

“Freedom Session has changed my life. My first breakthrough came when I was able to forgive myself. This course has opened my heart to God’s love for me and given me a lot of confidence in who I am. I now love who I am in Christ. I am a new person. Where there was anger, bitterness, resentment, hurt and unforgiveness towards others, now there is God’s love and compassion for them.”

– Sandy

“I came to Freedom Session because I needed to deal with a “closet” issue in my life that enslaved me for most of my adult life. This program offered me practical teaching, tools that work and a small group community where I felt loved and accepted. Here I have found forgiveness and freedom from the guilt and shame that ruled most of my life. I highly recommend it to all my friends.”

– Wade

“I love God and I know that He loves me! I have received much healing in my life since beginning a personal relationship with God. Yet, some of my old habits of “stuffing” my pain continued to haunt me. I was unable to give my pain to God because I kept it disguised or buried. Freedom Session has given me the courage and the necessary tools to face my pain and give it to a personal, loving and forgiving God.”

– Jennine

## FREEDOM SESSION AS DISCIPLESHIP

*Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.*

PSALM 139:23-24

## FREEDOM SESSION AS HEALING

*LORD my God, I called to you for help,  
and you healed me.*

PSALM 30:2

## FREEDOM SESSION AS RECOVERY

*Jesus said ...he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.*

LUKE 4:18

## FREEDOM SESSION AS WORSHIP

*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is true worship.*

ROMANS 12:1

FREEDOMSESSION.COM



freedom  
session

FINDING HEALING  
THROUGH DISCIPLESHIP

ken b. dyck, AUTHOR

# HOPE HEALING WHOLENESS

## FREEDOM SESSION (FS)

*A Christ centered healing journey—move from areas in your life where you feel stuck to greater levels of freedom and hope.*

A Place To...

**BE HEARD**  
**FEEL LOVED**  
**FIND HEALING**

### 1 FREEDOM SESSION AS **DISCIPLESHIP**

PSALM 139:23-24

Discipleship involves leading an examined life.

Living the examined life allows God to reveal unseen things/issues that He would like to address so we can continue to grow and further reflect the character and life of Christ. Looking back over our past experiences, our strengths and our weaknesses, **FS** challenges us to find one thing that if we would allow God to affect, would help us on our spiritual journey.

Walk in health and wholeness as you move forward and encounter difficulties in life.

### 2 FREEDOM SESSION AS **HEALING**

PSALM 30:2

Healing involves inviting Jesus to bring His healing into our wounds.

Men and women carry wounds and/or issues that have shaped who they are today. Whether it's past physical, sexual and/or emotional abuse **FS** helps facilitate true healing which frees you from the impact these experiences continue to have on your life. You'll be able to open up to God and others in a safe and supportive environment and find wholeness & significance.

### 3 FREEDOM SESSION AS **RECOVERY**

LUKE 4:18

Recovery involves the development of healthy patterns of life that bring us freedom from the bondage of sin and addiction.

- Freedom from sexual addictions and shame.
- Support for people who are controlled by food and who are defined by their appearance.
- Healing for the deeper hurts that make escaping through compulsive use of alcohol and/or drugs.
- People who chronically worry about how others respond to their feelings, opinions, and behavior—who have a hard time saying no, and who minimize, alter, or deny how they truly feel—find their voice and express their wants and needs in healthy ways.

### 4 FREEDOM SESSION AS **WORSHIP**

ROMANS 12:1

Worship involves choosing God instead of the other ways/things we escape our problems with.

**FS** talks about our drugs of choice—the things we run to when things get hard. Some call these things our Idols—the things we choose over God. But God is our help in times of need. **FS** sets us free to worship God by giving us the tools to identify our idols and choose God instead of other ways of escape.

*I have come that you may have  
life and have it to the full.*

JOHN 10:10

**freedom  
session**