

Be a Friend

Study Guide

Caleb Miller, Executive Director & Co-Founder of Regenerate



REGENERATE

Be a Friend

An instructional workshop training believers to invest themselves in the lives of those at risk for being trafficked or exploited for sex.

Caleb Miller

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Acknowledgments

In late 2019, my wife, Rachael, was dying from cancer, several Regenerate team members had to step away from their involvement due to difficulties they were facing, and we were planning on closing Regenerate for good. It was at this time that the inspiration for “Be a Friend” was born. It came from a mix of various conversations that caused me to review how the Lord has worked in my life over the years from the time I was a teenager. Several of these conversations were with people who had attended an “Awareness and Action Summit” that Regenerate hosted in 2018. They had learned a lot during the conference and wanted to do something with what they learned, but their question was how to practically apply what they learned to their everyday life. Another conversation was with my pastor, which ended with him saying that he’d be interested in hearing my perspective on outreach and ministry. As I considered these conversations and questions, they started to blend together and take form. In February 2020, I approached the Regenerate Board about creating a workshop called “BE A FRIEND”, rather than shutting Regenerate down, and they agreed. This was how it started, but it was through the work and support of many individuals that made this workshop available for you today.

First, I’d like to thank the Regenerate leadership team for their support and participation in the development of this project. I am very blessed to have such an amazing group of individuals to work with. Among these are:

Elizabeth Ritz, Developmental Editor for BE A FRIEND, has played an enormous role in the organization and tone of this material. She has spent many hours brainstorming with me on how best to communicate my unorganized thoughts. I’m very thankful for her part in this project.

Elizabeth Campbell, Substantive Editor for BE A FRIEND, was the last editor to review this material before it was made public. She has put significant time and energy into reviewing the study guide and videos for this workshop and provided me with a long list of edits, re-writes, concerns, and updates to consider before it

was launched. I am extremely thankful for the feedback that she has provided me regarding clarity, tone, and receivability of this material.

Deanna Cohn, Matt Garber, and Harold Tuggy have cared for and supported my family through the most difficult year of my life, for which I am extremely grateful. They have supported and encouraged my vision for BE A FRIEND and have all participated in various ways, from proof-reading material and website content to brainstorming pricing options. I'm blessed by their friendship and support.

Second, I'd like to thank **Nancy Head**, Content Editor for BE A FRIEND, for the time and energy she has put into reviewing this material, for her edit suggestions, and for her many encouraging words regarding the material.

Third, I'd like to thank **Pastor Tyler Pepper** and **First Baptist Church of Altoona**, for allowing me to use their facility to record and work on this project. This was extremely helpful for producing BE A FRIEND.

Fourth, I'd like to thank my parents and my many other friends who have participated in the project by allowing my kids to play at their house while I worked. I doubt I could have finished this project without their help.

Last, but not at all least, I'd like to thank all of those who have continued to financially support Regenerate and my family throughout 2019 and 2020. I'm very grateful and humbled by how the Lord has provided for us through the generosity of the body of Christ. None of this would have been possible without your support. Thank you!

I'm thankful that you have chosen to participate in BE A FRIEND.

I sincerely hope it is a blessing to you.

Caleb Miller,

Executive Director and Co-Founder of Regenerate

Introduction



Psalm 10:14 -18

But you, God, see the trouble of the afflicted; you consider their grief and take it in hand. The victims commit themselves to you; you are the helper of the fatherless. Break the arm of the wicked man; call the evildoer to account for his wickedness that would not otherwise be found out. The Lord is King forever and ever; the nations will perish from his land. You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed so that mere earthly mortals will never again strike terror.

Start video, “Introduction”

United Nations Definition for Sex-Trafficking

Sex-trafficking is the recruitment, transportation, transfer, harboring, or receipt of persons who under threat, force, coercion, fraud, deception, or abuse of power are sexually exploited for the financial gain of another.

3 Part Definition

1. **Action:** “recruitment, transportation, transfer, harboring, or receipt of persons”
2. **Means:** “under threat, force, coercion, fraud, deception, or abuse of power”
3. **Object:** “persons who are sexually exploited for the financial gain of another”

Note

- **Traffickers:** While Traffickers can be a stranger, they are often parents, husbands, or boyfriends, as well as other relatives and acquaintances.
- **Sexually Exploited:** Sex is not required for something to be defined as sex-trafficking. Sex trafficking also includes pornography, exotic dancing, stripping, live sex shows, mail-ordered brides, and more.

Trigger Warning: The following story contains adult themes and terms which some might find disturbing and offensive. Discretion is advised.

Jane’s Story

Jane had just gotten out of an abusive relationship and was living with her parents. She did fitness modeling, wrote poetry, taught Yoga, and sometimes looked for work on Craigslist.

One day she found a post for professional fitness modeling on craigslist that linked her to a professional-looking website. She contacted the company and sent photos of her yoga practice.

A man named Mark quickly responded and started conversing over the phone with Jane regarding the details. After multiple conversations with Mark, she received an email offering to pay her more if she performed in an adult film.

On her next call, Jane made her position clear: she had no interest whatsoever in adult filming or nude modeling.

After a few more conversations with other models, who all gave glowing reports of this company, Jane took the job. Arrangements were made and Jane flew hundreds of miles to San Diego.

Once she landed, Jane was picked up by the cameraman, Teddy, and taken to an apartment instead of the hotel she thought she was going to. Once inside the apartment, Teddy sat down on a stool blocking the doorway and said they needed to wait for Dre with no explanation as to who Dre was or why they were not following the itinerary. When Dre arrived, the two men took Jane to a hotel, but still not the one on her itinerary. They blocked the door of her room, took her phone, and forced her to sign a waiver without allowing her to read it. Jane was abused and raped on video although she had been very clear that she would not do adult filming or nudity. She was paid less than what she had been offered. Eventually, after persisting and refusing to do anything else for these two men, she was flown back to her hometown but told she would return once she realized how good the money was.

Jane kept her abuse a secret and thought her parents and others would never find out what happened. It wasn't long after Jane arrived home, however, that she started receiving sexually inappropriate text messages from guys she knew from school.

Jane later found out that the pictures and videos of her abuse were posted publicly on two major porn sites. It turned out that "Mark" was actually Michael Pratt, the founder of a mainstream porn company and "Dre" was Andre Garcia, his main modeling recruiter and accused rapist.

Jane was stalked and continued to receive inappropriate messages in the mail, including death threats. At this time, Jane's parents started receiving letters too and other family members' Facebook accounts were hacked.

"I'm sure most of those viewers were not aware that by watching the videos," Jane said, "they were participating in human trafficking, assault, and rape."

Jane's family thought she did this willingly. When two of the men involved, however, were finally arrested by the FBI and charged with sex-trafficking, Jane's family finally acknowledged that she wasn't complicit.

When asked how she's doing now, Jane said, "It's never going to be okay, but I can get stronger. I can help other people and make sure that I give them the compassion and empathy I didn't have."

Fight The New Drug

This story is a brief summary of Jane's experience referenced from <https://fightthenewdrug.org/what-happened-when-this-jane-doe-was-trafficked-by-girlsdoporn/>. **Warning: The original story contains very graphic and explicit details of Jane's experience. This is not recommended for anyone under 18 years of age without consent from parents.**

Consider & Discuss

Consider the definition of sex-trafficking. How was Jane trafficked?

Is there anything that stands out to you before or after this event, that made her relatively easy to exploit? If so, what and why?

Consider how people treated her after the videos of her abuse were released publicly. How would you react if you heard or saw your daughter, friend, or acquaintance on a porn site? What would you assume? What would you think and feel?

How would you feel if you were in Jane's shoes?

Quietly Consider

1. Talk or write to the Lord about what you are feeling and thinking.
2. Ask the Lord to speak to you. John 10:27 reads, *"My sheep hear My voice, and they know me, and they follow me."*

Quiet your mind and listen. Is He speaking to your heart or bringing scripture to your mind? Write it down.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Return to video, “Introduction”

Quietly Consider

Now that you have gone through the introduction, how do you feel? Did it cause deep emotion to rise to the surface, such as anger, grief, or something else? Do you have questions, concerns, fears, or convictions? Write it down.

How to Prepare for Session 1

We will be defining the circle of influence with which the Lord has blessed each of us. In preparation for Session 1, consider the notes you have journaled in today's lesson and continue to talk to the Lord about them throughout this week.

References

1. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.
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7. U.S. Department of Health and Human Services. *SEX TRAFFICKING FACT SHEET*. Administration for Children and Families.
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Session 1

Our Circle of Influence



John 17: 8-12

For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me. I pray for them. I am not praying for the world, but for those you have given me, for they are yours. All I have is yours, and all you have is mine. And glory has come to me through them. I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. While I was with them, I protected them and kept them safe by that name you gave me.

None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

Start video, "Session 1"

1. Don't overlook the People the Lord has given into your care.

People the Lord has given into your care: Refers to people you are directly responsible for.

Example: Spouse, children, students, etc.

2. Make time for what the Holy Spirit is doing and the people He puts in your path.

People the Holy Spirit puts in your path: Someone you don't know well and for whom you are not directly responsible, but the Lord opens up an opportunity to minister to them whether through words or actions.

"While striving to reach those in my community who were overlooked, I overlooked those who God had given into my care." - Caleb Miller

"While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled." - Jesus (John 17:12)

Quietly Consider

1. Consider whom the Lord has given into your care.
2. Consider who the Holy Spirit has put in your path.
3. Write down their names or a description of the person to jog your memory below:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

4. Pray for them and consider if there is anything more you should be doing to invest in their lives. Ask the Lord to talk to you about this and listen.

How to Prepare for Session 2

We will be examining our circle of influence more closely and observing who is at risk for being exploited. In preparation for Session 2, apply the two lessons we discussed in this session to your life and consider who among your list of names would be easy to exploit.

References

1. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.

Be a Friend

Session 2

Recognizing Risk



Psalm 72: 12-14

For he delivers the needy when he calls, the poor and him who has no helper. He has pity on the weak and the needy and saves the lives of the needy. From oppression and violence, he redeems their life, and precious is their blood in his sight.

Start video, "BE A FRIEND - Session 2"

[illegible]

Consider & Discuss

Read aloud and discuss the following examples and questions:

Example 1

A 6-year-old boy lives with his two loving parents. He goes to church every Sunday and a Christian school every day. His parents don't often spend one on one time with him and rarely ask him questions about what he is feeling or thinking. He doesn't know what sex is. His parents taught him not to talk to or take anything from strangers, although he doesn't understand why. When he makes a mistake and tries to explain himself to his parents, he feels like his parents get impatient with him.

Questions

1. What are the areas of concern regarding his vulnerability to being exploited?
2. Is he at risk of being trafficked?
3. What life events could happen to cause him to be at more risk of being exploited?

Example 2

An 11-year-old girl, who identifies as bi-sexual and claims to be an agnostic, lives with her two loving Christian parents. Her parents have good jobs and a nice house. They treat her kindly and have fun together as a family, but they won't discuss or ask questions regarding her views on sexuality, religion, and politics. As long as they don't talk about these things, they believe everything is fine.

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Research suggests that LGBTQ+ youths are 5x more likely to be trafficked for sex than heterosexual youths. Why do you think that is?
(https://safesupportivelearning.ed.gov/human-trafficking-americas-schools/risk-factors-and-indicators#_ftn)
3. What life events could happen to cause her to be at more risk of being exploited?

Example 3

A 22-year-old woman with a 9-year-old daughter worked hard for her college degree and is now looking for a job in her field. She paid her way through college working part-time hours flipping burgers and as an independent webcam stripper. She and her daughter currently live with her mom. Her dad had an affair and divorced her mom when she was 18. She was sexually molested by a gym coach when she was in junior high and discovered her older brother's stash of porn in the garage when she was 10.

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Is she at risk of being trafficked?
3. What life events could happen that may cause her to be at more risk of being exploited?

Example 4

A 19-year-old immigrant girl from with a thick accent moved to the U.S. three months ago with her parents and younger brother.

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Is she at risk of being trafficked?
3. What life events could happen that may cause her to be at more risk of being exploited?

Example 5

A 16-year-old girl is in foster care.

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Is she at risk of being trafficked?
3. What life events could happen that may cause her to be at more risk of being exploited?

Example 6

A 24-year-old woman is standing outside Walmart with a sign that reads, "Homeless, Need Food".

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Is she at risk of being trafficked?
3. What life events could happen that may cause her to be at more risk of being exploited?

Example 7

A 20-year-old woman is addicted or recovering from an addiction to drugs.

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Is she at risk of being trafficked?
3. What life events could happen that may cause her to be at more risk of being exploited?

Example 8

A 23-year-old woman has a reputation for being flirtatious and a history of going from one romantic relationship to another.

Questions

1. What are the areas of concern regarding her vulnerability to being exploited?
2. Is she at risk of being trafficked?
3. What life events could happen to cause her to be more at risk of being exploited?

Consider & Pray

1. Quietly ask the Lord to highlight the names of people within your circle of influence who could be at risk.

Write their names down. Ask the Lord to show you in what area of their life

He would have you interact with them and what first step you should take.

Pray for them.

2. Together as a group, ask the Lord to give you wisdom and to direct your path as you invest in those the Lord has given into your care or has allowed you to see.

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How to Prepare for Session 3

We will discuss how to be a friend to those at risk of being exploited or trafficked. In preparation for Session 3, continue applying what you learned in Session 1 and talk to the Lord about the at-risk persons you wrote down on your list.

References

1. Ashley Addiction Treatment. (2020, January 10). *Boundaries Are So Important in Recovery: Ashley Treatment Center*. Ashley Addiction Treatment.
<https://www.ashleytreatment.org/boundaries-in-recovery/>.
2. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.
3. Dressemer. (2019, June 3). *The Link Between LGBTQ Youth and Human Trafficking*. Dressemer.
<https://www.dressemer.org/blog/the-link-between-lgbtq-youth-and-human-trafficking>.
4. Polaris. *Sex Trafficking and LGBTQ Youth*. Polaris Project.
<https://polarisproject.org/wp-content/uploads/2019/09/LGBTQ-Sex-Trafficking.pdf>.
5. *Risk Factors and Indicators*. National Center on Safe Supportive Learning Environments.
<https://safesupportivelearning.ed.gov/human-trafficking-americas-schools/risk-factors-and-indicators>.

Session 3

How to Be a Friend



Luke 10: 25-37

And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” He said to him, “What is written in the Law? How do you read it?” And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” And he said to him, “You have answered correctly; do this, and you will live.”

But he, desiring to justify himself, said to Jesus, “And who is my neighbor?” Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped

him and beat him and departed, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him, and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?" He said, "The one who showed him mercy." And Jesus said to him, "You go, and do likewise."

Start video, "Session 3"

While we were still sinners, Christ chose to step out of His world of glory and into our world of sin and endure the cross. He did not just endure the cross. He endured insults. He endured false accusations. He endured abuse. Why? Because of the joy that was set before Him. What was that joy? That joy was you in the midst of your sin. That joy was the hope that one day you would be adopted as God's son or daughter. (Romans 5:8, 2 Corinthians 5:21, Hebrews 12:2, John 1:12, John 17:18-21, Galatians 4:4-6)

We are to follow Christ's example and love others the way that He loved us.

How to BE A FRIEND

1. Be a Neighbor

Responding to the needs that the Lord allows you to see.

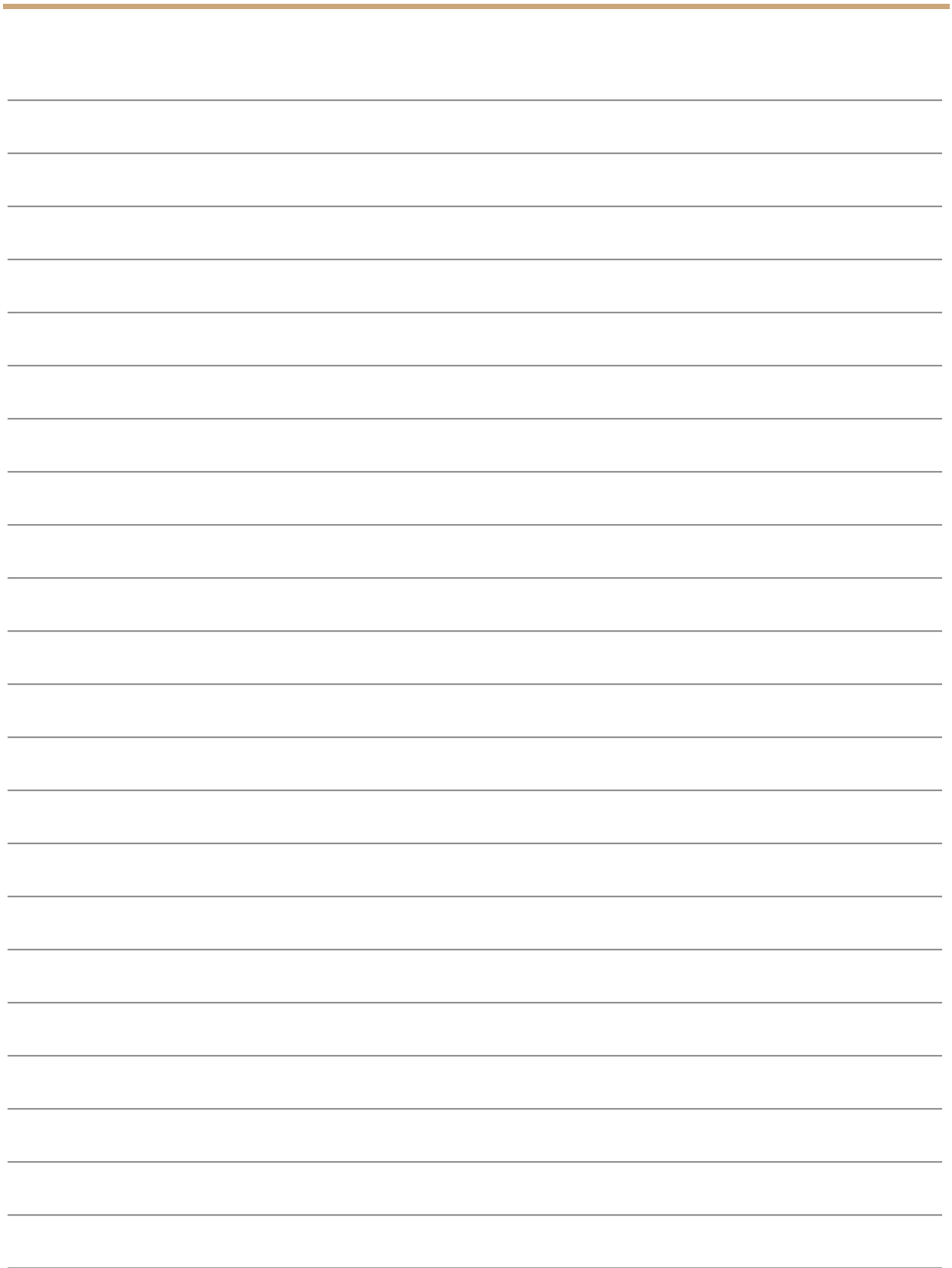
2. Listen and Ask Questions

The goal is to love people, care about them, and respect them.

3. Be Consistent

Vulnerable people don't need more rejection in their life.

WE WILL GET BURNED when we love people, but **THEY ARE WORTH IT.**



Further Explanation

1. Part of what makes a question **safe**, is that there is no requirement or pressure to answer it. It's simply an invitation that can be turned down.
2. **Open-ended**, means it requires more than one word to answer. Example: "Do you mind sharing how you became afraid of squirrels?" or "What made you decide to be vegan?"
3. To **encourage openness**, sometimes it helps to start with yourself. Don't forget, however, to make room for your friend to share and to listen to him/her.

Pray Together

1. Break into groups of twos and threes
2. Share with each other how you've been processing and/or applying the content we have covered in the previous sessions and in this one. Try to draw each other out with safe, open-ended questions and consider how you can best support and pray for each other.
3. Pray for each other.

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How to Prepare for Session 4

We will discuss internal and external boundaries to keep in mind as we navigate interactions and relationships with people who are at risk for being exploited. In preparation for Session 4, continue praying and applying what we have discussed so far in the workshop.

References

1. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.

Be a Friend

Session 4

Boundaries



Matthew 5: 13-14

"You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the

house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

Matthew 25: 31-40

“When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats. And he will place the sheep on his right, but the goats on the left. Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’

Matthew 10: 16

“Behold, I am sending you out as sheep in the midst of wolves, so be wise as serpents and innocent as doves.”

Start video, "Session 4"

EXTERNAL BOUNDARIES

Key Concepts

1. You should always be able to say, "NO".
2. Listen to your gut.

Sensing that someone is being manipulative does not mean you can't or shouldn't help them. Before you help them, however, take a step back and ask yourself a few questions.

- Do I feel comfortable telling him no?
- Would I be putting myself or others at risk?
- Would I be compromising my priorities?
- Would I be compromising my convictions?
- Would I really be helping them, if I did what they are asking me to do?
- Is there a better way to help them?

3. Accountability

Continue video, "Session 4"

Internal Boundaries

One of the best ways to start forming internal boundaries is to become more self-aware.

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Quietly Consider

1. Reflect on how you naturally respond in various situations and circles such as work, church, family, non-christian friends... Are you able to say no, if you need to? Do you listen to your gut or ignore it out of fear of offending? Do you have accountability for your interactions with others or for yourself?
2. Ask the Lord to make you aware of internal and external boundaries that are needed in your day to day life.
3. Ask the Lord for friendships with people you can feel open and safe with, who will keep you accountable.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Pray Together

Thank the Lord for each other and pray for each other to be directed by the holy spirit, for protection and guidance, and that each of you would let your light shine in all your relationships through this next week and beyond.

[illegible]

How to Prepare for Session 5

We will discuss how to work together as a team and how to find and use the resources available in your community. In preparation for Session 5, continue praying and applying what we have discussed so far in the workshop.

If you lack friends for accountability, think through who you can talk to about this. Who do you feel comfortable and safe reaching out to for back up, advice, debriefing, prayer, etc.

References

1. Ashley Addiction Treatment. (2020, January 10). *Boundaries Are So Important in Recovery: Ashley Treatment Center*. Ashley Addiction Treatment.
<https://www.ashleytreatment.org/boundaries-in-recovery/>.
2. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.

Session 5

Networking and Resources



1 Corinthians 12: 14-26

For the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all

were a single member, where would the body be? As it is, there are many parts, yet one body.

The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the parts of the body that seem to be weaker are indispensable, and on those parts of the body that we think less honorable we bestow the greater honor, and our unpresentable parts are treated with greater modesty, which our more presentable parts do not require. But God has so composed the body, giving greater honor to the part that lacked it, that there may be no division in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together.

Start video, "Session 5"

Vital Roles

1. **Workers** - Those who interact with an at risk individual through the context of his/her occupation.
2. **Minister** - Those who interact with an at risk individual at risk through the context of ministry.
3. **Friend** - Those who are personally involved in the life of an at risk individual as a friend.
4. **Supporters** - Those who minister to at risk individuals by choosing to support the workers, ministers, friends involved in their life through prayer, accountability, encouragement, finances, or other means.

Network Together

Workers

1. What do you do for work? What do you enjoy about your job? What is difficult?
2. How can your brothers and sisters pray, encourage, and/or support you?

Ministers

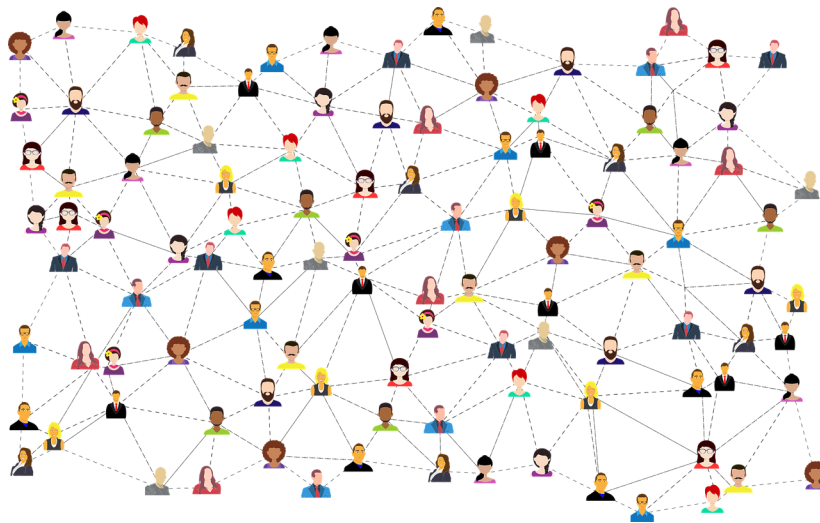
1. What is your ministry? What do you enjoy about what you do? What is difficult?
2. How can your brothers and sisters pray, encourage, and/or support you?

Friends (including foster/adoptive parents)

1. Without sharing details regarding people's names or situations, briefly share how the Lord has worked in your relationship with people at risk. What has been difficult for you in these friendships?
2. How can your brothers and sisters pray, encourage, advise, and/or support you?

Supporters

1. What ways are you willing to support workers, ministers, or friends? (Prayer, finances, encouragement, advising, accountability, etc.)



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Resources in Your Community

To find resources in your community, it takes more than searching “Sex trafficking” or “Safe Home” on the internet. You need to think about what you are looking for. Consider the following directions as a group.

1. **Consider who is at risk:** People who...
 - a. Are isolated physically, emotionally, relationally, etc.
 - b. Have poor or no boundaries
 - c. Are needy physically, emotionally, relationally, mentally, substance dependency, etc.
2. **Brainstorm together** what types of services are for people with any or all of these risk factors? Write down everything you think of.

Example: Counseling, social services, teen shelter, after school programs, clothing drive, etc.

3. **Web Search** the resources you listed to discover which ones are in your area.
4. **Create a Reference Sheet:** Together make a list of names and phone numbers of the resources in your area to have with you in case you need to refer a friend to them.

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Pray Together

- [illegible]

How to Prepare for Session 6

We will discuss how to listen and respond to individuals who are opening up to you about concerning or dangerous situations they are in or experiencing. In preparation for Session 6, continue to pray and apply what we have discussed so far in the workshop.

References

1. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.

Session 6

Listen, Document, Respond



Psalm 18: 1-6

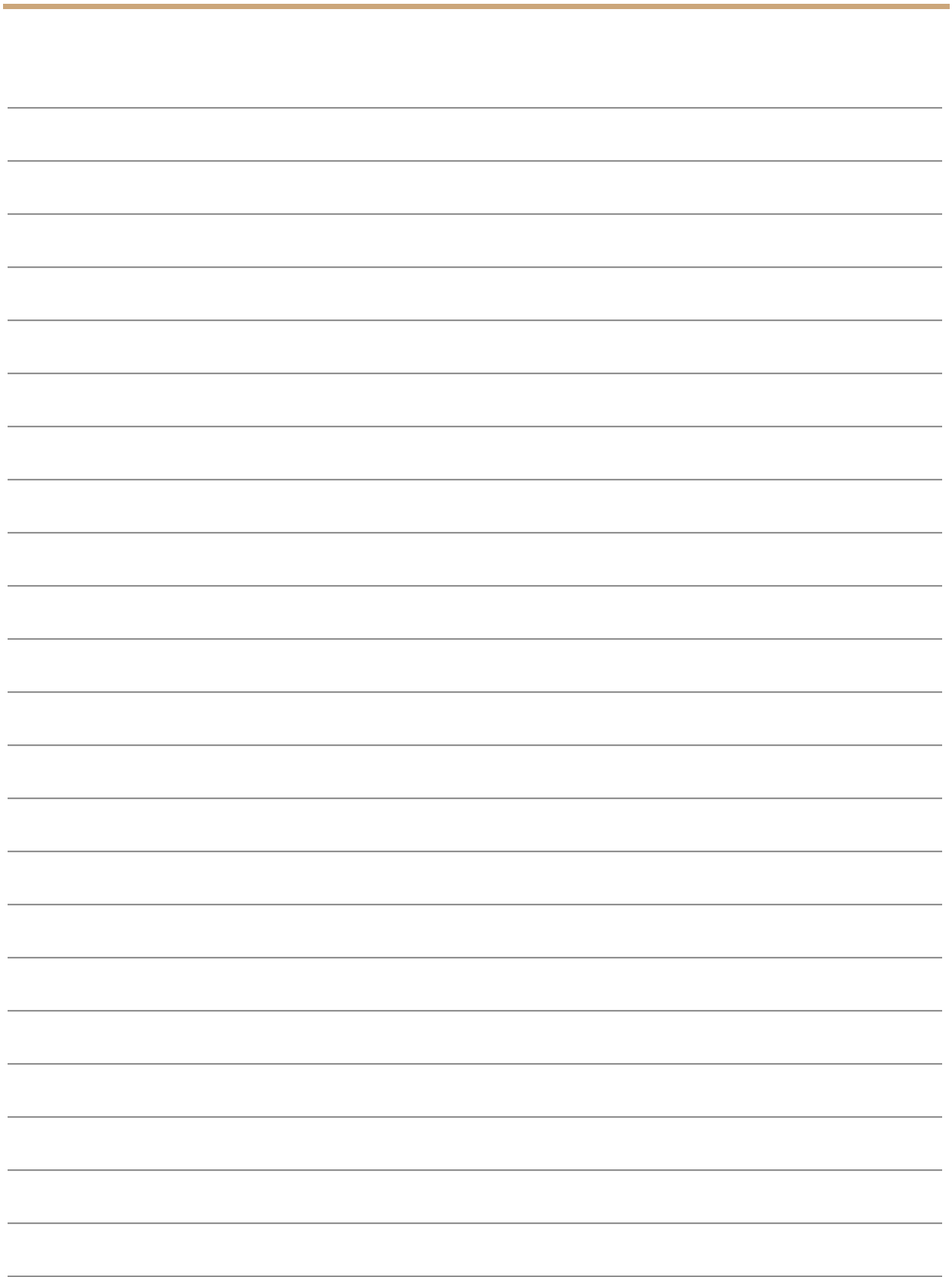
I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies. The cords of death encompassed me; the torrents of destruction assailed me; the cords of Sheol entangled me; the snares of death confronted me. In my distress I called upon the Lord; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

Exodus 3:7

Then the Lord said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings..."

Start video, "Session 6"

[illegible]



If you are not sure whether or not you should call a hot-line, call a hot-line.

Talk to the Appropriate Person

- I. **National Human Trafficking Hotline** - The National Human Trafficking Resource Center's hotline specialists are trained to handle your call and are available 24 hours a day, seven days a week. Call them!
Phone: 1-888-373-7888
<https://polarisproject.org/national-human-trafficking-hotline/>
- II. **Childhelp Hotline** - 24-hour hotline with resources to aid in every child abuse situation (sexual, physical, emotional, neglect, etc.,).
Phone: 1-800-422-4453
<https://www.childhelp.org/childhelp-hotline/>
- III. **National Domestic Violence Hotline** - Highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. As a friend you can reference their website to help you navigate how to best support the victim and/or encourage them to contact the hotline.
Phone: 1-888-799-3224
<https://www.thehotline.org/help/>
- IV. **National Runaway Safeline** - NRS trained crisis volunteers offer a safe, non-judgmental space for youths to discuss the issues they face (abuse, family conflict, bullying, etc.,) and assist them in developing a plan. As a friend you can reference their website to help you navigate how best to support someone in this situation and encourage them to call the safeline.
Phone: 1-800-786-2929
<https://www.1800runaway.org/>
- V. **Other Hotlines and Resources**
<https://victimconnect.org/resources/national-hotlines/>

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Prayer and Worship

This session was created to give you direction moving forward, not to shame or condemn past actions. Relationships and situations like what we've discussed are difficult and rarely clean-cut. If you found this session to be unsettling, that is totally understandable. If there are things that were discussed that you don't feel completely comfortable with, disagree with, or need time to process, that is also totally understandable.

I encourage you to spend the rest of your time together, in silence, prayer, and worship. You might find it helpful to turn on light instrumental worship music to help calm and still your mind and heart as you go before the Lord.

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How to Prepare for Your Final Week

We will review and discuss together what was covered in this workshop, how you applied what you learned, and the experiences you had when you put these lessons into action.

Consider and discuss what else would be meaningful for you as a group for your last BE A FRIEND week. Food and fellowship? Prayer and Worship? You decide.

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Be a Friend

Debrief and Review



Start video, “BE A FRIEND - Final Exhortation”

Review and Debrief

I. Introduction

- A. What is sex-trafficking?
- B. What does it mean to be sexually exploited?
- C. What did you find most disturbing in the introduction?
- D. What impacted you the most from the introduction?

II. Session 1

- A. What is your circle of influence?
- B. Did anything in session one impact or change the way you live and where you spend your energy?

III. Session 2

- A. What 3 protections do people have in place that cause them to be less of a target of exploitation?
- B. Has this changed the way you understand people in your neighborhood, family, and church?
- C. Has this affected your personal life at all? If so, how?

IV. Session 3

- A. What are the three concepts we discussed regarding how to be a friend?
- B. Have you put these concepts into practice?
- C. As you have invested in the lives of individuals who are vulnerable to exploitation, what else have you learned from your experience?

V. Session 4

- A. What are internal and external boundaries?
- B. What do healthy boundaries have to do with investing in the lives of individuals who are at risk for being exploited?
- C. What kind of internal and external boundaries have you had to create in order to stay healthy, sane, and safe?

VI. Session 5

- A. How would you describe Workers, Ministers, Friends, and Supporters?
- B. Do you have a personal story that describes how you have fit into one of these roles and partnered with others to invest in the life of someone at risk?
- C. Have you utilized any of the resources you listed in this session? If so, how?

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Did this workshop impact your life?

Please encourage other small groups, bible studies, and Sunday schools to consider going through this workshop as well.

Are you interested in participating in future Regenerate workshops as they are created?

If so, please send me an email letting me know of your interest and consider making a donation or becoming a monthly supporter of Regenerate.

<https://www.regeneratewebsite.org/donate>

Do you have questions, concerns, or suggestions for me? I'd love to hear from you!

Regeneratequestions@gmail.com

Thank you for participating in "Be a Friend"!

Numbers 6:24-26

The Lord bless you and keep you;

the Lord make his face to shine upon you and be gracious to you;

the Lord lift up his countenance upon you and give you peace.

References

1. Crossway Bibles, a publishing ministry of Good News Publishers. (2001). *Holy Bible: English Standard Version (ESV)*.