

Use when viewing the Part 2 training video at <https://www.youtube.com/c/FreedomInChristMinistries/videos>

**BASIC TRAINING – Part Two**  
**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)**  
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**INTRODUCTION**

In this training, we will discuss:

- 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 \_\_\_\_\_ a Freedom Appointment?***

1. \_\_\_\_\_ 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 \_\_\_\_\_ to result in the greatest amount of \_\_\_\_\_ 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** that YOU cannot set them free. **ONLY JESUS** can set anyone free!

Freedom will result as they **confess, renounce,** and **forgive** because of their **desire** \_\_\_\_\_ **with God.**

**Two important questions to consider:**

- 1. How to decide \_\_\_\_\_ the right time is to take an Inquirer through the Steps to Freedom.**
- 2. How can you best \_\_\_\_\_ 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.**

**Intake Meeting** – \_\_\_\_\_ first step determining if an Inquirer is ready to have a Freedom Appointment.

Meet at church with access to pastoral staff if possible. But meet by phone or on Zoom, if necessary.

Use the **Community Freedom Ministry Intake Form.** (Appendix #7 in the CFM 101 manual from CFMU) to help you \_\_\_\_\_ .

- 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.

*(See next page for the form)*

**COMMUNITY FREEDOM MINISTRY  
INTAKE FORM**



This form is to be filled out by the Intake Coordinator 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? **Intake Coordinator** shares the gospel and invites the Inquirer to receive Jesus Christ.

**Intake Coordinator reads:** It was predicted of Jesus Christ hundreds of years before He was born as a man 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 beauty and 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?

**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 in Christ. Someone will also sit in on the session for the sole purpose of praying silently for you as you go through this process. If you are able to bring with you someone that you know and trust who will be able to follow up with you after the freedom appointment is over, that is the best person to serve as a prayer partner. If you do not know someone like that, then the Community Freedom Ministry will assign someone as a prayer partner. Everything that takes place in the freedom appointment is held in strict confidentiality unless we have reason to believe 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, therefore, 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,

therefore, if you are currently working, you will need to take a vacation day, sick day or mental health day when 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. 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.

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

**DO TAKE THEM THROUGH THE STEPS \_\_\_\_\_:**

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

**Now let's think about how to \_\_\_\_\_ 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 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 \_\_\_\_\_ when:

- **People want a \_\_\_\_\_**. You will want it, too, but remember God is in charge of timing.
- **People are in a serious \_\_\_\_\_ or deeply \_\_\_\_\_**—let that wound close up some first.
- **People are not willing to or capable of taking \_\_\_\_\_ 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).
- **The \_\_\_\_\_ is when people are very oppressed.**
  - Sometimes we can offer a FA to a person who does not seem able to take responsibility due to severe demonic oppression.
  - They may only achieve a small bit of freedom.
  - But they might be \_\_\_\_\_ that there is more to come.
  - We must never be \_\_\_\_\_ if the degree of freedom that is achieved does not meet our expectations.
  - God is working in His people in His timing and in His way.
  - You are not His only tool.

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

**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 \_\_\_\_\_**.

- Difficulty getting connected or staying connected to healthy healing \_\_\_\_\_ of believers
- An aversion to being under authority.
- Tendency to \_\_\_\_\_ to unhealthy, over-dependent relationships (especially if they are expecting you to become a caregiver).
- Exhibits guilt-producing behavior to get attention and \_\_\_\_\_ caregivers.
- Looking for **DELIVERANCE** – a power encounter, not a truth encounter.

### **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 \_\_\_\_\_ for help.
3. Continually develop an up-to-date \_\_\_\_\_ of other caregivers and professionals that can become your CFM's own referral network.

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

- It certainly is possible to proceed with a Steps appointment and refer the Inquirer for other help simultaneously if the crisis is not debilitating.
- If the Inquirer expresses a desire to harm self or others, you may need to refer them to your pastor or director of counseling 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 the Inquirer is not a good candidate at this time, refer them to an appropriate member of pastoral staff if other kinds of help are needed.
- DO NOT take someone of the opposite sex through The Steps alone.
- Neither is it advisable to have a family member sit in as prayer partner except a parent with a child unless there is evidence of parental abuse.

During the Steps Presentation Part One, we took you through the 7 Steps to Freedom.

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 \_\_\_\_\_.

When we don't know what's going to happen, we tend to make \_\_\_\_\_, and some people typically assume the worst.

Is there a \_\_\_\_\_ thing you could do to make it a better situation?  
(Then do it!)

Being overly anxious is very often more \_\_\_\_\_ to the person than the negative consequence they worried about.

And beware - anxiety can grow into \_\_\_\_\_ if you focus on something that may never happen.

We are only responsible for the things we have the \_\_\_\_\_ \_\_\_\_\_  
\_\_\_\_\_ to control.

Our sense of worth is tied only to that for which we are responsible.

#### Practice:

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

When you recognize an anxious thought, **1<sup>st</sup> 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.” 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**

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

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

- 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 \_\_\_\_\_ **in their life.**
- It's important to **uncover the** \_\_\_\_\_ that those events caused them to **believe about themselves.**
- It is equally important for them to identify and **announce the** \_\_\_\_\_ **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 \_\_\_\_\_ 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 \_\_\_\_\_ to help them obey God’s command in **2 Corinthians 10: 5**.

**OUR THEME SONG OR MOTTO**

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

## FEAR WORKSHEET

1. What am I afraid of? \_\_\_\_\_

***I Confess 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.***

2. This is what happened in my past that made me fear this: Have them tell you what they remember from their past when they first started experiencing this fear:

\_\_\_\_\_

\_\_\_\_\_

3. Defenses/Coping Mechanisms that I have used to cope with this fear are:

\_\_\_\_\_

\_\_\_\_\_

***I Confess I have used these defense and coping mechanisms to deal with this fear instead of obeying and trusting you, Lord. I RENOUNCE them all now. Thank you, God, for your forgiveness.***

4. LIES that I have believed that are keeping me stuck in this fear are:

\_\_\_\_\_

\_\_\_\_\_

***I Confess I have participated in believing these lies and I RENOUNCE each one of them. Thank you, God, for your forgiveness.***

5. GOD'S TRUTHS that contradict each lie I have believed are: (Have them search God's word for these truths. They can use the Blue "Who I Am In Christ" bookmark and the "What Is The Truth" handout.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***I Choose to Believe these Truths and to live my life according to them from now on.***