Ministry Lift 2014

# *Freedom Session*

Stand strong…Walk in truth

www.freedomsession.org

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Implementing

Healing-Discipleship in the Church

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Track 3: Understanding a *Christ-centered* 12-step healing-discipleship journey**

**A** very **brief history of the 12 step movement in North America.**

**Five fundamental problems with the recovery movement:**

**Five or more fundamental problems with the church in this area:**

# The *Freedom Session* 12 Step Journey[[1]](#footnote-1)

**The Freedom Session 12 Steps and Why we use them:**

1. The 12 Steps give us a common language with the **RECOVERY COMMUNITY** that is familiar with traditional 12 Step programs.
2. The 12 Steps outline a **PREDICTABLE** and **NECESSARY** journey we must often experience before we are able to **HONESTLY** bring our pain to Jesus Christ for healing and deliverance.
3. We revised the 12 Steps, where necessary, to reflect a **BIBLICAL** understanding of salvation, healing and redemption of the lives we were meant to live[[2]](#footnote-2).

**The Freedom Session Journey**

**PG 3**

***Getting Real***

*9 10-12…*

*3*

*8*

*1 2*

*4 5*

*6*

*7*

***Walking***

***in Healing***

**PG 1**

**PG 2**

***Finding Healing***

***Going***

&

***DEEP***

# Step 1: admitting powerlessness and lives being unmanageable

# Step 2: God exists and cares, and through JC can show me a better way to live my life

# than I am currently experiencing. (restore my life to sanity)

# Step 3: turn life, pain and healing over to JC

# Step 4: Mirror, Shield & Closet Inventories – chronicling the pain inflicted upon us and pain we’ve inflicted on others by trying to cope/deal with our pain by ourselves.

# Step 5: confessing/sharing of our inventories.

# Step 6: dealing with sin and our defects of character (iniquities) revealed in Step 4/5.

# &7:

# Step 8: forgiving ourselves (Shield & Closet Inventories) and others (Mirror/Closets)

# Step 9: Amends, Jesus Style

# Step 10: learning to examine our lives daily (journaling) and deal with current pain

# Step 11: learning to hear God’s voice through Scripture reading & journaling

Step 12: becoming ready to give back to God by being a credible witness of His healing in our lives and committing to a life of service within our families, in FS and/or other areas of ministry within the church.

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Track 3 Follow up EXERCISE A: A *Freedom Session***

**Spontaneous Inventory**

You are about to embark on an experience FS participants are asked to complete in Session 21 of a 27 week FS journey.

Think through the negative experiences you’ve had this past week. Select a conflict, offense or something that bothered you enough to create an emotional response and work through the following questions. It is important to take the time to be honest with yourself. If you come to a question that you don’t know the answer to, stop and ask the Holy Spirit to shine His light into your heart to reveal the truth.

# Describe what happened that caused the conflict/wound:

# Step 1: Contemplate what forms of “denial” may have been operating in your life in this issue. Circle as many of the emboldened “denial forms” as apply.

# simple denial: pretending it’s not an issue when I know deep down it does bother me

# minimization: acknowledging the problem but minimizing how greatly it is impacting me and my relationships or how often I’ve felt this way in the past.

# rationalization: making excuses or giving reasons to justify my behavior or the behavior of those who hurt me.

# blaming: recognizing the problem but maintaining the responsibility for my current pain and/or response lies with someone else or some circumstance beyond my control

# diversion: changing the subject / focusing on something else to avoid dealing with this.

# bargaining: attempting to make deals with God (or others) for when/how I will deal with this issue.

# passivity: embracing a victim mentality – “it’s beyond my control; there’s nothing I can do.”

# hostility: becoming angry, attaching others rather than looking deep in my own heart and dealing with what’s really going on.

# intellectual/generalizing: dealing with the problem at a general or intellectual level rather than become specific and deal with how I am feeling.

What is unmanageable and outside of my control in this issue or conflict?

Why is it so difficult for me to acknowledge I cannot control these things?

# Step 2: What do I believe about Jesus Christ on this issue?

* Do I believe He cares about this issue? \_\_ yes \_\_ no

Why/why not?

* Do I believe Jesus can help me deal with this in a better way than I can? \_\_ yes \_\_ no

Why/why not?

* How do I typically respond when this kind of “thing” happens in my life?
* How would a person who believes Jesus cares about this issue respond in this situation?
* How would a person who does not believe/feel Jesus cares about this issue respond?
* Based upon my last two answers, what do I *really* believe about Jesus on this issue?
* Am I willing to believe Jesus cares about me in this issue and that He’s able to help me?

\_\_\_yes \_\_\_ any other answer or conditional answer

**Note**: If you are not willing to say yes to this last question from the heart, there is no point in going any further until you come to grips with who God is.

# Step 3: Have I turned this hurt and my will as it relates to *this issue* over to the care of Jesus Christ/God?

* How would a person who has turned their pain and will over to the care of God respond in this situation?
* How would a person who has not turned their pain and will over to the care of God respond in this situation?
* What losses do I risk in turning this “stuff” and my will over to Jesus Christ?
* What potential benefits might I gain? (Note: These are *potential*, not guaranteed.)
* Am I willing to turn this my hurt and my will over to the care of Jesus Christ?

\_\_\_yes \_\_\_ any other answer or conditional answer

# Step 4: Taking Inventory: *What is really going on here?*

# Looking in the “mirror”

* Who *specifically* hurt me?
* What specifically did they *do* or *not do* to hurt me? [in *this issue*, not in the past]
* How are their actions/behaviors affectingor hurting me *emotionally, mentally, socially sexually, vocationally*?
* Is there anything I am blaming on them that I might be responsible for? If so, what?

# How am I attempting to protect myself – my “Shield”

* To whom, in this situation, have I caused hurt or loss? {list all}
* What specifically did I do that hurt them? How would *they say* I’m hurting them?
* What damage might this be causing in their life/lives?

(physical, emotional, mental, relational, sexual, vocational)

* Why am I doing this? (don’t let yourself continue without answering)

# Step 5: For the sake of modeling honesty/vulnerability, to whom would it be appropriate to “confess” or share my (above) Step 4 inventory?

* Myself? (completed if you have honestly worked the spontaneous Step 4)
* God? (definitely)
* My accountability partner (possibly…do you have one?)
* My Supervisor (preferably if possible)
* A close friend (possibly)
* Spouse (possibly, but not if your spouse is the one causing pain)
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Note:** Pick at least one of the open boxes (above). This means that you become willing to share the hurt going on and how you are responding to it. The goal is accountability to deal with it appropriately and gsin prayer support, not gossip. Completing a Step 5 and “venting” are not the same!

* Am I willing to confess my Step 4 inventory to the person(s) listed above?

\_\_\_ yes \_\_\_ any other answer or conditional answer

* I will follow through on this commitment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(date and time)

# Step 6: What character defects *of mine* are/were in operation while I was processing this situation?

# self-centered/selfishness blaming projection self-justification

# pride false humility impulsiveness

# envy/jealousy phoniness conning/manipulation

# people pleasing self-pity perfectionism

# intolerance taking for granted impatience

# withdrawing violence (physical/verbal) gossiping

# lying sarcasm one *I made up all by myself*

*(circle as many as apply)*

* Am I willing to ask God to entirely remove these defects of character?

\_\_\_ yes \_\_\_ any other answer or conditional answer

* What change am I prepared to make in my life to maximize likelihood of success?

hint*:* in FS, we teach that to rise above a character defect, we must learn to walk in the exact opposite spirit of that defect of character. i.e. One cannot rise above withdrawal by trying not to withdraw but by choosing an action in which they engage.

# Step 7: *Dear Lord Jesus, I now humbly ask you to remove \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from my life. I believe you can do this. Holy Spirit, please raise a bold red flag in my mind/heart next time I am tempted to reclaim what I have just asked you to remove. Thank you.*

# *Your son/daughter, \_\_\_\_\_\_\_\_\_\_\_\_\_.*

# Step 8: I am willing to forgive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (see Step 4 “Mirror”)

\_\_\_ yes \_\_\_ any other answer or conditional answer

# *If it is possible, as far as it depends on me,* I am willing to make amends to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (see Step 4 “Shield”)

\_\_\_ yes \_\_\_ any other answer or conditional answer

# Step 9a: To be spoken verbally, out loud

# *Lord, I forgive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* (forgive one person at a time)

# *for* (describe the offense)

# *which made me feel* (verbalize painful feelings)

# *I choose to bear the consequences of their offense against me without bitterness, knowing that you already paid for it on the cross.*

# *I relinquish my “perceived” right to seek revenge or hold this against \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

# *I now entrust them into your care and judgment.*

# *I now ask you to fill this area of my life with your Holy Spirit and heal any damaged emotions in my heart because of this wound.*

***- Amen***

# Note: a fuller explanation / process of this level of “Forgiveness” is found on pages 147-148 of *Freedom Session* Participation Guide 2, © 2009.

# Step 9b: Lord, I will make amends to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Type of amend required: (select either direct or indirect)
* **Direct**
* Face to face *(preferred)*
* Phone call *(if necessary)*
* Email or letter *(if absolutely necessary)*

What exactly will I do to *mend* this relationship/situation as far *as it depends on me?*

* **Indirect**

Reason for *indirect* amend:

What exactly will I do?

* I will make this amend on/before: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* I *\_\_ will ask \_\_ have asked* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to hold me accountable in this.

He/she will check up on me on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*****The Twelve Steps to Freedom***[[3]](#footnote-3)

*& their biblical foundation[[4]](#footnote-4)*

**Step 1:** We admitted that, in our own strength, we are powerless to rise above our hurts, resentments, broken relationships, addictive behaviors and attempts to control. Our lives have become unmanageable.

*For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.* Romans 7.18

**Step 2:** 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.

*For I know the plans I have for you, declares the Lord, plans for peace[[5]](#footnote-5) and not for evil, to give you a future and a hope.* Jeremiah 29.11

**Step 3:** We made a conscious decision to turn our lives, our pain and our wills over to the care of God through His Son, Jesus Christ.

*The thief comes only to steal and kill and destroy; I came that [you] may have life, and have it abundantly.* John 10:10

**Step 4:** 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.

*Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me…* Psalms 139:23-24a

**Step 5:** We broke the power of shame in our lives by confessing to God and another human being the exact nature of our wrongs, the lies we’ve believed and the secrets we vowed to take to our graves.

*Therefore confess your sins to one another and pray for one another, that you may be healed.* James 5:16

**Step 6:** We humbly asked God to forgive our wrongdoings and, based on His forgiveness, chose to also forgive ourselves. We further extended forgiveness to all who hurt us, releasing our bitterness and trusting God to bring justice in His way and timing.

*Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come…And forgive us our sins, for we ourselves forgive everyone who is indebted to us.* 1 Corinthians 5.17; Luke 11:4

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**Step 7:** We admitted our character defects, our pride, our sinful tendencies and selfishness without excuse. We repented and asked God to replace our character defects with His character.

*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

**Step 8:** We accepted responsibility for the ways we have harmed others, made a list of those we’ve offended and became willing to make amends to them all.

*If possible, so far as it depends on you, live peaceably with all…And as you wish that others would do to you, do so to them.* Romans 12.18; Luke 6:31

**Step 9:** We made specific and direct amends to those we have hurt whenever possible, except when to do so would further injure them or innocent others. For such persons, we made specific and indirect amends.

*So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.* Matthew 5:23-24

**Step 10:** Having found healing and freedom from our pasts, we committed to apply the principles of authenticity in our daily lives and relationships, taking responsibility for our attitudes, decisions and behaviors.

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the good and acceptable and perfect will of God.*

Romans 12:1-2

**Step 11:** We learned to hear God’s voice and understand His will for our lives through Bible reading and personal interaction with Jesus Christ in prayer. We renounced previous judgments and inner vows and developed strategies to rise above daily temptation or difficulty.

*All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.* 2 Timothy 3:16-17

**Step 12:** We created a purposeful “life plan” to help us continue walking in freedom by developing godly values and character. As God brings opportunity, we are committed to sharing our experience of freedom and healing with others.

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*  Ephesians 2.10

1. This portion of training is taken from FS Basic Facilitator Training 03, © 2009. [↑](#footnote-ref-1)
2. We (Freedom Session Resources) will be publishing a brand new and clearly Christ-centered 12 step journey called “the Twelve Steps to Freedom” that will significantly deviate from the current attempts to Christianize the traditional 12 Steps. [↑](#footnote-ref-2)
3. The *Twelve Steps to Freedom* used in *Freedom Session* were written/revised by ken b dyck in 2015 and are under copyright © by *Freedom Session Resources.* For more info, see [www.twelvestepstofreedom.org](http://www.twelvestepstofreedom.org). [↑](#footnote-ref-3)
4. All Scripture references in The *Twelve Steps to Freedom* are taken from the English Standard Version (ESV), © 2001. [↑](#footnote-ref-4)
5. Some ESV renditions use “welfare.” [↑](#footnote-ref-5)