

## 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 wills 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.

**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.

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### TUESDAY EVENINGS

Large Group | 7:00PM  
Coffee Break | 8:15PM  
Small Group | 8:30PM

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The logo for 'Freedom Session' features a large, stylized key icon to the left of the text 'FREEDOM SESSION' in a bold, sans-serif font. The key icon is white with a blue outline and a blue cross on its head.

## FREEDOM SESSION

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HEALING THROUGH DISCIPLESHIP

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...we never had any suicidal thoughts but I've definitely had strong suicidal thoughts over the past 18 months.

ken b. dyck, AUTHOR  
freedomsession.com

# HOPE HEALING WHOLENESS

## THE FREEDOM SESSION PROGRAM:

**Foundations:** Facing the Truth & Finding Freedom | **Authentic Living**

Freedom Session (Foundations) is a 20 week, proven healing-discipleship journey for people who are ready to look honestly at how they deal with life's challenges and discover the abundant life God intended them to live.

As Jesus heals our heart, unhealthy and destructive ways previously used to escape the pain become less and less attractive. Shame and unworthiness lose their grip and the lies that we once believed about ourselves are replaced by God's truth and we teach the practical skills to live accordingly.

Authentic Living is a ten week program that equips us with practical tools to continue our journey of wholeness. It starts with learning to recognize and respond to the voice of the Holy Spirit. With His guidance, we learn to process current disappointments, tension and conflict in a healthy way. Finally, we will discover a God-inspired vision for our lives.

Freedom Session has proven effective for men and women from every walk of life, every economic level and virtually every area of woundedness. It is equally effective for those with little church experience and those who've attended church their entire lives. Those who complete Freedom Session consistently describe it as the most significant growing experience in their Christian journey.

***Freedom Session is a place to be heard, a place to feel loved and a place to find healing.***

## WHAT MAKES FS UNIQUE...



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

**Freedom Session** has created its own 12 Step process that accurately reflects the message of Jesus. Our goal is not recovery, but healing. Effective discipleship involves leading an authentic and examined life. Therefore, emotional and relational healing should be considered a normative step in every Christian's discipleship journey.

**Freedom Session** offers practical strategies to deal with real issues such as pornography, broken relationships, sexual woundedness and abuse, depression, anger, fear and various forms of addiction. Beneath these "symptoms" is most likely a wounded and empty heart, looking for hope and meaning. By working and applying the steps we begin to grow spiritually and heal relationally. The result is freedom because Jesus promises that when we face the truth, He will set us free. John 8:32

**The depth of Freedom Session homework...** an essential part of Freedom Session. We lead you to probe deeper and interact with the material you've just been taught that week in Large Group. In this process we become willing to accept God's grace and solutions to the problems we have experienced in life.

## TESTIMONIES...

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