



## Living Free Ministries:

### **OUR MISSION:**

We are dedicated  
To bring healing, deliverance and freedom  
From life controlling issues through our creator,  
God the Father, Son and Holy Spirit, and to lead all  
To salvation through faith in Jesus Christ our Savior.

### **LIVING FREE "STATEMENT":**

- We believe that freedom from any life-controlling problem or addiction is not a lifelong experience of ongoing recovery, but a once in a lifetime **miracle** of God that is maintained by His power over sin once and for all as a new creation.
- We believe that the Word of God speaks of recovery and reconciliation through a life of relationship with Jesus Christ.
- We believe that constant communion with God through prayer, Bible reading and personal interaction with believers can produce an ongoing addiction-free lifestyle.
- We believe in a commitment to one another through a life that testifies, of God's power to "set free" those who are held captive by life's controlling issues.

### **OUR CORE VERSE:**

**2 Corinthians 5:17**

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold all things are become new.

# The Living Free Six Month Program:

The Living Free six month program is designed to offer men of all ages an opportunity to seek “freedom” and “recovery” from life controlling issues in a environment characterized by:

- Love.
- Biblical thinking.
- Honest affirming relationships.
- The power of the Holy Spirit.
- Time.

**We at Living Free define a “life controlling issue” as:**

**Anything that stands in the way of our spiritual growth and relationship with God.**

Life-controlling problems may be something that people consider positive-work, sports, or ministry-or things that people consider negative, such as alcohol, drugs, gambling, or sexual addictions. We may become consumed with another person’s problem and try to fix it. We may be trapped by emotions that overwhelm us-grief, depression, anger. Or life-controlling problems may be sinful attitudes and mindsets-bitterness, envy or lust.

## What we Expect of You!

- Attend faithfully Monday night small groups, Thursday night Celebration and Saturday Morning Meetings.
- Complete daily devotional and church attendance sheets every week and turn it into your facilitator. (Facilitator will explain this sheet to you in detail.)
- Attend the church of your choice three times a week and fill out the sheet completely with notes on the sermon.
- We ask you have a church home by the second month.
- Daily devotional check list.
- We ask that you read at least 1-3 chapters in the Bible everyday and spend time in prayer. Record this on the sheets. (Same time, same place every day.)
- We suggest that you begin in the book of Matthew and read the Bible like a book.
- Pass a 5 panel drug test one per month (or if a student is suspected of using drugs)
- Abide by the guidelines in the application.

- Respect for everyone in the groups and services are mandatory.
- Attendance Policy - no more than 2 absences of any of the Monday night small groups, 90% attendance.
  - A weekly meeting with Tommy Wilson, David Carpenter or a representative of living Free to review progress/needs or to pray.
  - Remember we are here to laugh with you in good times, cry in bad times but to always lift each other up in prayer!!!!

### Your weekly schedule should include...

- **Sunday:** (in a Bible believing church of your “denominational” choice), Sunday school, worship service and evening service. {Services are available Sunday Morning and evening at Mission of Hope Church and evening at Cross Winds}, If you are not enrolled in church, Living Free members can make additional suggestions of many local Churches we are a part of.
- **Monday:** meetings are conducted at Living Free building beginning at 6:30 to 8:00. Dinner is served
- **Tuesday:** we recommend “Celebrate Recovery” meetings that are conducted downstairs at the Alcorn County courthouse beginning at 6:00 (?)
- **Wednesday:** We recommend either “Celebrate Recovery” at the Alcorn County courthouse or Wednesday night service at the Church of your choice.
- **Thursday:** takes place at Living Free building at 6:30. Dinner begins at 6:30 speaking at 7:00-8:00
- **Friday:** Family Time or Rest!
- **Saturday:** Men’s meeting begins at 7:00a.m.-8:00a.m. Biscuits and coffee are served.

Living Free meetings are conducted in a group format with the exception of “accountability” or “counseling” sessions with may be conducted one on one. We feel that the group format offers an environment in which a person who is struggling with a life controlling issue may find solace in knowing others in the group may have been where they are. In the group the members may begin to “carry each other’s burdens” and “encourage one another daily” as Galatians 6:2 and Hebrews 3:13 instructs.

*Galatians 6:1-2 Brothers and sisters, if someone are caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. <sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ.*

*Hebrews 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.*

An attendance log will be assigned to you monthly to be signed by the meeting facilitator or a representative of the church. Failure to meet monthly attendance requirements may result in disqualification from the six month program.

### **Accountability:**

The men and women who have found success in handling their life controlling issues have included in their lives an accountability relationship with other Christian Men and Women who are further along in their walk with Christ.

We expect all persons in the six month program to submit them to an accountability relationship with a mature Christian.

Living Free can assist candidates in finding a person who can serve as that role of accountability partner, however we feel it is the ultimate responsibility of the candidate to secure that relationship.

- Excellent candidates for an accountability partners might be; Ministers or Deacons in your Church, your Sunday school teacher, a meeting facilitator at Living Free, or one of the Living Free board members.
- A poor choice for an accountability partner would be, a friend who is also struggling with life controlling issues, a member of the opposite sex, a spouse or close family member who might find it difficult to be objective.

Accountability partners must be approved by the Director of Living Free.

A weekly accountability meeting attendance sheet must be signed by approved partners and submitted monthly to the Director of Living Free. Failure to do so may result in disqualification from the six month program.

### **Thoughts on Accountability:**

One of the main issues that bring an individual to “Living Free” is a life-long pattern of irresponsibility. The responsibility they need is developed through accountability. Therefore, to continue to mature as a Christian, one of the greatest needs for one who struggling with life controlling issues is to have a person with whom he can discuss weaknesses and failures without fear of rejection.

### **This accomplishes at least two things:**

**First**, it provides an outlet to cleanse his conscience. The Apostle John tells us that if our conscience doesn’t condemn us, we have confidence before God, implying that a guilty conscience will cause a rift between us and God. Thus, one feels cut off from the grace they need to get back up and go on, rather than needlessly continuing in a lifestyle of sin due to one failure. This is especially true of new Christians. They often need a person who will communicate the forgiveness and restoration offered in Christ.

**Secondly**, accountability provides an objective view of oneself. We humans are prone to either underrate or overrate our progress and standing. Blind spots often exist in our character. These blind spots are dangerous flaws which can serve to destroy our Christian walk later on. Because of this, another’s objective evaluation of our spiritual state is not only very enlightening and valuable, but is of the utmost necessity.

Accountability requires compassion, courage, vulnerability and commitment. Compassion is more than concern. Compassion causes involvement. Jesus was **moved** with compassion. Struggling Christians need more than mere pity. They need someone with compassion who is willing to get involved and will confront when needed.

Obviously, this type of involvement in another's personal life takes courage – that quality which is willing to climb over its own insecurities and fears to do what is right. When a brother or sister begins to avoid you because of a moral struggle, it takes compassionate courage to seek him or her out.

In order for accountability to work, closeness must also be developed. This closeness is earned through vulnerability. A person will only be willing to share his or her struggles with someone who is willing to reciprocate.

And finally, accountability must be a mutual commitment, voluntarily entered into by both people. With this commitment, the recipient will find it easier and safer to accept input and those concerned will be more motivated to persist through the struggles involved in keeping each other accountable. (Borrowed with permission from *Teen Challenge Savannah Tn.*)

## **DAILY PLAN FOR SUCCESS:**

### **A. Morning Quiet Time**

1. Ask Jesus Christ, through His Holy Spirit to order the priorities for your day.
2. Read God's Word, and meditate on it (ask you accountability partner for recommendations on the best place to start). Using a daily devotional will help you to organize a regular plan that will work for you. We recommend the *"Sweet P's"* (available from Living Free) and *My Utmost for His Highest* by Oswald Chambers.
3. Ask for God's will to be done in your life for TODAY!

### **B. Daily Contact With "Concerned" People**

1. Talk with your accountability partner
2. Call up one of the other Living Free members on the phone.
3. Meet with another Living Free friend. Encourage one another.

### **C. Regular Meals and Times of Meals**

1. Maintain a good diet.
2. Avoid the compulsion to indulge in junk food.

3. Plan your meals as often as you can - seek to have a well balanced diet.

#### **D. Regular Hours For Sleep**

1. Set a reasonable and regular time to go to bed.
2. Do the same with getting up in the mornings. Try to stay on a reasonable schedule.
3. When you can't sleep, don't just toss and turn; read God's Word, read recommended Spiritually uplifting materials, or encouraging recovery materials. This could also be an opportunity to PRAY.

#### **E. Regular Work Hours**

1. Seek to be full-time employed.  
{If you are not currently employed spend a portion of each day in looking for a job or volunteering to help around Living Free or Cross Winds...there is always something that can be done if a person is willing to help!!}
2. Get to work on time.
3. Try to improve at your job. Do your work as "unto the Lord".
4. Develop at good attitude about your job.
5. Don't be a complainer or join in negative group or gossip.

#### **F. Regular Attendance at Living Free, Church and Celebrate Recovery Meetings**

1. Work your weekly schedule to include all Living Free meetings, Church meetings and Celebrate Recovery meetings.
2. Organize your schedule around your "plan" - not the other way around.

#### **G. Plan to Handle Depression and Mood Swings**

1. Call and or visit your accountability partner during difficult times.
2. Call or visit another Living Free, Church or Sunday school friend Pastor or your Churches Deacon on call-
3. Never hide yourself away from everyone, all alone. Loneliness will only foster further depression.
4. Keep busy - physical activities, reading, Bible study, or maybe a hobby.

#### **H. Gain Confidence That Help is There When You 'need It**

1. ASK - ASK - ASK for help! Remember, you must ask for help in order for your recovery plan to work. Ask God, Ask your accountability partner, ask another Living free friend, or ask a Preacher from your local church. *The important thing here is to ASK/*

2. Make the call - pay the visit.... proves to yourself they mean what they say when they tell you "I want to help".

### **I. Avoid Controversy**

1. Let others do the arguing. You don't need it.
2. Why argue about things you can't control?
3. Take a look around you and look at what you can take authority over. You, your own life. Let the rest go!
4. Remember, when you engage in a heated argument, emotionally, you will be the loser, even if you win the argument!

### **J. Be Prepared to Help Others**

1. Reach out to someone at Living Free meetings that seems to be alone.
2. Welcome newcomers.
3. Share your recovery story - your experience, strength and hope.

### **K. Close Your Day with Gratitude**

1. For your strength to pursue recovery.
2. For the grace of the Lord to remain focused each day.
3. For simply being alive.
4. For your friends in recovery; for your new spiritual family.
5. For the opportunity to grow in recovery.
6. For the ability to help others.
7. For the love of **Jesus Christ**, who cares for you?



# Living Free Six Month Program Application

Name \_\_\_\_\_ Date: \_\_\_\_\_

(Last) (First) (Middle)

Address \_\_\_\_\_

(Street) (City) (State) (Zip)

Date of Birth: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Referred to Living Free by:

By: \_\_\_\_\_

**Family**

*Emergency Contact Information:* Name of emergency contact: \_\_\_\_\_

Phone# \_\_\_\_\_ Address: \_\_\_\_\_

Spouse (only for legally married students): \_\_\_\_\_

Full address: \_\_\_\_\_

**Drug Use History**

Have you been in any detox or rehabilitation programs? Yes/No If yes, please list \_\_\_\_\_

Drug(s) of choice: \_\_\_\_\_ Age began using: \_\_\_\_\_

Longest period of abstinence: \_\_\_\_\_

Why did you start again? \_\_\_\_\_

**Medical**

Do you have any disabilities/physical problems? Yes/No Allergies? Yes/No

Medication? Yes/No If yes, please list \_\_\_\_\_

Have you had any psychiatric treatment? Yes/No If yes, please explain: \_\_\_\_\_

Have you ever been prescribed psychiatric medication? Yes/No If yes, please list: \_\_\_\_\_

Have you ever attempted suicide? Yes/No If yes, please explain \_\_\_\_\_

**Education**

Last grade completed: \_\_\_\_\_ What year? \_\_\_ Vocational training/college: \_\_\_\_\_

Reading/writing? Excellent well fair poor (*reading is not a requirement for participation in Living Free program*)

**Legal Issues**

Are you currently on: Probation/Parole Please Explain: \_\_\_\_\_

P/O Contact Information: Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Probation/Parole Responsibilities: \_\_\_\_\_

**Military Status**

Have you served in any branch of the military  Yes  No Which Branch? \_\_\_\_\_

Type of Discharge: \_\_\_\_\_

**Criminal Record**

Date	City/State	Charge Status of Case
_____	_____	_____
_____	_____	_____

Case Pending: \_\_\_\_\_

Incarceration time: in county\_\_\_\_\_ in state\_\_\_\_\_ in federal\_\_\_\_\_

Why do you want to enter Living Frees Six Month Program?  
\_\_\_\_\_  
\_\_\_\_\_

What do you think we can do for you? \_\_\_\_\_  
\_\_\_\_\_

**Please Read and Sign This Agreement**

1. I understand that I will at no time use drugs and alcohol
  - Respect for God and His will as revealed in Scripture and respect for authority and others.
2. I agree to submit to a drug screen test once a month or if suspected of drug use during the program.
3. No smoking allowed on premises or parking lot. If I smoke cigarettes, I will try to quit.
4. No profanity, immoral or disruptive behavior is allowed.
5. I agree to dress and groom neatly.
6. Attendance policy - no more than 2 absences for any one insight group and any absence must be made up. If you miss more than 2 meetings you must repeat that insight group.
7. I will find a church home and have a pastor in my life by the second month.
8. I will start to have a daily devotional.
9. I understand that Living Free is a Christian program and not a medical or psychiatric facility.
10. I agree for family members to be in contact with me or Living Free staff members for further restoration. I understand that all groups are confidential. The only exception to maintaining confidentiality should be when a person is a danger to themselves or to others.
- 11. I understand there is no fee for these services. I do agree to support Living Free monthly in the amount of \$ \_\_\_\_\_ per week or per month.**

I \_\_\_\_\_ voluntarily agree to participate in the Living Free program. I agree to abide by the guidelines above. I understand that failure to abide to the above guidelines

may result in my immediate dismissal from the program. I read and understand all of these statements and by my signature verify that all information provided is truthful and accurate.

I, \_\_\_\_\_, give Living Free Inc. authorization to release information such as drug testing, progress of the Living Free program to my probation officer/parole officer, Department of Children’s Services or pastor.

## CHURCH ATTENDANCE

Students Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### **SUNDAY A.M. SERVICE**

Church Attended: \_\_\_\_\_

Topic: \_\_\_\_\_

Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional notes can be written on back!!

### **SUNDAY P.M. SERVICE**

Church attended: \_\_\_\_\_

Topic: \_\_\_\_\_

Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional notes can be written on back!!

**MID-WEEK SERVICE**

Church attended: \_\_\_\_\_

Topic: \_\_\_\_\_

Speaker: \_\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional notes can be written on back

**ANY ADDITIONAL SERVICES ATTENDED (revival, men's meetings, etc...)**

Church attended: \_\_\_\_\_

Topic: \_\_\_\_\_

Speaker: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional notes can be written on back



Comments \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## OUTLINE OF MONDAY SMALL GROUPS:

*{Class schedules are subject to revision}*

**EACH CLASS MUST BE SUCCESSFULLY COMPLETED TO BE CONSIDERED FOR COMPLETION OF THE SIX MONTH PROGRAM.** The facilitator must initial this sheet after each meeting to certify attendance.

### First Class

- Six weeks of “*Living Free*” video series small group.
- Tommy Wilson Facilitator
- **Segment 1**, *Living Free: An Introduction*. This segment introduces the concept of life controlling problems and gives you an overview of Living Free and the small group concept. \_\_\_\_\_date and initial
- **Segment 2**, *Mastered by Our Issues*. We identify the type of strongholds that can master our lives. We also look t how problems of one person affect others. \_\_\_\_\_date and initial
- **Segment 3**, *How Issues Become Traps*. The four stages of developing life controlling problems and the relationship between denial and delusion are explained. \_\_\_\_\_date and initial
- **Segment 4**, *Walls of Protection*. You will see how a deluded person uses defenses to suppress feelings and the cycle that develops when people are deluded and hiding. \_\_\_\_\_date and initial
- **Segment 5**, *Family Influences*. This segment focuses on family dynamics and how they often contribute to life controlling problems. \_\_\_\_\_date and initial
- **Segment 6**, *Helping or Harming*. You will learn to identify signs of enabling and co-dependency. \_\_\_\_\_date and initial

## Second Class

# “What Every Christian Ought To Know”

Facilitator Charles Carpenter

**Program Focus: Essential (Biblical) truths for growing your faith.**

***Doctor Rogers* presents the material in 8 video sessions: Facilitator must date and initial for attendance to count!**

- How to know the Bible is the Word of God\_\_\_\_\_ date and initial
- How to be saved and know it.\_\_\_\_\_ date and initial
- How to be sure you are eternally secure\_\_\_\_\_ date and initial
- What happens when a Christian sins\_\_\_\_\_ date and initial
- What the Bible teaches about Baptism\_\_\_\_\_ date and initial
- How to handle temptation\_\_\_\_\_ date and initial
- How to be filled with the Spirit\_\_\_\_\_ date and initial
- How to know the will of God\_\_\_\_\_ date and initial

Because each video session takes approximately 45 minutes; there is little time left for discussion of the material, or to bring in additional background scriptures for inclusion and discussion.

In addition each video lesson has 5 daily work book sections that offer thoughts and information that should be discussed. For this reason; it is anticipated that we will spend 2 weeks on each of the 8 sessions, for a total of 16 weeks.

### Third Class

Truman Stockdale Facilitator (see Truman for an outline...)

**ADDITIONAL CLASSES MAY FOLLOW AS THE  
SCHEDULE AND NEEDS OF CLIENT PRESENT  
THEMSELVES**