



Living FreeTM community

2019 Summer Session Groups

- Faith based small group model
- Christian, trans-denominational
- Weekly meetings (9 weeks - 13 weeks)
- Guide participants toward better relationships with each other and with God
- Designed to help identify life-controlling problems
- Connect participants to a local church for on-going growth

A life-controlling problem can be:

- use of a **substance** (drugs, alcohol, food & etc.)
- the practice of a **behavior** (anger, shoplifting, gambling, pornography use, compulsive spending, TV watching & etc.)
- involve an unhealthy **relationship** with another person which we call co-dependence.

There is hope!

Living Free small groups' help participants gain insight into how a life-controlling problem develops and how it can be overcome through a relationship with Jesus.

Summer Session Small Groups

May-July 2019

INSIGHT

With its emphasis on developing Christian character it is a powerful group for those who want to prevent life-controlling problems from developing in their lives, as well as for those who need to overcome a current problem.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Sun	10:45am	Bethel E-Free Church 2702 30th Ave S, Fargo	June 2, 9, 16, 23, 30 July 7, 14, 21, 28
9 weeks	Tues	7:00pm	Dakota Medical Foundation Gate City Bank Room 4141 28th Ave S, Fargo	May 14, 21, 28 June 4, 11, 18, 25 July 2, 9

CONCERNED PERSONS

This study is designed for people who have a current or past relationship with a person who has a life-controlling problem. The manual for this group will encourage participants to focus on Christ rather than the behavior of their loved one. In an attempt to 'help' their loved one might there be some enabling taking place? This group will go to the Bible for direction on how to take care of yourself by focusing on Christ.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Mon	7:00pm	Dakota Medical Foundation Impact Room 4141 28th Ave S, Fargo	June 3, 10, 17, 24 July 1, 8, 15, 22, 29

FACING FEAR, ANXIETY & WORRY

The participants in this group will learn to use scripture to build faith and biblical coping methods for facing fear and anxiety. Group members being controlled or held back by anxiety, fear and worry will be pointed to Jesus for comfort and increased freedom.

LENGTH	DAY	TIME	LOCATION	DATES
10 weeks	Tues	6:30pm	Bethel E-Free Church 2702 30th Ave S, Fargo	May 14, 21, 28, June 4, 11, 18, 25 July 2, 9, 16

Open Groups

Participants can join anytime.

COPING WITH THE LOSSES OF LIFE

Everyone will experience some type of loss during their lifetime and can benefit from this experience. The goal of this group is to identify troublesome areas of losses and disappointments and to deal with them in constructive ways. The format will be ideal in helping us realize where we stand as we share and solve problems together. The Bible is a wonderful source of insight.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Mon	6:30pm	Lighthouse Church 21 9th St S, Fargo	June 3, 10, 17, 24 July 1, 8, 15, 22, 29

INSIGHT

With its emphasis on developing Christian character it is a powerful group for those who want to prevent life-controlling problems from developing in their lives, as well as for those who need to overcome a current problem.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Wed	7:00pm	Hope Lutheran Church - South Campus Room 90 3636 25th St S, Fargo	May 15, 22, 29 June 5, 12, 19, 26 July 10, 17



Interested in attending a group?

Groups will have maximum of 10 participants
\$15 for manual (scholarships available)

PRE-REGISTER AT JAILCHAPLAINS.COM

Visit the website for the most current
list of small groups being offered.

QUESTIONS?

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Open Ongoing Community Groups

Participants welcome to join anytime. No pre-registration necessary.

INSIGHT (WOMEN ONLY)

With its emphasis on developing Christian character it is a powerful group for those who want to prevent life-controlling problems from developing in their lives, as well as for those who need to overcome a current problem.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Fri	12:30pm	Fargo Public Library-Dawson Rm 102 3rd St N, Fargo	Weekly on-going through May 31

FACING FEAR, ANXIETY & WORRY (WOMEN ONLY)

The participants in this group will learn to use scripture to build faith and biblical coping methods for facing fear and anxiety. Group members being controlled or held back by anxiety, fear and worry will be pointed to Jesus for comfort and increased freedom.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Fri	12:30pm	Fargo Public Library-Dawson Rm 102 3rd St N, Fargo	Starting June 7 Weekly on-going

ANGER: OUR MASTER OR OUR SERVANT (MEN ONLY)

This group offers a clear explanation of anger, what causes it, and how to recognize when you are sinning with anger. Some of the content covered includes: beginning steps in managing anger, methods to help you control anger in your relationships and ten steps for preventing anger's control in your life.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Mon	6:30pm	Fargo Public Library-Dawson Rm 102 3rd St N, Fargo	Weekly on-going

STEPPING INTO FREEDOM (MEN ONLY)

This group is a Christ-centered twelve-step program which offers help for anyone struggling with a life-controlling problem like substance abuse, sexual addition, gambling or workaholism. It will help participants develop roots and steadfastness in Christ so they can confidently master the problems faced in daily living.

LENGTH	DAY	TIME	LOCATION	DATES
12 weeks	Fri	6:30pm	Dakota Medical Foundation 4141 28th Ave S., Fargo	Weekly on-going



Living Free[™]

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