



## **The 9 Steps of Freedom Groups (Sin)**

We do not believe there is a one-size-fits-all solution to the struggles of life. We do not believe there is any magic in these particular steps. However, we do believe that these steps capture the major movements of the Gospel in the life of an individual. We do believe that it is through the Gospel that God transforms lives and modifies behavior as He gives us a new heart.

In Freedom Groups we attempt to walk through the Gospel in slow motion with a concentrated focus upon a life-dominating struggle. We do this in a setting of transparent community because we believe God changes people in the midst of relationships.

We believe that the Gospel speaks to both sin (things we do wrong) and suffering (painful experiences for which we are not responsible) to bring peace, wholeness, and redemption. We also believe that every person is both a sinner and a sufferer. However, we believe the Gospel is best understood and applied when we consider how the Gospel relates to the nature of our struggle. The nine steps below are those used by Freedom Groups to address struggles of sin.

### **STEP 1.**

**ADMIT** I have a struggle I cannot overcome without God.

### **STEP 2.**

**ACKNOWLEDGE** the breadth and impact of my sin.

### **STEP 3.**

**UNDERSTAND** the origin, motive, and history of my sin.

### **STEP 4.**

**REPENT TO GOD** for how my sin replaced and misrepresented Him.

### **STEP 5.**

**CONFESS TO THOSE AFFECTED** for harm done and seek to make amends.

### **STEP 6.**

**RESTRUCTURE MY LIFE** to rely on God's grace and Word to transform my life.

### **STEP 7.**

**IMPLEMENT** the new structure with humility and flexibility.

### **STEP 8.**

**PERSEVERE** in the new life and identity to which God has called me.

### **STEP 9.**

**STEWARDSHIP** all of my life for God's glory.