

The 12-step journey

- #01 We admitted that, in our own strength, we are powerless to rise above our hurts, resentments, unhealthy behaviors and attempts to control. Our lives have become unmanageable.
- #02 We came to believe that God exists, that He loves us deeply and that, through a personal relationship with Jesus Christ, we can be healed and fulfill the purposes for which we were created.
- #03 We made a conscious decision to turn our lives, our pain and our will over to the care of God and the leadership of Jesus Christ.
- #04 We took an inventory of our lives, facing the truth where we've been hurt, how we've hurt others and the secrets we carry in our hearts.
- #05 We broke the power of shame by confessing to God and another human being the exact nature of our wrongs, the lies we believed and secrets we vowed to take to the grave.
- #06 We humbly asked God to forgive our wrongdoings and, based on His forgiveness, chose to also forgive ourselves. We then forgave those who hurt us, releasing our bitterness and trusting God to bring about justice in His way and timing.
- #07 We admitted our shortcomings, pride, sinful tendencies and selfishness without excuse. We repented and asked God to replace our character defects with His character.

of Freedom Session

- #08 We accepted responsibility for how we have harmed others, made a list of those we've offended and became willing to make amends to them all.
- #09 We made specific and direct amends to those we have hurt whenever possible, except when to do so would further injure them or others who are innocent. For such persons, we made specific and indirect amends.
- #10 We entered an authentic relationship with God, learning to hear His voice and understand His will for our lives through Bible reading and personal interaction with the Holy Spirit.
- #11 We determined to live authentically with ourselves, creating a "life plan" to establish priorities, develop integrity and formulate the values by which we will live.
- #12 We committed to live authentically with others, taking responsibility for our attitudes, judgments, behaviors and boundaries. Realizing our own shortcomings, we offer the same grace to others that God has extended to us. As God gives opportunity, we will share our story of finding healing, freedom and purpose for life with others.



...because

emotional health is

the foundation for

spiritual maturity.

HEALING THROUGH DISCIPLESHIP

Freedom Session equips the local church to offer emotional/relational healing as a discipleship foundation.

Marriages are failing, pornography enslaves and the scars of abuse steal our children's hope and their future.

People attending our churches today and those we are trying to reach are looking for hope.

Freedom Session is what we offer after the sermon.

Freedom Session helps people write out their story with a God-inspired ending.

"FS has freed me up as a pastor and fills our church with powerful testimonies."

-Peter Degon True Grace Church

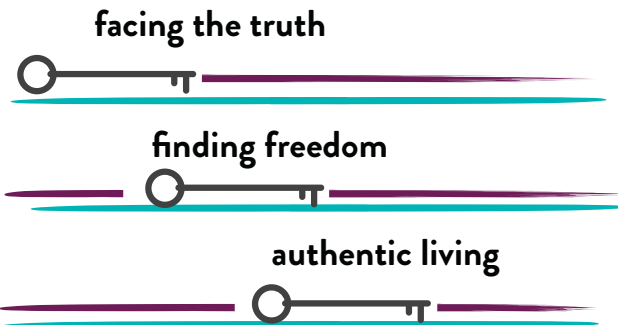
"I have researched many programs that deal with healing but FS sits in a class by itself. Everyone should participate in FS."

-Rev. John Kreklo, Alpha Ministries

I've watched FS transform hundreds of people's lives with my own eyes making them freer, authentic and mature in Jesus. This thing is different..."

-Mark Clark, author/pastor Village Church

The FS Course:



Freedom Session is a 20-week journey leading us to face the truth about ourselves, our lives and the destructive relational patterns we use to protect our hearts. We learn to step out of denial and face reality.

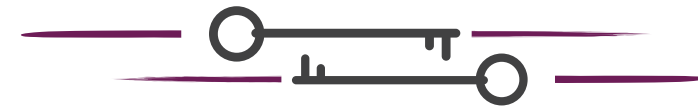
Next, we ask God to reveal the pain in our hearts and false beliefs that fuel our behaviors of escape, invite Him into these areas and ask Him to redeem all that was lost. It's not the pain in our past that holds us in bondage today but our interpretation of the events.

With the support of others walking the same journey, we take the practical steps necessary to break free and find lasting healing. Shame loses its grip and we are ready to embrace the life God intended for us.

Those taking the 8-week Authentic Living follow up course will discover how to hear from God daily, craft an authentic life plan, resolve conflict and set healthy boundaries.

FS is a basic discipleship tool for any church seeking to impact their culture for Jesus.

What Makes FS Unique:



FS is uncompromisingly biblical and relies on the healing power of Jesus Christ and the ministry of the Holy Spirit.

FS has created its own 12 Step process that accurately reflects the message of Jesus. Our goal is not recovery, but emotional and relational healing.

FS is for everyone and deals with the issues people are struggling with. It uncovers the deeper heart issues that cause people to seek escape through pornography, TV, food, performance, fantasy, people pleasing, isolation, or alcohol/drugs.

FS brings hope into depression, past failures and sexual wounds through abuse or promiscuity.

Churches don't need separate programs for every area of hurt, wound or addictions.

FS is an excellent "bridge" for those who have attended recovery programs and are ready for the next step.

FS is user-friendly with video support and can be used in a large group setting or smaller home group format. Detailed participant guides come with teaching outlines for small group discussion and weekly step work assignments.

FS is transferable and has proven effective across denominational lines. Christ's intent is for all to walk in freedom and healing.

Leadership resources and training are available as well as teaching scripts with visual support.