THE WELL OF COLUMBIA

18-Month Discipleship & Restoration Plan

Ezekiel 47:9 *- "Where the river flows everything will live."*

Purpose

The Well of Columbia provides a structured 6-18 month residential discipleship experience designed to help women rebuild their lives on a strong foundation of faith, healthy relationships, personal responsibility, employment, and practical life skills. Our desire is not simply to provide housing, but to walk alongside each disciple as she learns to follow Jesus, rebuild trust, establish healthy patterns, and prepare for successful independent living.

Each phase provides increasing responsibility, freedom, and independence as the disciple demonstrates growth, consistency, accountability, and stability.

Matthew 7:24-25 *- "Everyone who hears these words of Mine and puts them into practice is like a wise man who built his house on the rock."*

PHASE 1: MONTHS 1-3

Foundation & Intensive Discipleship

The first three months are a season of intensive discipleship and spiritual foundation. This is a time to slow down, become grounded, and focus on developing a relationship with Jesus Christ. Through biblical teaching, prayer, counseling, Bible study, daily responsibilities, and discipleship, the disciple begins establishing the foundation upon which her new life will be built.

Employment is not required during this initial season. This allows the disciple to concentrate on spiritual growth, healing, learning the expectations of the home, and establishing healthy daily routines.

Colossians 2:6-7 *- "As you received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith."*

Psalm 127:1 *- "Unless the Lord builds the house, those who build it labor in vain."*

First 30 Days - Focus Month

The first 30 days are intentionally structured as a Focus Month. This period is designed to reduce distractions, slow the pace of life, and redirect the disciple's attention toward the Lord.

- No personal phone during the first 30 days.
- No personal visits during the first 30 days.
- Two 15-minute approved phone calls per week.
- Participation in teaching, prayer, Bible study, counseling, household responsibilities, and discipleship activities.
- The primary focus is developing a personal relationship with Jesus Christ and establishing healthy routines.

Psalm 46:10 *- "Be still, and know that I am God."*

Matthew 6:33 *- "Seek first the kingdom of God and His righteousness, and all these things will be added to you."*

After the First 30 Days

After the initial 30 days, a personal phone may be permitted at the discretion of leadership and according to the disciple's progress. The disciple must provide and pay for her own phone service, follow established boundaries, and observe phone hours of **8:00 AM-6:00 PM**. Phone privileges are connected to trust, accountability, and responsible use.

Approved family visitation may begin after the first 30 days. Visits may take place at the house or gym for up to **4 hours** on the **1st and 3rd Saturday or Sunday**, with prior approval.

1 Corinthians 10:23 *- "All things are lawful, but not all things are helpful. All things are lawful, but not all things build up."*

PHASE 2: MONTHS 3-6

Re-Entry, Employment & Trust

Months 3-6 are a season of beginning to adapt back into society while continuing to learn how to walk with Jesus in everyday life. The disciple begins part-time employment while remaining engaged in the structure and spiritual life of The Well.

- Part-time employment.
- Continued discipleship classes, counseling, church services, scheduled outreaches, meetings, and ministry activities.
- Continued household responsibilities and accountability.
- Development of a personal financial plan, including budgeting, saving, and responsible spending.
- A weekly rent contribution of $50.
- Approved off-campus family visits for up to 6 hours on a Saturday or Sunday, with prior approval.
- Family members are encouraged to attend church with the disciple when appropriate.

This phase emphasizes consistency and trust. As the disciple demonstrates responsibility, honesty, faithfulness, and healthy decision-making, increased freedom and responsibility may be considered.

Luke 16:10 *- "One who is faithful in a very little is also faithful in much."*

Proverbs 3:5-6 *- "Trust in the Lord with all your heart... In all your ways acknowledge Him, and He will make straight your paths."*

Colossians 3:23 *- "Whatever you do, work heartily, as for the Lord and not for men."*

PHASE 3: MONTHS 6-12

Stability, Responsibility & Growing Independence

Months 6-12 focus on establishing a stable lifestyle and preparing the disciple for greater independence. The goal is for spiritual growth to become a consistent way of life while the disciple develops employment stability, financial responsibility, healthy relationships, and practical life skills.

- Maintain a healthy and growing relationship with Jesus Christ.
- Maintain employment, with the goal of full-time employment.
- Continue required discipleship, counseling, church, and ministry activities.
- Maintain household responsibilities and demonstrate consistency.
- Continue budgeting, saving, and developing financial stability.

- Pay $100 per week in rent.
- Up to two overnight visits per month with approved family, subject to leadership approval and demonstrated responsibility.

John 15:4-5 *- "Abide in Me, and I in you... whoever abides in Me and I in him, he it is that bears much fruit."*

Proverbs 21:5 *- "The plans of the diligent lead surely to abundance."*

Galatians 6:9 *- "Let us not grow weary of doing good, for in due season we will reap, if we do not give up."*

PHASE 4: MONTHS 12-18

Transition & Preparation for Independent Living

A disciple who chooses to remain at The Well beyond 12 months may enter the 12-18 month transition phase. This stage is focused on preparing for successful independent living while continuing the spiritual disciplines, relationships, and responsibilities developed throughout the program.

- Maintain a healthy relationship with Jesus Christ.
- Maintain stable employment.
- Continue discipleship and counseling.
- Continue paying $100 per week in rent.
- Demonstrate financial responsibility, healthy boundaries, and personal stability.
- Develop a practical transition plan for transportation, a vehicle when appropriate, housing, employment advancement, savings, budgeting, documentation, life skills, church involvement, community support, and other needs necessary for independent living.

Jeremiah 29:11 *- "For I know the plans I have for you, declares the Lord... to give you a future and a hope."*

Proverbs 16:3 *- "Commit your work to the Lord, and your plans will be established."*

Isaiah 43:18-19 *- "Remember not the former things... Behold, I am doing a new thing."*

ONGOING SUPPORT THROUGHOUT THE PROGRAM

Discipleship, Counseling & Weekly Support

Discipleship does not end when a disciple reaches a new phase. Throughout her time at The Well, she receives ongoing biblical discipleship and counseling support. Leadership meets with disciples weekly to evaluate progress, identify needs, address concerns, and provide practical support toward long-term success.

Proverbs 11:14 *- "Where there is no guidance, a people falls, but in an abundance of counselors there is safety."*

Family Restoration

The Well actively works with families, when appropriate, to help develop healthy communication, trust, boundaries, forgiveness, accountability, and restored relationships. Our desire is not only to support the disciple, but whenever possible to help establish a healthy support system around her.

Malachi 4:6 *- "He will turn the hearts of fathers to their children and the hearts of children to their fathers."*

Ephesians 4:2-3 *- "With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."*

Our Goal

The goal of The Well is not simply for a woman to complete 18 months. Our goal is for each disciple to leave with a strong foundation in Jesus Christ, healthy relationships, stable employment, financial responsibility, practical life skills, and a realistic plan for independent living.

We desire for each woman to learn not only how to leave her past behind, but how to build her future around the presence of God.

2 Corinthians 5:17 *- "If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."*

Philippians 1:6 *- "He who began a good work in you will bring it to completion at the day of Jesus Christ."*