



CALVARY RESIDENTIAL DISCIPLESHIP

Student Handbook

"How can a young man cleanse his way? By taking heed according to Your Word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your Word I have hidden in my heart, that I might not sin against You."

— **Psalm 119:9-11**

"...put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and ... put on the new man which was created according to God, in true righteousness and holiness."

— **Ephesians 4:22-24**

Welcome to CRD

We are so glad you're here.

At Calvary Residential Discipleship (CRD), we believe God has a purpose for your life. This program is not simply about recovery — it's about transformation through Jesus Christ. Here, you will find a community of believers committed to walking with you in faith, accountability, and hope.

This handbook will serve as a guide throughout your time in the program. It explains our mission, outlines expectations, and shares the heart behind why we do what we do.

Our prayer is that as you commit yourself to God's Word, prayer, and fellowship, you will experience true freedom, healing, and the joy of living as a disciple of our Lord Jesus.

Welcome to the journey. You are not alone — we are excited to walk with you as you take these steps of faith.

Mission Statement

Calvary Residential Discipleship (CRD) is a Christ-centered ministry that helps men (CRD Men's) and women (Blessed Hope) overcome addiction and life-controlling struggles through the transforming power of God's Word, prayer, and community. Our goal is not just recovery, but lifelong discipleship and restored families.

Core Values

- Christ-Centered – Jesus Christ is the foundation and focus of all we do.
- Biblical Discipleship – We believe God’s Word is the source of true transformation.
- Prayer & Worship – Daily communion with God strengthens and sustains new life.
- Community – Growth happens in fellowship, accountability, and service.
- Integrity – We pursue honesty, humility, and transparency before God and others.
- Restoration – We seek healing for individuals, marriages, and families through Christ.
- Mission – Our desire is that every graduate becomes a disciple who makes disciples.

Section 1: About CRD

Ministry Summary

Calvary Residential Discipleship (CRD) is a Christ-centered ministry of Calvary Chapel Bangor, Maine, designed to help men (CRD Men’s) and women (Blessed Hope) grow as disciples of Jesus Christ.

The program is structured into two phases, requiring a minimum commitment of one year. In some cases, a six-month option may be available for married students. Each phase builds on the previous one, with specific goals, responsibilities, and privileges.

Our primary goal is not simply recovery, but transformation. We believe that true freedom and healing come only through a living relationship with Jesus Christ. To graduate, a student must demonstrate growth in both attitudes and actions that reflect the heart of a disciple. Graduation is based on maturity in Christ — not simply on time spent in the program.

At CRD, students learn to live a life of surrender to God, accountability to others, and service to their community. We are committed to providing an environment where God’s Word, prayer, and fellowship lead to lasting change and restored lives.

Statement of Faith

What We Believe

We believe the Bible — Old and New Testaments — is the inspired and infallible Word of God. It is our final authority for faith and life.

We believe the only true basis of Christian fellowship is Christ’s love (agape), which is greater than any differences we may have. Without His love, we have no right to call ourselves Christians.

We believe worship of God should be:

- Spiritual – led by the Holy Spirit, not by human tradition.
- Inspirational – lifting hearts through music, prayer, and thanksgiving.

- Intelligent – centered on the teaching of God’s Word so that we may know Him more.
- Fruitful – producing love, holiness, and transformation in our lives.

Who We Believe

We believe in one God who exists eternally in three persons: Father, Son, and Holy Spirit.

God the Father – the sovereign Creator of all things, perfect in holiness, wisdom, love, and power. He hears prayer and saves all who come to Him through Jesus Christ.

Jesus Christ – God’s eternal Son, fully God and fully human. He was born of a virgin, lived a sinless life, performed miracles, and taught truth. He died on the cross as the perfect sacrifice for our sins, rose bodily from the grave, ascended into heaven, and now intercedes for us. He will return personally and visibly to rule and reign.

The Holy Spirit – the Spirit of truth who convicts the world of sin, brings new life to believers, and empowers us to live for Christ. He gives spiritual gifts for the building up of the Church, and produces fruit that shows the life of Christ within us.

How You Can Know God

We believe all people are separated from God by sin and are responsible for their own choices.

But salvation, forgiveness, and new life are freely given through Jesus Christ. When a person repents of sin and trusts Jesus as Savior and Lord, they are forgiven, born again, sealed by the Holy Spirit, and adopted into God’s family.

This gift of eternal life is by grace alone, through faith alone, in Christ alone.

How We Live Out Our Faith

We believe the Church is the body of Christ, made up of all true believers, with Jesus as the Head. Every believer is called to worship, prayer, fellowship, service, and growing in maturity through God’s Word.

We believe Jesus gave the Church two ordinances to practice:

- Baptism – by immersion, as a public testimony of faith.
- The Lord’s Supper (Communion) – open to all who follow Christ.

We believe the gifts of the Holy Spirit are still at work today and are to be exercised in love and in order, always pointing to Christ and building up the Church.

We await the pre-tribulation rapture of the Church and the visible return of Jesus Christ to rule on earth. This hope motivates us to live holy lives, worship passionately, study God’s Word diligently, and serve faithfully until He comes.

Above all, we believe that love is the greatest mark of true discipleship. Without love, even the most impressive gifts or knowledge are empty

Section 2: Admissions

Eligibility Criteria

CRD is a Christ-centered discipleship program, and while it offers a powerful opportunity for transformation, it is not the right fit for everyone. Applicants must meet the following requirements:

Spiritual Desire – A genuine willingness to follow Jesus Christ and to be challenged and disciplined both spiritually and practically.

Physical Health – Able to participate in daily chores, work assignments, and ministry opportunities.

Medication Restrictions – Students may not be on addictive or psychotropic medications (including Suboxone or Methadone). Anyone tapering off such medications must submit a step-down schedule signed by their doctor.

Legal Standing – Applicants must not have past or pending charges related to sex crimes.

Financial Commitment – A \$5,000 donation is required prior to entry. Payment may be made via money order, cashier's check, or PayPal. Personal checks are not accepted. This donation is non-refundable. In cases of financial hardship, a payment contract may be arranged with the program administrator.

Other Restrictions – CRD is not equipped to accept students who need medical detox, have severe mental health issues, or require ongoing medical care beyond what can be reasonably managed in a residential discipleship setting.

Tobacco-Free Environment – Use of tobacco or nicotine products of any kind (including patches, gum, or vaping) is prohibited.

Application & Acceptance Process

1. **Application** – Submit a completed CRD application.
2. **Phone Interview** – The Director will contact the applicant to review eligibility criteria and discuss readiness for the program.
3. **Prayer & Discernment** – Both the applicant and CRD leadership will pray and seek the Lord's will regarding admission.
4. **Follow-Up** – The Director will notify the applicant of acceptance status and provide specific instructions if approved.
5. **Entry Day** – Unless otherwise arranged, admissions are scheduled Monday–Friday, 8:00 a.m.–4:00 p.m.

Intake Day: What to Expect

When a student arrives at CRD, the following steps will be completed:

Drug Screening – A drug test will be administered upon arrival.

Donation – The \$5,000 donation (or payment contract) must be completed at this time.

Paperwork – Students must sign the Ministry Commitment, General Release, and Ministry Agreement forms.

Final Approval – Only after successful completion of these steps will the student be officially admitted into CRD.

CRD does not discriminate on the basis of race or ethnic background.

Financial Commitment

Participation in CRD requires a **\$5,000 entry donation** to support the ministry and cover program costs.

Payment options: money order, cashier's check, or PayPal.

Personal checks are not accepted.

The donation is **non-refundable** under all circumstances.

In cases of hardship, the Director may approve a written financial contract.

This commitment ensures the ministry can continue serving students in need while maintaining a Christ-centered environment of accountability, discipleship, and growth.

Section 3: Student Life

Program Overview

The CRD program is divided into **two phases**. Each phase is designed to help students grow in Christ, develop godly character, and prepare for a life of freedom, service, and responsibility.

Progression through the phases is **not based on time alone**, but on spiritual maturity, obedience, and evidence of transformation. Students are evaluated by leadership for readiness before advancing.

Phase 1: Foundations of Discipleship

Duration: Approximately 6 months (varies by individual growth).

Focus: Building a foundation in Christ.

Developing consistency in personal devotion, prayer, and fellowship.

Completing biblical foundations coursework.

Learning accountability and submission to spiritual authority.

Building habits of service, humility, and integrity in community living.

Expectations:

Full participation in all Bible studies, church services, classes, and group devotionals.

Completion of assigned work duties and household responsibilities.

No cell phones, computers, or personal electronic devices.

Restricted communication: weekly family calls (10 minutes); married students may receive one additional mid-week call.

Active demonstration of willingness to be disciplined and corrected.

Privileges:

Growing trust from leadership as maturity is demonstrated.

Opportunities for leadership development through serving peers.

Phase 2: Living Out Discipleship

Duration: Approximately 6 months (following successful completion of Phase 1).

Focus: Transitioning into responsible Christian living.

Applying spiritual disciplines consistently in daily life.

Preparing for re-entry into work, family, and community life.

Learning to balance work, ministry, and accountability.

Developing character traits of honesty, humility, and reliability.

Expectations:

Continued adherence to all CRD rules, policies, and community guidelines.

Gaining and maintaining employment (for men; women's program may vary by need).

Faithful participation in worship, study, prayer, and fellowship.

Use of cell phones only as a privilege, under staff approval and accountability (subject to monitoring and filtering requirements).

Demonstrating self-discipline in work, finances, and relationships.

Privileges:

Use of a monitored cell phone.

Increased responsibility and trust from leadership.
Opportunities to mentor Phase 1 students.
Preparation for graduation and re-entry into life outside the program.

Graduation & Completion

Graduation from CRD is based not on the calendar but on **evidence of transformation**:

Faithful obedience to Christ and His Word.
Consistent accountability to leadership and peers.
Demonstrated growth in humility, service, and responsibility.
Readiness to return to family, work, and church life as a disciple of Jesus Christ.

Every student who completes both phases faithfully will receive a **Certificate of Completion** from CRD.

Rules & Regulations

As a student in Calvary Residential Discipleship (CRD), you are expected to follow these rules at all times. They are designed to create a safe and orderly environment, foster accountability, and encourage spiritual growth. Compliance with these guidelines is essential to your progress in the program and to maintaining unity within the community.

1. Spiritual Commitments

Attendance at all scheduled church services, Bible studies, classes, and group devotionals is required.
Students must bring a Bible, notebook, and pen to every service and study session.
Daily devotion and prayer are essential and expected of every student.

2. Lifestyle Standards

The use or possession of drugs, alcohol, tobacco, vaping products, or any mind-altering substances is strictly prohibited.
The use or possession of energy drinks, energy supplements, or fat-burning/metabolism-boosting products is strictly prohibited.
Pornography, sexually explicit, or provocative materials of any kind are not permitted.
Profanity, crude joking, gossip, and speech that dishonors Christ are not allowed.
Gambling of any kind is prohibited.

Romantic or sexual relationships, including communication with the opposite sex, are not permitted while in the program.

3. Community Life

Students must show respect to leadership, staff, volunteers, and fellow students at all times. Fighting, threats, intimidation, or any form of physical violence are not tolerated.

Stealing, lying, manipulation, or deceit are strictly prohibited.

Dorm rooms, common areas, and bathrooms must be kept neat and clean. Daily chores must be completed faithfully.

All students are required to dress modestly. (See Dress Code for details.)

Complaining or murmuring is not permitted. Grievances may be submitted respectfully to the ministry team.

4. Technology & Media

Personal laptops, tablets, video game systems, and similar devices are not permitted.

Secular music and media are not allowed.

Cell phones are a privilege available in **Phase 2** only, and may be revoked at any time.

Phones must comply with CRD's filtering and accountability requirements.

Internet and social media use are prohibited unless supervised by staff and approved for ministry or practical purposes.

5. Health & Safety

All students are subject to random drug and alcohol testing.

Firearms, knives, and all weapons are strictly forbidden.

Lighters, matches, and similar items are not permitted.

Shoes must be worn outdoors at all times for safety.

Students may not leave CRD property without approval and accountability from staff.

Passes for appointments during workdays must be requested at least one week in advance and approved by the Director.

All appointments, meetings, or visitations with family or friends must be approved by the Director.

6. Accountability

Instructions from leadership must be followed promptly and without argument.
Students may not go anywhere alone; accountability requires going in pairs and informing leadership of your whereabouts.
All belongings, vehicles, and living spaces are subject to search by staff at any time.
Borrowing or lending money or personal items without staff approval is not allowed.

Dress Code & Modesty Standards

At CRD, we believe that how we dress reflects our respect for God, ourselves, and one another. The goal is **modesty, respect, and practicality**. Clothing should support a Christ-centered environment, free from distraction, temptation, or worldliness.

General Standards (for all students)

Clothing must be modest, clean, and in good condition.
No tight, revealing, or suggestive clothing.
No logos, graphics, or slogans that dishonor Christ (e.g., profanity, alcohol, drugs, or sexual content).
Pajamas, lounge wear, or sleepwear may not be worn outside of bedrooms.
Shoes must be worn at all times when outdoors.

Men's Dress Code

Clothing must fit properly — sagging pants, sideways hats, or unkempt styles are not permitted.
Shirts must be worn at all times (no bare chests).
Work clothing should be practical and modest.
Church and class attire should be neat and respectful.

Women's Dress Code

No yoga pants, leggings, or other tight-fitting pants unless covered by a modest top or dress.
Shorts must be modest length (approximately mid-thigh or longer).
Dresses and skirts must reach at least just above the knee and not be form-fitting.
Shirts and tops must not reveal cleavage or midriff. Tank tops are only permitted when worn under another shirt.
No clothing with writing across the back or areas that draw inappropriate attention.

Jewelry and piercings: body piercings are not allowed (earrings only). Clear plugs are not permitted.

Swimwear must be modest (one-piece or full-coverage tankini).

Enforcement

Dress code violations will be addressed by CRD staff. Students may be required to change clothing, and repeated violations may result in disciplinary action.

The standard is simple: **dress in a way that honors Christ and respects others.**

Biblical Foundations

At CRD, accountability and discipline are not meant to harm, but to build you up in Christ. God's Word shows us that correction is part of discipleship and leads to growth, healing, and maturity.

Correction with Purpose

"No discipline seems enjoyable at the time, but painful. Later on, however, it yields the fruit of peace and righteousness to those who have been trained by it."

— Hebrews 12:11

"Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator." — Colossians 3:9-10

Watchfulness & Sobriety

"Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith." — 1 Peter 5:8-9

"Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." — Matthew 26:41

Encouragement in the Struggle

"My grace is sufficient for you, for My power is made perfect in weakness."

— 2 Corinthians 12:9

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” — 1 John 1:9

Walking in New Life

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” — 2 Corinthians 5:17

*“I have been crucified with Christ; it is no longer I who live, but Christ lives in me.”
— Galatians 2:20*

Section 6: Practical Information

Packing Lists

Students should bring only the approved items listed below. Any unapproved or excess items will be sent home, stored off-site, donated, or disposed of. All clothing must be modest, functional, and in good condition.

Suggested Men’s Packing List

Bible (recommended NKJV/LSB), notebook, highlighter
Phone (will remain in leadership possession until 2nd Phase)
7 pairs underwear, 10 pairs socks, 10 work shirts, 2 dress shirts, 2 dress pants
1 pair steel-toed boots, 1 pair sneakers, 1 pair shower shoes, 2 lounge pants, 1 rain jacket
3 sweatshirts, 1–2 pairs shorts, 1 swim short, work pants
Toiletries: towel, razor, toothbrush, toothpaste, soap/shower gel, deodorant (non-aerosol), floss, toiletry bag
Cold weather: thermals, gloves, knit cap, sweatshirts/fleece, winter coat
Misc: envelopes, stamps, pens

Suggested Women’s Packing List

Bible, notebook, journal, pens, highlighter
Phone (will remain in leadership possession until 2nd Phase)
12 undergarments, 5 bras (incl. sports bras), 10 work shirts, 10 casual shirts (church), 4 tanks (underlayer only)
8 pants (no leggings/yoga pants), 3 modest shorts, 2 sleepwear sets, 5 sweatshirts/hoodies
5 pairs of shoes (incl. sneakers, dress shoes, boots, flip flops)
Seasonal: modest swimsuit (one-piece or tankini), winter coat, long johns, hat/gloves/scarf
Toiletries: shampoo/conditioner, toothbrush, toothpaste, deodorant, body wash, razor, feminine products, hair tools, light makeup
Misc: bookbag, envelopes, stamps, reusable water bottle, photo ID, insurance card, OTC meds (sealed; no sleep aids/Benadryl)

Bedding, linens, and towels are provided.

Do Not Bring

iPods, MP3 players, tablets, or gaming devices
Secular music, inappropriate books/media
Tobacco, vaping, alcohol, or drugs
Unapproved/open medications (including sleep aids, diet aids, or psychotropics)
Large amounts of cash — CRD does not allow students to carry money.

Personal Belongings Policy

Students are responsible for their personal belongings. CRD is not liable for lost, stolen, or damaged items.
All personal property must be taken with the student upon departure. Items left behind will be considered abandoned and disposed of after 72 hours.
Belongings, vehicles, and living spaces may be searched by staff at any time.
Borrowing or lending money or items without approval is not permitted.

Health & Safety Guidelines

Substance Testing: Students are subject to random drug and alcohol tests at any time. Refusal will be treated as a positive result.
Weapons & Fire Hazards: Firearms, knives, matches, lighters, candles, and incense are not permitted.
Medical Needs: Students must be able to participate in daily work and ministry. CRD is not equipped for detoxification, severe physical illness, or unmanaged mental illness.
Illness: All sickness must be reported to leadership, who will determine whether the student may rest or must continue with duties.
Property Safety: Shoes must be worn outdoors at all times. Students must remain on property unless granted an approved pass.
Accountability: Students may not go anywhere alone. All activities require accountability to staff and/or pairing with another student.

Resources for Families

At CRD, we recognize that healing and transformation extend beyond the individual student. Families play a vital role in the process of restoration, and we want to support you as you walk alongside your loved one.

Staying Connected

Phone Calls: Students may have limited and supervised phone calls depending on program phase. Please respect these boundaries, as they are designed to encourage focus and growth.

Visitation: All visits must be approved by the Director in advance. Approved family visits are an important opportunity for encouragement and accountability.

Mail: Letters are welcome and encouraged. Please keep correspondence Christ-centered, uplifting, and free from inappropriate content.

Support for Families

Family Counseling & Pastoral Care: Pastors and staff are available to meet with family members for prayer, counseling, and biblical encouragement.

Recommended Reading: A list of biblically based books and resources is available upon request to help families grow in Christ and understand the discipleship process.

Church Community: Families are welcome to join services at Calvary Chapel Bangor, where they can connect with others who are walking through similar seasons.

How You Can Support Your Loved One

Pray regularly for their strength, humility, and perseverance.

Respect program guidelines — do not attempt to bypass rules or provide unapproved items.

Encourage their growth by speaking life, truth, and Scripture into your conversations.

Trust God's timing and process, even when it feels slow or difficult.

Resources Beyond CRD

Pure Life Ministries – resources for families dealing with sexual addiction.

Celebrate Recovery – Christ-centered recovery ministry available in many local churches.

Focus on the Family – biblical resources for marriage, parenting, and family healing.

Contact Information

For more information about Calvary Residential Discipleship (CRD), please reach out to us directly.

Calvary Residential Discipleship (CRD)

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