



## The 9 Steps of Freedom Groups (Suffering)

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 suffering.

### STEP 1.

**PREPARE** yourself physically, emotionally, and spiritually to face your suffering.

### STEP 2.

**ACKNOWLEDGE** the specific history and realness of my suffering.

### STEP 3.

**UNDERSTAND** the impact of my suffering.

### STEP 4.

**LEARN MY SUFFERING STORY** which I used to make sense of my experience.

### STEP 5.

**MOURN** the wrongness of what happened and receive God's comfort.

### STEP 6.

**LEARN MY GOSPEL STORY** by which God gives meaning to my experience.

### STEP 7.

**IDENTIFY GOALS** that allow me to combat the impact of my suffering.

### STEP 8.

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

### STEP 9.

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