

**BASIC TRAINING – Part Two**  
**For Taking People Through**  
***The STEPS to FREEDOM in CHRIST***  
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**INTRODUCTION - Power Point #1**

**Tonight** we will discuss:

**Power Point #2**

- 1) How to best prepare an Inquirer for a Freedom Appointment
- 2) Characteristics of Complex Inquirers
- 3) How to use the Overcoming Anxiety appendix
- 4) How to use the Overcoming Fear Appendix

**Let's start with looking at possible motivations for Inquirers:**

***Why do they want a Freedom Appointment?***

1. **Crisis** situations such as:
  - Marital discord or divorce
  - Domestic violence
  - Troubling situations with children or other family members
  - Financial distress
  - Complicated medical situations, etc.
  - Severe spiritual attacks
2. Desire to resolve conflicts – personal and or spiritual
3. Desire to get right with God

***Always ask yourself “which of these motivations is **most likely** to result in the greatest amount of **freedom** for the Inquirer?”***

### **What defines a “good candidate”?**

- Sincere desire to get right with God
- Ready to take responsibility for self

You and the Inquirer **must understand** YOU cannot set them free.  
ONLY JESUS can set anyone free!

Freedom will result as they **confess, renounce, and forgive** because of their **desire to be right with God**.

### **Two important questions to consider:**

1. How to decide **when** the right time is to take an Inquirer through the Steps to Freedom.
2. How can you best **prepare** an Inquirer for the most successful Freedom Appointment?

Let's start with figuring out how to decide if it is the right time to take the Inquirer through the Steps to Freedom.

Need to have some kind of Intake Meeting – **crucial** first step in determining if an Inquirer is ready to have a Freedom Appointment.

Meet at church with access to pastoral staff if possible. You can also meet on the phone or on zoom if necessary.

You can use **some or all** of the **Community Freedom Ministry Intake Form**.  
(Appendix #7 in the CFM 101 manual from CFMU) to help you **hear their story:**

- What brings you here?
- What do you hope to accomplish by going through the Steps?
- Determine if this is the right time for a Steps Appointment or not

**Let's look at the Community Freedom Ministry Intake Form.** (Appendix #7 in the CFM Manual from CFMU)

### COMMUNITY FREEDOM MINISTRY INTAKE FORM



This form is to be filled out by the Intake Coordinator (maybe YOU) and is designed to help determine whether the inquirer is willing to and is going to benefit from going through *The Steps* to Freedom in Christ at the present time or in the very near future.

Once this form is filled out, it should be placed in a new personal file folder for the inquirer.

Inquirer name \_\_\_\_\_ Today's Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Home Church \_\_\_\_\_ Pastor \_\_\_\_\_

Marital Status:    Single   Married    Separated    Divorced    Widow(er)

#### Dependent Children

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

1. How did you hear about the Community Freedom Ministry?
2. According to your understanding, what does the Community Freedom Ministry do?

**Intake Coordinator reads:** The purpose of the Community Freedom Ministry is to help people experience freedom in Christ so that they can connect or reconnect to God and develop their spiritual lives and grow and mature as responsible, involved members of the body of Christ. Jesus wants to see people who are trapped in the snares and sins of life set free. And so do we.

3. What kinds of problems are you having? Exactly what kind of help are you looking for?
4. Do you consider yourself to be a Christian?
  - If yes, please explain where you are in your spiritual journey with God.
  - If no, would you be willing to look at how a relationship with God through Jesus Christ could benefit you?

**Share the gospel inviting the Inquirer to receive Jesus Christ.**

**Intake Coordinator reads:** It was predicted of Jesus that He would come to bring good news to those who are struggling and in trouble. He would come to bind up broken hearts and to preach a message of freedom to those who are in prison to sin and the powers of evil. He would come to comfort those who mourn and bring joy back to the hearts of those who are grieving and downtrodden. He wants you to know today that this is the year of His grace. Here at the Community Freedom Ministry, we are offering this ministry of grace, hope and truth to weary, burdened people using a simple, biblical tool called The Steps to Freedom in Christ.

5. Are you familiar with The Steps to Freedom in Christ? Yes \_\_\_\_ No \_\_\_\_  
If No, **Intake Coordinator** should take the inquirer through a brief, guided tour of the "Steps", using an actual copy of The Steps to Freedom in Christ.

6. Do you have any questions or concerns about The Steps to Freedom in Christ?

**Now is a good time to give them some important information about how the Steps to Freedom are conducted.**

**Intake Coordinator reads:** The way we take people through The Steps to Freedom in Christ is one-on-one. A trained "encourager" who is not a professional counselor or therapist will guide you through the prayers and places of confession and repentance in The Steps to Freedom. Someone will also sit in on the session for the sole purpose of praying silently for you. If you are able to bring with you someone that you know and trust and who will be able to follow-up with you after the freedom appointment is over, that is a good person to serve as a prayer partner. If you do not know someone like that then we will assign a prayer partner. Everything that takes place in your appointment is held strictly confidential unless you or someone else is in physical danger or if a minor or senior citizen is being abused.

7. Do you have any questions about this process? Is it clear to you so far?

**Intake Coordinator reads:** A freedom appointment typically takes from 3-7 hours long and (if you have dependent children at home) you will need to find childcare. Preferably, but not necessarily, appointments are held during the work week and so, if you are currently working, you will need to take a vacation day, sick day or mental health day. The freedom appointment will be held here at the church. There is no charge for this ministry. We are glad to offer this ministry for free.

8. Do you have any questions or concerns about the freedom appointment? Do you foresee having any problems making it to the freedom appointment?
9. Is there anything else that you would like to tell us about before we finish up our time together?

**Intake Coordinator reads:** We are committed to doing what is best for you. So I will take what you have shared with me and pray about it to determine God's wise plan of action to help you. This is as far as the information you shared with me will go at this point. If you end up having a freedom appointment, then the encourager assigned to you will also be aware of your needs. You should hear back from me in the next seven days. If God shows me that this is the time to take you through the Steps to Freedom, I will give you a Confidential Personal

Inventory (CPI) to fill out before we schedule your Freedom Appointment. You may need to tell the Inquirer you will share his information with a member of your ministry team to pray with you about it and to help you process it.

**The Intake Coordinator (you) should close the meeting by praying with and for the inquirer.**

**Let's think some more about things to consider in determining if it is the **right** time to take someone through the Steps to Freedom:**

**DO TAKE THEM THROUGH THE STEPS WHEN . . .**

- They are **motivated** to:
  - get right with God
  - willing to confess, repent, forgive
  - live according to God's truth
- And they are **committed** to doing the necessary preparation. (Including the CPI)

**Now let's think about how to **best prepare** an Inquirer for a Freedom Appointment**

- The best preparation for a Steps to Freedom Appointment is to **attend a class *such as the FIC Course*** where Victory Over The Darkness and The Bondage Breaker are ***read, studied, and discussed in a group setting***
- Or to attend the **Freedom In Christ Life Changing Discipleship course**
- **At the very least they are committed** to do the Interactive Restored online. (<http://restored.pub/>)

Sometimes it is just not the right time for a Freedom Appointment. So we **wait when**:

- **People want a quick fix** - You will want it too but remember God is in charge of timing.

- **People are in a serious crisis or deeply grieving**—let that wound close up some first.

Wait when....

- **People are not willing to or capable of taking personal responsibility** to read VOD and BB if possible or the equivalent (The more they renew their mind with truth, the less teaching you'll do).
- **An exception could be when a person is very oppressed.**
  1. Sometimes we can offer a Freedom Appointment to a person who does not seem able to take responsibility due to **severe demonic oppression**.
  2. They may only achieve a small bit of freedom.
  3. But they might be **given hope** that there is more to come.
  4. Sometimes we have expectations for a freedom appointment.
  5. We must never be **disappointed** if the degree of freedom that is achieved does not meet your expectations.
  6. God is working in His people - in His timing - and in His way.
  7. You are not His only tool.

**Wait whenever the Holy Spirit warns you to “Stop,” or “Wait”**

## Now let's look at the Characteristics of a Complex Inquirer (Compiled by Dan Studt for the Participant's Practicum Binder)

By Complex Inquirer we do not mean everyone who has a difficult life with complicated issues.

But we do want you to know some things that characterize the Complex Inquirer.

- History of seeing many different counselors, treatment centers, ministry leaders for help with **little or no apparent improvement**
- Difficulty getting connected or staying connected to healthy healing **community** of believers
- An aversion to being under authority
- Tendency to **gravitate** to unhealthy, over dependent relationships (especially if they are expecting you to become a caregiver)
- Exhibits guilt producing behavior to get attention and **control** caregivers
- Looking for **DELIVERANCE** – a power encounter not a truth encounter

### POWER POINT #3

#### Three important principles to remember:

1. Stay in the kingdom niche to which God has called you (a healthy operation of a CFM).
2. You are not called by God to work individually with everyone who **asks** for help.
3. Continually develop an up-to-date **network** of other caregivers and professionals that can become your CFM's own referral network.

**Judy King will be discussing how to deal with Complex Inquirers in Jan 2022**

### **Let's look at some other important considerations:**

- If the crisis is not debilitating, it certainly is possible to proceed with a Steps appointment AND refer the Inquirer for other help simultaneously.

Other important concerns could include:

- If the Inquirer expresses a desire to harm self or others it could be very important to refer them to your pastor or a professional counselor for immediate help. You can ask if they have a plan worked out to harm themselves to determine if it is necessary to refer them.
- If it just doesn't seem like the Inquirer is a good candidate at this time, you can always refer them to an appropriate member of pastoral staff if other kinds of help are needed. Maybe they have financial needs or some physical needs the church could help with to bring a better level of peace and comfort, leading them to a better place in their lives to do the work (later) of having a more meaningful Steps appointment.
- Please, never take someone of the opposite sex through The Steps alone. It is ALWAYS preferred that a man take a man through the Steps and a woman take a woman.
- It is also not advisable to have a family member sit in as prayer partner. An exception could be for a parent/young child appointment - unless there is evidence or suspicion of parental abuse. The parent may be an abuser, or a child may have gone to a parent for help and the parent may be doing nothing about it. It's

hard to know ahead of time so follow the leading of the Holy Spirit. You may need to set up a follow-up appointment for a later time, with a different prayer partner.

#### **POWER POINT # 4**

**Last month we took you through the key aspects of the 7 steps to Freedom .**

**Today now, we want to address two of the useful tools in the Appendix of the Steps Booklet :**

**1) Overcoming Anxiety: Appendix D on pages 30-31**

**2) Overcoming Fear: Appendix C on pages 28-29**

### **OVERCOMING ANXIETY**

In many of the Freedom in Christ resources we're told that when you feel anxious about something it's a signal that your goal feels **uncertain**.

- You're hoping or worried that something will happen, but you have no guarantee that it will.
- You can control some of the factors, but not all of them.

In the Steps booklet, appendix D, "Overcoming Anxiety" starts out with a prayer. In it the Inquirer states the fact.

- That we need Jesus, we're dependent on Him.
- We acknowledge that the Lord knows our hearts and our situation already and we humbly ask Him to guide us into all truth so that we can live a responsible life, by faith, in the power of the Holy Spirit.

When we don't know what's going to happen, we tend to make **assumptions**.

- Some people typically assume the worst.
- Very little good will happen if we act on those assumptions.

Think about this: A problem well-stated is half-solved.

Put it in perspective:

- If what you're worried about actually happens, will it matter in a year? 5 years? 10? Eternity?
- IF 'it' happened, what are the different ways it might go?
- What could be done to deal with it?
- Is there a **responsible** thing you could do to make it a better situation? (Then do it!)

Isn't it premature to spend so much time thinking about something that probably won't even happen?

- Being overly anxious is very often more **detrimental** to the person than the negative consequence they worried about.
- And beware - anxiety can grow into **depression** if you focus on something that may never happen.

We are only responsible for the things we have the **right and ability** to control.

We are not responsible for the things we don't.

Our sense of worth is tied only to that for which we are responsible. If a person isn't living a responsible life, then s/he should feel anxious!

And don't try to toss your responsibilities onto Jesus – He will throw them back at you. It is your responsibility to choose to put anxiety in its place as soon as you recognize it.

Practice 2 Cor. 10:5, "Take every thought captive to the obedience of Christ."

When you recognize an anxious thought 1st Peter 5:7 tells us "Cast your anxiety on Him, for He cares for you."

Phil. 4:6-7 says "Be anxious for nothing, but in everything, by prayer and supplication and with thanksgiving, let your requests be made known to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

We will get rid of a great deal of anger, anxiety and depression if we ensure that our thoughts and lifegoals are in line with God's will for us.

Remember: Anything God has for us cannot be blocked by other people or by circumstances that we have no right nor ability to control.

Fulfill YOUR responsibilities, everything that you personally can do related to the situation, and then TRUST GOD with the rest of it. Any leftover anxiety is probably due to your assuming responsibilities that God never intended you to have.

## OVERCOMING FEAR

Let's look at the **OVERCOMING FEAR** appendix on pages 28-29 in the Steps book

This step is vital. Fear can be considered a form of **idolatry**. It seems to be an indication of being consumed with **self**.

In the prayer to **overcome fear** on page 28, the Inquirer will ask God "to **reveal** any and all controlling **fears** in my life and the **lies** behind them."

- After praying the opening prayer, they should **take time** to carefully review all the fears listed in the Steps booklet.
- Have them add their own specific fears.
- Their fears will usually stem from **events in their life**.
- It's important to **uncover the lies** that those events caused them to **believe about themselves**.
- It is equally important for them to identify and **announce the truths** that **clearly contradict the lies**.

Let's look at the handout entitled **Fear Worksheet**:

- Can help them to identify **fears, lies, and defense mechanism** they have been using to cope with their fears.

Dan Studt recently wrote: "What developed as a defense mechanism when I was a kid turned into an **ingrained pattern of thought**."

- Will give them a chance to **discover biblical truth** that directly contradicts the lies they have believed.

- Shows how important it is for Inquirers to **identify lies** they have believed and make a conscious decision to stop believing them and start believing what God says is true about them instead.
- Is a **TOOL** to help them **obey** God's command in **2 Corinthians 10: 5** .

**“We take every thought captive to make it obedient to Christ.”**

## **OVERCOMING FEAR ROLE PLAY**

This is a role play to demonstrate how to use the Fear Worksheet.

Sharon will play the role of Encourager.

Patty will play the role of Inquirer.

The scenario here is fictional in that it has nothing to do with Patty's real life. She is playing a role.

First Sharon will have Patty (the Inquirer) read the prayer to start the Overcoming Fear exercise on page 28 of the Steps booklet.

**“Dear Heavenly Father, I confess that I have allowed fear to control my life. Thank You for Your forgiveness. I choose to believe that You have not given me a spirit of fear, but of power, love and self-control. I renounce any spirit of fear operating in my life and ask You to reveal any and all controlling fears in my life and the lies behind them. I desire to live according to what You have said is true in the power of the Holy Spirit. In Jesus' name I pray. Amen.”**

Then the Inquirer will take a moment to read through and check a few fears. She will check those that most commonly surface for most people.

Then Sharon (the Encourager) will present the Inquirer with the Fear Worksheet and take her through it line by line.

**Sharon:** Patty please fill in the fear that has most affected your life where the

worksheet says "I am afraid of..."

**Patty** fills in "Rejection"

**Sharon:** Patty tell me when you first experience this fear of rejection?

**Patty:** I guess it was when I came home from school with a report card with two Cs, three Bs and one A. I had never before achieved an A. And I was really proud. My father's only comment was, "next time you should get all As"

**Sharon:** How did that make you feel?

**Patty:** Like I was not good enough. Like I was inadequate. Like I was worthless and hopeless.

**Sharon:** Patty we are going to be looking for messages you got throughout your life that may have left you believing lies about yourself. Even though they might have felt true at the time, those feelings do not define or identify you. God defines who you are.

**Sharon:** Do you see about half way down on the worksheet where it says "Lies that I have believed that are keeping me stuck in this fear"? Will you please write "not good enough" and "inadequate" and "worthless" and "hopeless" on the lines there?

**Patty:** takes a moment to write them down.

**Sharon:** Patty were there other times in your life when you felt rejected and experienced the same kind of feelings as a result?

**Patty:** Yes when I was in 4<sup>th</sup> grade on the playground kids were choosing teams for a game. It seemed like I was always left till last. No one wanted me on their team.

And THEN -- when I got married my husband cheated on me and left me.

**Sharon:** How did that make you feel?

**Patty:** Like I was not good enough. Something was wrong with me.

**Sharon:** So do you think the feelings you received from your father's rejection were reinforced by these other instances?

**Patty:** I guess so.

**Sharon:** Patty let's think now about what defense or coping mechanisms you have developed? Tell me what you do to cope with these feelings and your fear of being rejected.

**Patty:** I have withdrawn and stopped trying.  
I sabotage relationships before I can be rejected.  
But sometimes I work really hard to be accepted when it is someone I really want to love and accept me.

**Sharon :** Do you see on the worksheet where it says "Defenses/Coping Mechanisms that I have used to cope with this fear are"?  
Will you please write those ways you have coped on the lines there?

**Patty:** Takes a moment to write down:  
I sabotage relationships  
I work hard to be accepted  
I sometimes withdraw

**Sharon:** Patty I have already suggested that the ways you have learned to see yourself because of these rejections in your life are not true now that you are in Christ.  
And, Honestly, they were never true about you.  
But they felt true so you have believed them and they have influenced you your whole life.  
And they are keeping you stuck in the fear of being rejected.

So I want you to take as long as you need to look through the statements on the blue Who I am In Christ bookmark and find as many Truths from God's word as you can that prove each of these feelings is a lie and is not true.

Then write these truths down on the lines under where it says GOD'S TRUTHS.

**Patty:** searches through the bookmark and records a lot of truth on the worksheet.

**Patty:** Patty reads out the truths she recorded:

- I am God's workmanship.
- I am God's temple – His Holy Spirit lives in me so I must be valuable.
- I am complete in Christ – not lacking anything.
- God has adopted me – he wants me and values me.
- I was bought with a price – Jesus sacrificed himself for me so he must value me.

**Patty:** Says, "Wow that is a very different way to see myself. It might take some time for me to believe that this is all true about me."

**Sharon:** Yes it might, but it starts now.

**Sharon:** You now have the opportunity to get this right with God. To start seeing yourself as God sees you instead of how you came to see yourself because of your past.

I want you to go back to the top of this worksheet and look at the prayers with me that are attached to each of these sections.

Where you have recorded the fear of rejection the prayer says "I confess that I have been stuck in this fear, but now I choose to RENOUNCE it and am done with it. Thank you, God, for your forgiveness. "

There is no prayer for the area where you were challenger to remember what happened in your life to make you feel rejected. It was just there to get you to remember.

There is a prayer to confess and renounce defense and coping mechanisms that you don't need when you have confidence of who you are in Christ.

And there is a prayer to confess and renounce the lies you have believed.

Lastly there is a prayer for you to choose to believe the truths you have recorded

there that define who you are in Christ.

You will be saying these prayers to connect with God – not me.

So I am going to be quiet and pray silently for you as you go through and use each of these prayers to confess, renounce lies and claim truth.

When you are ready to speak with God about this read them out loud and with meaning and commitment.

### POWER POINT #5

**Patty:** Reads through each of the prayers with meaning and commitment.

*“I Confess I have been stuck in this fear of rejection but now I choose to RENOUNCE it and am done with it. Thank you, God, for your forgiveness.”*

*“I Confess I have used the defenses and coping mechanisms of sabotage, of working hard to be accepted and of withdrawing to deal with my fear of rejection instead of obeying and trusting you Lord. I RENOUNCE all those coping mechanisms now. Thank you, God, for your forgiveness.”*

*“I Confess I have participated in believing these lies that I’m not good enough, that I’m inadequate, worthless and hopeless and I RENOUNCE each one of them. Thank you, God, for your forgiveness.”*

*“I Choose to Believe these Truths that*

- I am God’s workmanship.
- I am God’s temple – His Holy Spirit lives in me so I must be valuable.
- I am complete in Christ – not lacking anything.
- God has adopted me – he wants me and values me.
- I was bought with a price – Jesus sacrificed himself for me so he must value me.

*and I choose to live my life according to these truths from now on.”*

**Sharon:** Wow. Good job, Patty. What a good start you have made to stop believing lies and to believe what God says is true about you.

**Sharon:** So that is how we use the Fear Worksheet to help people identify fears, renounce lies and choose to believe truth.

**Sharon:** We have sent you this Fear Worksheet as a word document. It is not in the Steps Booklet.

At Emmanuel Faith Community Church, we do the Overcoming Fear Step before doing the 7 Steps on a separate day. It usually takes 2-4 hours. It tends to prepare Inquirers to have a more meaningful and freeing experience with the Steps to Freedom

You won't need to use this worksheet for every fear.

- Some fears just need some discussion for clarification
- Some need to take a look at scripture

For Instance:

- Fear of death (may be fear of the pain of getting to death, not what happens after death)
- Fear of Satan – May need to look at scriptures concerning our place at the right hand of God with Jesus sharing his authority over Satan
- Fear of committing the Unpardonable sin – May need to look at scripture concerning what that is and is not.

## **CONCLUSION:**

In case you missed our presentation last month, **you can find it on FIC's YouTube site**

We mentioned then that Freedom in Christ is a [Discipleship Counseling Ministry](#).

In a powerful way, The Steps to Freedom relate to Discipleship Counseling.

Discipleship Counseling is the process where two or more people:

- Meet together in the presence of Christ
- To learn how the truth of God's Word can set them free

The Steps facilitate Discipleship counseling by:

- Enabling the Inquirer to conform to the image of God as they walk by faith in the power of the Holy Spirit
- (by) Facilitating the Inquirer to take a personal, spiritual inventory in 7 critical areas of their relationship with God and others
- For the purpose of setting them free
- It is an encounter with the Lord!

**Tonight we presented information on:**

- The Inquirer's motivation
- What makes a good candidate
- When to proceed with a Freedom Appointment and when to wait
- The Characteristics of a Complex Inquirer
- The Anxiety Appendix
- The Fear Appendix

**Q&A TIME**