment at a living wage

Financial stability training

Individual mentoring

Community engagement

Healthy recreational activities

Spiritual growth opportunities



Kaitlin is an alumni and serves as the Women's Transitional Program Director. She will ensure our participants have everything they need during their stay with us.

Kaitlin first heard about JUMPSTART while incarcerated at Leath Correctional and realized it could help her build a new future.

After her release, she joined the Transitional Program in July 2022, determined to make the most of her second chance. Through hard work and perseverance, she graduated from the program.

She and her new husband Will recently achieved a major milestone—buying their first home together! Wanting to give back, she embraced the opportunity to return as a staff member.

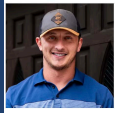
Now, as the Women's Transitional Program Director, Kaitlin is committed to supporting other women on their journey, offering the same hope and guidance that helped rebuild her life.



During the first month with us, participants will be introduced to our transition team. A staff member will assist with obtaining a driver's license, creating a resume, and opening a checking and savings account. In addition, we will assist with gainful employment and access to healthcare providers.



Kaitlin Attard
Women's Transitional Program Director



Anthony Mullinax
Transitional Program Director



Daniel Dempsey
Director of Housing and Transportation



Toby Fleming
Pastoral and Community Care Director



Tim Murray
Director of Discipleship

Look Forward to Family....

God uses the JUMPSTART family to make redemption stories possible.

We are a welcoming community of believers supporting each other as we strive to live out our faith and honor God in all that we do.

Each home at Restoration Village fosters a family-like setting where dinners around the kitchen table and casual conversation are commonplace.

Whether it is gathering for a cookout, a basketball game, or a small-group bible study, we live life together.

Your future can be greater than your past



Overview of the Transitional Program

Needs You Face as You Transition from Prisoner to Productive Citizen

Spiritual – To help participants keep their focus on Christ as they face the challenges and temptations that come with being released, JUMPSTART offers guided Bible studies, a class on healing a wounded heart, and individual pastoral counseling. Also, several local churches welcome our participants into their congregations.

Housing – Many participants have a family who wants them to come home immediately upon their release. Before deciding to go home, here are some questions you need to answer:

1. **Are your old friends or family members going to attempt to be a negative influence?**
2. **How hard is it to get a job in the area in which your family lives? Are there employers that will hire ex-offenders?**

A new location for your new opportunity in life will help you in many ways.

Those who do not get a job within 60 days are 80% more likely to end up back in prison.

3. **Will you have your own space at home?**
95% of JUMPSTART participants will have their own room upon release. We only have two rooms that are shared and we move participants out of these as soon as possible.

Employment – Over 40 employers partner with JUMPSTART and many have starting positions paying \$17 or more per hour. Each has a proven track record of promoting our participants.

Transportation – Do you know how you will get to your appointments and to work upon your release? Many people do not think about how they will get to where they need to go until they are released. Our participants are provided with transportation to church, work, appointments, and shopping trips. Many have even used our vehicles to get their license.



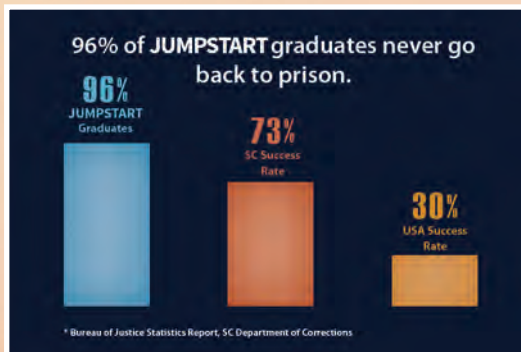
Mentoring – Many people in our community have chosen to invest in our participants by giving of their time and experience. These mentors have been trained in how to help people grow in all areas of their lives. Those in JUMPSTART’s transitional housing program will be paired with a mentor who will be with them throughout their journey advising and encouraging them to reach their full potential.



Accountability – Our leaders care enough to ask the hard questions and to tell the truth in love. The community that the men and women in JUMPSTART have created is supportive, honest, and real; a place where people genuinely care for each other.

Case Management – Each person’s transition is unique. Our staff offers assistance to each person based upon their individual needs. Community resources who partner with JUMPSTART meet with us monthly to offer group case management to coordinate care for our participants.

Educational – In addition to guided Bible studies, JUMPSTART provides real-world budget training, a course in how to heal from trauma, wellness training, Celebrate Recovery, and for men, a series on how to live practically as a Christian. Our community partners offer several workforce development classes, health education, parenting classes, and others.



How Can I Be Eligible to be Accepted into the Transitional Program?

1. To be eligible for consideration for the program, participants must have graduated JUMPSTART's Inside Program in the category of green or blue, or have completed at least 30 weeks of the class and be projected to graduate with a green or blue folder.
2. After completing the Inside Program, participants must remain disciplinary free until their release. Receiving SCDC sanctions subsequent to your participation in the class could render you ineligible.

How Can I Apply?

1. To apply for the transitional program, participants need to complete the housing and employment application packet located in the back of the JUMPSTART Life Book.
2. After FULLY completing the applications, please mail to:

JUMPSTART
P.O. Box 1050 • Spartanburg, S.C. 29304



Process for Getting Approved

1. If you are maxing out your sentence, we will interview you within 6 months of your release.
2. If you are going up for parole, we will not conduct your interview **until after** you have been granted parole. We cannot hold bed space for those who might make parole.
3. After your interview with a chaplain, volunteer, or staff member we will notify you in writing of our decision. Typically, you will receive this letter within two weeks of your interview.

“ JUMPSTART provided the structure I needed to get my life back on track after being released. While I had a family who wanted me to come home, I knew that JUMPSTART had a road map for helping me go from prisoner to productive citizen. Now that I have a great job, a home I purchased after completing JUMPSTART, and a loving church family, I am in a much better position to be a blessing instead of a burden to my family. — Gustavo, Released 2017 ”

“ Without JUMPSTART, I would have been homeless. I had no family nor anyone to help me. On the day of my release, the peace and love I experienced when I arrived at JUMPSTART was completely overwhelming. Not only did I have a safe place to stay and good food to eat, I had a group of people who treated me like family. They not only provided what I needed to survive, they provided me with a plan and the support I needed to thrive again in life. — Paul, Released 2018 ”

Preparing for

RELEASE AND SUCCESS ON THE OUTSIDE

JUMPSTART is designed to help you prepare for life outside prison. We are working to break the back of recidivism, and so we make sure our program holds you accountable to the key things you will need to have success on the outside.

Our work with others like you over many years has shown us that you will need five things to be successful on the outside:

- 1) Daily Surrender to Christ
- 2) Finding and keeping a job
- 3) Establishing a budget and financial goals
- 4) Developing a support team
- 5) Learning to have fun God's way

In this final section of the book, we're including some resources to help you begin working toward success on the outside. You will find:

- Budget sheets that help you build good habits now that will help you on the outside.
- Employment application section. You will need to create an employment application to help you get a job once you are released. JUMPSTART will help you with this. The first step is completing this information.

Contacts by Department

Transitional Program: Anthony Mullinax

Anthony.Mullinax@jumpstartvision.org

Employment Initiatives: Don Williams

Don.Williams@jumpstartvision.org

Mailing/Physical Address for Male Participants

721 Jerry Frady Way, Wellford, SC. 29385

Mailing/Physical Address for Female Participants

712 Jerry Frady Way, Wellford, SC. 29385

Indigo Hope Center

870 Jumpstart Dr., Wellford, SC. 29385

JUMPSTART HOUSING PACKET

Please complete pages 148-161 as legibly and as completely as possible.
Persons who have submitted incomplete applications will be advised to resubmit a complete one.

1. Read the Transitional Housing Boundaries carefully. Remember that we have your best interest in mind and that these boundaries are in place to keep you on path towards a smooth transition. If you agree to abide by the boundaries, please sign them. If you are not willing to abide by the boundaries, do not come to JUMPSTART.
2. Complete the Application for Housing
3. Complete the Medical Release Form
4. Complete the Resume
5. If they are willing, have the JUMPSTART volunteers and the Chaplain sign off on your Application for Housing.
6. Mail **ALL** completed paperwork to JUMPSTART Office: P.O. Box 1050, Spartanburg, S.C. 29304
7. When you are near 180 days to max-out, a JUMPSTART staff member or volunteer will interview you. A determination about your acceptance into the program will typically be made within a week, and you will be notified via mail of our decision.

JUMPSTART TRANSITIONAL HOUSING EXPECTATIONS

Joining JUMPSTART after being released from incarceration can be compared to getting an opportunity to participate in an accelerator program. Just as accelerator programs offer participants resources and support to grow and learn, JUMPSTART provides essential elements that empower individuals to build a new life and overcome past challenges.

The program offers housing, ensuring a safe and stable environment for personal growth. Employment opportunities help participants gain financial stability and independence. Transportation services provided by JUMPSTART enable residents to access jobs, appointments, and other essential services, fostering self-sufficiency.

Life skills training is an integral part of the program, equipping individuals with the tools and knowledge necessary to navigate various aspects of daily living successfully. This training plays a similar role to the educational and personal development resources offered in accelerator programs.

Mentoring is another valuable component of JUMPSTART. Like mentors and advisors in accelerator programs, JUMPSTART mentors guide, support, and encourage individuals throughout their journey, helping them make better choices and set achievable goals.

Lastly, the program fosters a community of people who offer love and support, much like the connections and networks formed in accelerator programs. This community helps participants feel accepted, understood, and motivated to succeed.

In essence, JUMPSTART provides a comprehensive support system for those transitioning from incarceration, much like the opportunities and resources accelerator programs offer to participants in pursuit of personal growth and success.

At JUMPSTART, we believe that with Christ anyone's future can be greater than their past. We believe the greatest potential for residents to thrive is in a supportive, Christian environment. To ensure everyone's success, we have designed a set of Housing Expectations for those participating in the Transitional Program. Please read and sign a copy indicating to submit with your application if you will follow the program expectations so that you can achieve all that God has for you.

1. Upon arrival, each resident will benefit from a 30-day stabilization period designed to help them adapt smoothly to their new life. During this time, personal transportation and visits with loved ones will be limited to help the individual focus on getting acclimated to the program and prepared for all the opportunities that are ahead.
2. Residents are encouraged to create an inspiring, positive atmosphere by living in a manner that honors God and their fellow residents while exhibiting Christ-like behavior. To help hold one another accountable, participants sign out and in on housing sign-out sheet at the JUMPSTART home where they reside.
3. Curfew is set to ensure everyone gets adequate rest: 10:00pm-5:00am Sunday through Thursday and 11:00pm-5:00am on Friday and Saturday. Please maintain a quiet environment during these hours out of respect for others.
4. Residents will work together to maintain the cleanliness and orderliness of homes, yards, and ministry vehicles. New residents awaiting job placement will have the opportunity to help take care of what God has provided make a difference with JUMPSTART in various ways.
5. For everyone's well-being, the use of tobacco products is prohibited in any JUMPSTART house or vehicle.
6. Weapons are not allowed, except for pocketknives with blades shorter than 3 inches.
7. At JUMPSTART, we prioritize the well-being and safety of our participants, which is why we have a zero-tolerance policy for fighting, verbal threats, and illegal drug use. To ensure a positive, secure environment for everyone, we conduct random tests to uphold our commitment to fostering a supportive and nurturing space for personal growth and success.
8. To maintain harmonious relationships, borrowing or lending money between residents, staff, and mentors is not permitted. This policy helps to avoid misunderstandings, ensure fairness, and uphold a supportive and positive environment for everyone involved.
9. Embracing responsibility and being on time for work, meetings, and other appointments is essential for making the most of the opportunities that God provides in our lives. By being accountable for our actions and honoring commitments in a timely manner, we demonstrate our readiness to seize the blessings and growth experiences that come our way. In doing so, we not only show gratitude for the opportunities presented to us but set ourselves up to be all that God created us to be.
10. Attending weekly church services and engaging in regular meetings with your JUMPSTART mentor are vital aspects of the program. By actively participating in these activities, you show your willingness to embrace the opportunities and spiritual growth that God has in store for you.

11. After the thirty-day stabilization period, family members over 18 will be permitted in the JUMPSTART homes in the common areas. Hours of visitation are 12-3 pm on Saturdays and 2-5 pm on Sundays.
12. Residents will be able to have one travel pass each month. Weekend passes begin Fridays at 5:00 pm and extend through Sunday at 10:00 pm. The travel pass request form should be submitted at least one week in advance. Passes will only be considered if the resident is legally married to their spouse, the request is consistent with SCDPPPS conditions, and it is determined that the visit is beneficial to the resident.
13. After the thirty-day stabilization period residents may obtain a personal vehicle if their financial situation and their support system deems this is a responsible step in your reentry journey.
14. New installation of cable or satellite TV is prohibited on any JUMPSTART property.
15. Within two weeks of obtaining employment, residents should open both a savings and checking account at a bank or credit union. Residents are expected to deposit 10% or more of their weekly net income into their savings account to ensure they have adequate savings to transition from the ministry. Withdrawals from savings should be made only in true emergencies and in discussion with JUMPSTART staff.
16. Weekly budget sheets are to be completed by all participants detailing their income and expenses. Providing copies of your pay stubs and bank statements when asked is an important part of the JUMPSTART program. Living at JUMPSTART usually costs less than after you finish the program because kind donors help cover some of your living expenses. This helps you save money for a better future. When you save money and show that you can handle your finances well, it means you are growing and being responsible. Our goal is to support and help you stay on track so you can reach your highest potential and make God proud.
17. JUMPSTART employees, board members, and advisory members reserve the right to enter and inspect all properties at any time.
18. JUMPSTART reserves the right to use resident photographs and videos in marketing and ministry related media.
19. You will be assigned a Program Coach when you move to Phase 2. You must attend a weekly group meeting with your coach to review your Daily Journal. You will also be required to attend a monthly gathering with your group.
20. Please review the following pages which explain JUMPSTART'S Transportation Expectations for those who are going to need transportation to and from their necessary appointments once accepted into the program, as well as the program fee schedule. If you agree to abide by these expectations, please date, print, and sign this form, and include it along with the completed application.

JUMPSTART Transportation Expectations

- All Transportation requests should be sent via text to (888) 592-3017.
 - Please do not make requests directly to drivers.
 - If you must speak with Transportation immediately, call 888-403-3815, option 3.
 - All requests for transportation should be made at least 24 hours in advance.
 - Transportation requests will be acknowledged Monday – Friday, 8:00am to 5:00pm.
 - Make all transportation requests by 2:00pm of the preceding business day. If transportation is needed on Monday, then make the request by 2:00pm on Friday.
 - If a request for immediate transportation is made outside of these hours, the Participant should see if the House Manager can arrange for JUMPSTART transportation, but expect to seek and pay for their own transportation, such as Uber.
 - Do not contact the Transportation Coordinator to find out who your driver will be.
 - Please do not contact the Transportation Coordinator to find out where your driver is until the driver is 10 minutes late.
 - JUMPSTART will make every effort to accommodate a Participant’s need to be transported to appointments with doctors, counselors, employment agencies, etc. and to work and church; however, this is a privilege, not a right, and should not be abused.
 - Grocery shopping using JUMPSTART Transportation is done on Saturdays.
 - For all additional JUMPSTART Transportation requests, please contact your House Manager who will work with JUMPSTART’s Transportation Director to see what is available. Allow 24-48 hours (about 2 days) for follow-up.
 - Having Fun God’s Way is one of JUMPSTART’s Keys to Success. Transportation requests that build on this are encouraged, but approval should not be automatically assumed.
 - Basic JUMPSTART Transportation guidelines:
 - Permission to use JS vehicle up to **1,000 miles per month** to go places that Jesus would go with you.
 - You may offer to **purchase the vehicle** at our cost to replace it. We will consider payment plans on a case-by-case basis.
 - Obey all traffic rules and follow all PPP guidelines.
 - Participant is responsible for **fuel**.
 - Provide other participants who do not have a vehicle with a ride when possible and wise. You are being blessed to be a blessing...
 - When a Participant is asked to drive another JUMPSTART Participant, the two Participants are adults who can agree on a **fair split of the fuel costs**.
 - Keep the car **clean** and ensure **no one smokes** in the vehicle.
 - Cooperate with Director of Housing and Transportation to ensure **preventative maintenance** of vehicle is maintained
 - Respond with a **positive attitude** when you are asked to switch to another JS vehicle
-

I have read and understood the Transportation Expectations.

Date: _____

Print Name

Signature

Last Update 1/01/2026

PROGRAM FEES

Program fees are required after a resident obtains employment or other regular means of living, i.e., SSI and will be made online. Fees are due on Sunday before 9:00 pm.

Base Fees:

\$160 weekly, effective March 7th, 2025.

Printed Name (Resident) Date

Signature

JUMPSTART APPLICATION FOR RESIDENCE

(PRINT LEGIBLY)

SECTION I

SCDC #: _____ CURRENT LOCTION (Including Room Number): _____

Name: _____ SS#: ____-____-____ DOB: _____
Last First Middle

Last Permanent Address: _____

Marital Status: _____ Spouse Name: _____ # of Children: _____

Person to notify in case of Emergency: _____ Phone# _____

Relationship to you: _____ Address: _____

SECTION II

Reason(s) you are applying for residency: _____

How long are you planning to stay at JUMPSTART, if approved: _____

Locations that have been dangerous for you: _____

How many different times have you been incarcerated? _____

Were you convicted of a drug-related felony that occurred after August 22, 1996? _____

Have you served in the Military? _____

Branch

Dates

Type of Discharge

SECTION III

Employment History (Employer, start/end dates, job title; list most recent first):

- 1. _____
- 2. _____
- 3. _____

Education (Circle highest grade completed; if college, list degree type and area of study)

Elementary Middle High School/GED College/Tech. School Graduate School
1 2 3 4 5 | 6 7 8 | 9 10 11 12 GED | 13 14 15 16 | Masters/Doctorate

Describe College: _____

Other Special Skills/Training/Certifications: _____

Supervision after Release: (Circle all that apply)

Parole Probation Community Supervision Furlough Sex Offender Registry GPS

Any Current Warrants (list County and Offense): _____

Medical and/or Psychological Conditions:

- 1. _____ Do you take medicine for this? _____
- 2. _____ Do you take medicine for this? _____
- 3. _____ Do you take medicine for this? _____
- 4. _____ Do you take medicine for this? _____
- 5. _____ Do you take medicine for this? _____

Give a History of Dependencies (alcohol/drugs, etc.): _____

Future Goals (be specific): _____

Why should JUMPSTART approve your request for housing? _____

All statements I have made in this application are true to the best of my knowledge, and I understand that any false statements will result in automatic dismissal. **I agree that if I decide to not enter transitional housing upon my release, that I will notify JUMPSTART in writing at least 180 days prior to my release.**

Application Signature: _____ Date: _____

Recommending Volunteer Signature: _____

Recommending Chaplain Signature: _____

Upon Completion, Mail to: P.O. Box 1050, Spartanburg, S.C. 29304

JUMPSTART Staff Only

Participants Folder Color: _____ Institution Received at: _____

Approval by Inside Program Director: (Yes/No) _____

Approval for housing: (Yes/No) _____

Date Approval/Disapproval letter mailed: _____

JUMPSTART EMPLOYMENT APPLICATION

WHERE WERE YOU?

Name: _____ SCDC # _____ Room/ Bed: _____
 Mailing Address: _____

Where were you working, going to school, in the military or locked up:

If you were in school, list the name of the school, city, state and last year attended. If you were working, list the employer's name, your job title, city, state. If you were locked up, list the duties you performed in the prison/jail and city, state

Print Clearly – Fill in Each Line
 Do Not Use Quote Marks (“”) Do Not Use Arrows (↕)
 Do Not Leave Any Blanks on This Page

Year	Employer Name /School /Military/Locked Up	City – State	Job Title
2026			
2025			
2024			
2023			
2022			
2021			
2020			
2019			
2018			
2017			
2016			
2015			
2014			
2013			
2012			
2011			
2010			
2009			

PERSONAL INFORMATION

First Name _____ Middle Name _____ Last Name _____

Street Address _____ Apt / Box / Lot # _____

City _____ State _____ Zip Code _____

Phone Number: Home: _____ - _____ Cell: _____ - _____

Email Address: _____

Are you eligible to work in the United States? Yes No

Do you have transportation to get to work? Yes No

Do you have a valid driver's license? Yes No

Are you Bondable? Yes No

Have you been convicted of a crime? Yes No_

If yes, please explain: _____

POSITION(S) / AVAILABILITY

Position(s) Applied For _____

What date are you available to start work? _____

EDUCATION

Name of School	City	State	Last Year Attended	Degree*

*Certificate / GED / Diploma / Degree / Work Keys / Other

SKILLS / QUALIFICATIONS / LICENSES / AWARDS / CERTIFICATES

*Give a person a job;
you have them work for today.
Teach a person to find a job;
and they can work for a lifetime.*

EMPLOYMENT HISTORY

Most Recent Position / Job: Dates of Employment: From _____ To _____

Employer: _____

City / State: _____

Position Name / Title: _____

Responsibilities: (Be Specific / What did you do on the job?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Previous Position: Dates of Employment: From _____ To _____

Employer: _____

City / State: _____

Position Name / Title: _____

Responsibilities: (Be Specific / What did you do on the job?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Previous Position: Dates of Employment: From _____ To _____

Employer: _____

City / State: _____

Position Name / Title: _____

Responsibilities: (Be Specific / What did you do on the job?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Previous Position: Dates of Employment: From _____ To _____

Employer: _____

City / State: _____

Position Name / Title: _____

Responsibilities: (Be Specific / What did you do on the job?)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Previous Position: Dates of Employment: From _____ To _____

Employer: _____

City / State: _____

Position Name / Title: _____

Responsibilities: (Be Specific / What did you do on the job?)

1) _____

2) _____

3) _____

4) _____

Previous Position: Dates of Employment: From _____ To _____

Employer: _____

City / State: _____

Position Name / Title: _____

Responsibilities: (Be Specific / What did you do on the job?)

1) _____

2) _____

3) _____

4) _____

Signature _____ Date _____

JUMPSTART HEALTH INFORMATION RELEASE FORM

Please Print

Name:

_____	_____	_____
(Last)	(First)	(Middle)
_____	_____	_____
SCDC #	Date of Birth	Last 4 Digits Social Security #

I authorize the **South Carolina Department of Corrections** to release my complete health record (including records relating to mental healthcare, communicable diseases, HIV or AIDS, and treatment of alcohol or drug abuse) to:

Access Health Spartanburg
358 Serpentine Dr.
Spartanburg, SC 29303
(864) 560-0190

St. Luke's Free Medical Clinic
Address: 162 N Dean St.
Spartanburg, SC 29302
(864) 542-2273

JUMPSTART
P.O. Box 1050.
Spartanburg, SC 29304
(888) 403-3815 x2

Printed Name _____ Date _____

Signature _____ Date _____

JUMPSTART HOW TO BECOME A GIVING PARTNER

Has JUMPSTART benefited you?
If so, for \$10 you can sponsor another participant to go through JUMPSTART.

ONLINE (FOR FAMILY AND/OR CHURCH MEMBERS)

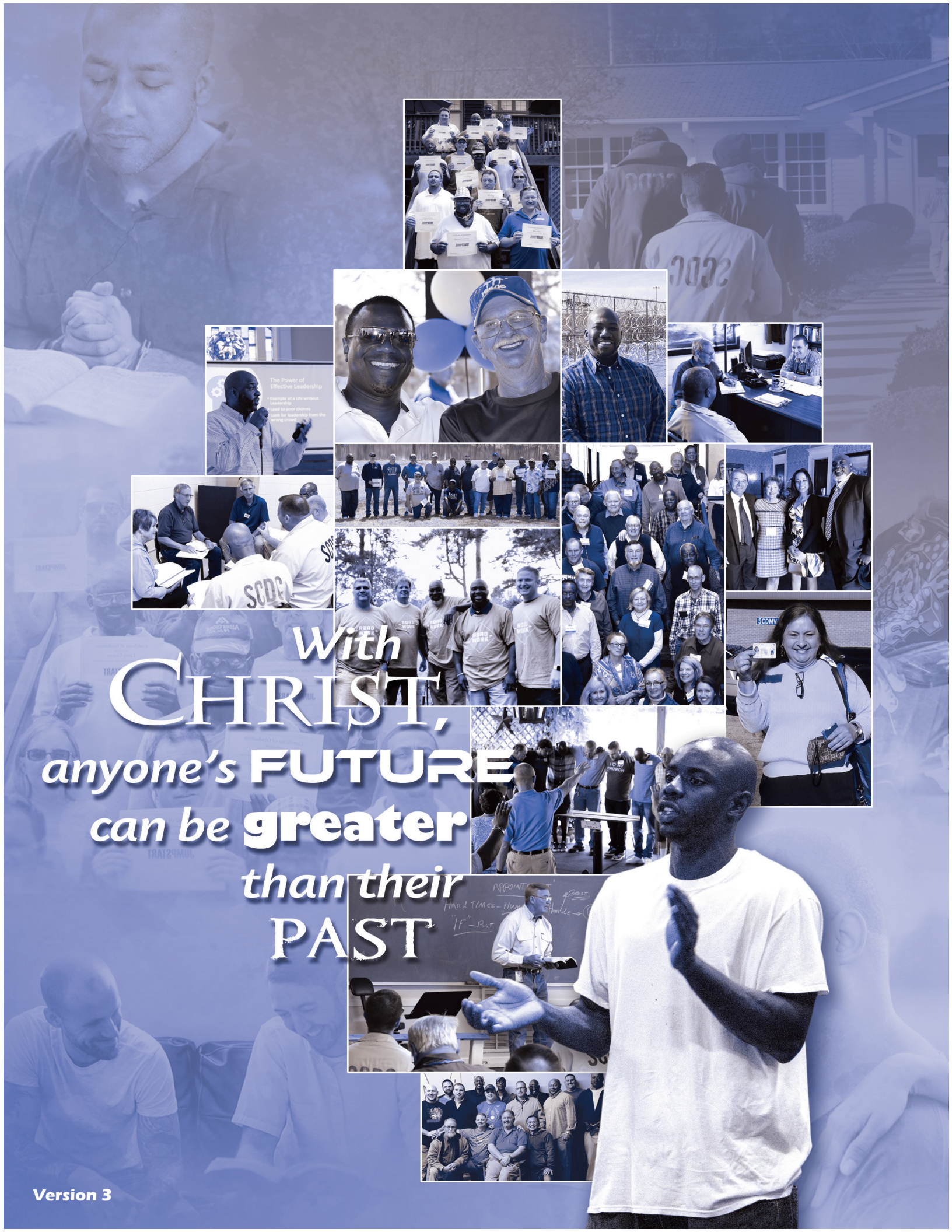
Go to Jumpstartvision.org and click on How to Help.
Through our website individuals may give one-time, or become a monthly partner.

MAIL

Please make checks payable to JUMPSTART and mail to:
P.O. Box 1050, Spartanburg, SC 29304

Our giving partners are investing in the kingdom of God:

When you support JUMPSTART, you are supporting a ministry that restores broken lives. As we partner together, we can break the back of recidivism. Together we can see that the Gospel is preached, that discipleship takes place, and that men and women return to their families and communities ready to imitate Christ.



With
CHRIST,
anyone's **FUTURE**
can be **greater**
than their
PAST