

BASIC TRAINING – Part One
For Taking People Through
The STEPS to FREEDOM in CHRIST
by Dr. Neil T. Anderson

Compiled by Brian and Jewl Westphalen
Modified by Sharon Chapman and Patty Minnihan (2021)
Presented May 19, 2021

Freedom in Christ is a Discipleship Counseling Ministry.

The Freedom in Christ Ministry is a ministry of _____ to help captives find and walk in the freedom of their _____ in Christ.

Discipleship Counseling is the process where two or more people:

- Meet together in the presence of _____.
- Learn how the _____ can set them free.
- _____ them to conform to the image of _____ as they walk by _____ in the power of the _____.

What is a Freedom Appointment? How does it relate to Discipleship Counseling?

- An encounter with _____.
- Taking a _____, _____ inventory in 7 critical areas of your _____ with God
- For the purpose of _____.

The **persons involved** in the Steps to Freedom Appointment are:

Prayers at the beginning of each step

The Freedom Appointment begins with the Inquirers praying to ask the Holy Spirit to *guide them into all truth*:

Start with the Prayer and Declaration on page 4 of the Steps that says:
“I ask you to fill me with your Holy Spirit and guide me into all truth. I ask for your complete protection and guidance...”

Each of the Steps along the way begin with the Inquirers praying to *ask God to do something specific for them*.

Step 1: *Bring to my mind* anything and everything that I have done knowingly or unknowingly that involves occult, cult, or false religious teachings and practices.

Step 2: I invite the Spirit of truth to *guide me into all truth...* and *protect me from all deception*.

Step 3: Please *bring to my mind* all the people I need to forgive in order that I may now do so.

Step 4: Please *show me all the ways* I have been rebellious.

Step 5: Please examine my heart and *show me all the **specific** ways* I have lived my life in pride.

Step 6: Please *reveal to my mind* all the sins of the flesh I have committed and the ways I have grieved the Holy Spirit.

Step 6ix second part: I ask you to *bring to my mind* every sexual use of my body as an instrument of unrighteousness.

Step 7: Please *reveal to my mind* all the sins of my ancestors that have been passed down through family lines.

Overcoming Fear: I ask you to *reveal any and all controlling **fears** in my life and the lies behind them*.

Overcoming Anxiety: *“Please guide me into all truth.”*

STEP 1: Counterfeit vs. Real

Remember it is perfectly acceptable for the Encourager to _____ the introduction in the booklet _____ as you go along.

This is the beginning of modeling to them the

_____:

RECOGNIZE THE LIE - behind every sin is a lie believed

REPENT - to change one's mind

RENOUNCE - to turn around; to take a stand against the enemy and his lies

REPLACE WITH TRUTH

STEP 2: Deception vs. Truth – The Battle is for the Mind

Encourage them not to let this become just an _____, but to slow down and consider the _____.

You may know the truth in your head, but **you live** _____ what you **really believe**.

BELIEFS → THOUGHTS → EMOTIONS → BEHAVIOR → HABITS → STRONGHOLDS

Watch for _____ while they read "**The Statement of Faith**" out loud, which may indicate that their life does not _____ with that truth. Perhaps they have believed a lie.

Have them **highlight** truths that are particularly meaningful to them.

STEP 3: Bitterness vs. Forgiveness

Be sure to give them time to write down the names God brings to their minds after they ask Him to do that.

DON'T _____ THEIR TIME WITH GOD.

BE _____ and _____!

You will likely have to prompt them to **add their own name** and **God** to the bottom of the list.

Have them forgive one person at a time.

- Starting with the first on their list (usually the hardest).
- Ask them to remember each **specific incident** God brings to their mind.
- Encourage them to identify how each incident made them _____.
- You will likely have to gently prompt them to say the feeling each time at the beginning.
- Encourage them to acknowledge any _____ they have suffered.

Other considerations:

- Prompt them to say, "**I choose to forgive,**" not "I want to," or "I need to forgive."
- Do not allow them to _____ or _____. Remind them that they are choosing to let go for freedom.
- Merciful prayer partners will want to touch the Inquirer to comfort them. But do not _____ the Inquirer during the appointment, in particular during Step 3, as they might feel _____. Instead, let this be their encounter with God!
- ***If they cry, _____ . Let them feel the pain.***

After Step 3 is completed is a good time to have them read out loud the "Who I am in Christ" list.

(This is a good time to take a break, walk, restroom visit.)

STEP 4: Rebellion vs. Submission

The only time God permits us to disobey earthly leaders is when they **require us** to do something _____ or **attempt to rule** _____ the realm of their _____.

It is an act of _____ to trust God to work in our lives through leaders who are something less than perfect.

But if those in position of power abuse their authority and break the laws designed to protect you, you need to **seek help from a higher authority.**

Be sure to discuss the need to set _____ with Inquirers in relationships if authority is being abused. And to seek _____ if needed for support or help in _____ to set biblical boundaries.

Ask them to be _____ in the actual things they have done or thought, not just say, for instance, "I have been rebellious against my spouse, etc. by....."

Ask them to consider what might have happened in their lives to cause them to develop an attitude of rebellion. It may be a defense or coping mechanism.

STEP 5: Pride vs. Humility

The Inquirer will pray, "*please examine my heart and show me the specific ways I have lived my life in pride.*"

Times when they have centered their life around _____ instead of _____.

Ask them to rate each one they check from 1 – 10 indicating how much each of them is _____.

Encourage them to think carefully as they read these - not just read these as an _____.

STEP 6: Bondage vs. Freedom

This step addresses fleshly sin, including sexual sin. But not all fleshly sins are sexual.

Walking in the flesh is behaving according to your _____, which are out of harmony with God.

The first part of this step deals with these _____.

The second part of this step will deal specifically with _____.

Behind every sin there is a _____ that makes you feel like it's a _____.

Our daily _____ as well as any _____ experiences lead us to form _____ about life, ourselves, and God.

Often those conclusions are not true, especially once we become Christians and are given a **Totally New Identity**.

But we keep _____ the lies, and those lies keep us in _____ to sin.

We try to meet our innate needs for **acceptance, security, and significance** in _____ ways (often from the common sins listed in this step).

On Sexual Sin

Sexual Sin is really a “_____” problem.

Get in step with God, then _____ and _____ will follow.

“If we confess our sins, He is faithful and righteous and will **forgive us** our sins and **cleanse us** from all unrighteousness.”

Have them pray the prayer to reveal sexual sin even if they feel it is not needed.

- Reassure the Inquirer of _____ at this point.
- Assure them that you will not think less of them; that there's *no* _____ for those in Christ Jesus!
- You may experience some resistance. They may say, “We’ll be here all night.”
- Respond with, “It’s for your _____. This is your appointment with God.”
- James 5:16: “Confess to one another and pray for one another so that you may be healed.”
- Remind them that their sins are **already forgiven**.
- They **can** accept God’s _____ and His _____.
- And God will **break the bonds** – emotional, physical and spiritual.
- Make a **clear distinction** between sexual sins that they **willingly participated in** and those that **were thrust upon them without their consent** (sexual abuse).
- **You are not guilty of sexual abuse**. It was not your fault. You did not choose it. God does not hold it against you.

Specific Issues: Past or present

Don't assume you know it all or tell them what is or isn't their issue.

Have them look at each of these prayers and choose to read those that are

_____.

Marriage

Divorce

Gender Identity

Abortion (men, too)

Suicidal Tendencies, including depression

Substance Abuse

If currently or recently on drugs, have them

Eating Disorders or Self-Mutilation

Drivenness and Perfectionism *(almost all people can benefit from this)*

Gambling

Bigotry

Step 7: Curses vs. Blessings

The iniquities of one generation can _____ future generations unless those sins are renounced and their new spiritual heritage in Christ is claimed.

Assure them they are _____ for the sins of their ancestors, but they most likely have been influenced by them.

You can show them the Sinful or Destructive _____ handout to get them thinking about what may be prevalent in their family.

CONCLUSION:

OFTEN, THE MISSING INGREDIENT BETWEEN SALVATION AND MATURITY IS

_____.

FREEDOM MUST BE ESTABLISHED BEFORE MATURITY CAN BE PURSUED.

DISCIPLESHIP COUNSELING INVOLVES HELPING OTHERS FIND FREEDOM IN CHRIST SO THEY CAN LIVE ACCORDING TO WHO THEY TRULY ARE IN HIM.

PRIMARILY THE STEPS TO FREEDOM ARE A _____ WHICH ENABLES YOU TO MINISTER DISCIPLESHIP COUNSELING TO THE INQUIRER.

DURING THE STEPS APPOINTMENT, THE INDIVIDUAL STEPS PROVIDE SPECIFIC TOOLS THAT CAN BE USED TO _____ A LIFE PATTERN OF LIVING FREE IN CHRIST.

THE STEPS BOOKLET ALSO HAS A SELECTION OF PRAYERS AT THE END OF THE BOOKLET THAT CAN BE USED TO MAINTAIN THE FREEDOM THAT HAS BEEN GAINED IN THE STEPS TO FREEDOM APPOINTMENT.

You will have received the following handouts:

1. What is the Truth?
2. Sinful or Destructive Family Patterns