



Living FreeTM community

2019 Fall Session Groups

- Faith based small group model
- Christian, interdenominational
- 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.

Fall Session Small Groups

September - December 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	Sept 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17
9 weeks	Sun	7:00pm	Martin's Lutheran Church 602 2nd St N, Casselton	Sept 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17
9 weeks (Open, Join any week!)	Mon	6:30pm	Hope Lutheran Church 3636 25th St S, Fargo	Sept 23, 30 Oct 7, 14, 21, 28 Nov 4, 11, 18
9 weeks	Thu	12:00pm	Bully Brew Coffee House 4150 40th Ave S, Fargo	Sept 26 Oct 3, 10, 17, 24, 31 Nov 7, 14, 21

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
10 weeks	Sun	6:30pm	Bethel E-Free Church 2702 30th Ave S, Fargo	Sept 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24

CONCERNED PERSONS

This group is designed for people to better understand how they can help a friend or family member who is trapped in a life-controlling problem. Additionally, a person who is suffering the painful consequences of a loved one's choices will find hope. The material will encourage participants to focus on Christ rather than the behavior of their loved one. The Group members will go to the Bible for direction on how to take care of themselves by focusing on Christ.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Sun	11:00am	Hope Lutheran Church 2900 Broadway North, Fargo	Sept 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17
9 weeks	Tue	6:30pm	Bethel E-Free Church 2702 30th Ave S, Fargo	Sept 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19
9 weeks	Tues	7:00pm	Maranatha Free Lutheran Church 101 Foundation Ave, Glyndon, MN	Sept 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19

STEPPING INTO FREEDOM

This group is a Christ-centered twelve-step program which offers help for anyone struggling with a life-controlling problem like substance abuse, sexual addiction, 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
13 weeks (Open, Join any week!)	Thu	6:30pm	Hope Lutheran Church 2900 Broadway North, Fargo	Sept 26, Oct 3, 10, 24, 31 Nov 7, 14, 21 Dec 5, 12, 19 Jan 2, 9

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
10 weeks (WOMEN ONLY)	Tue	7:00pm	Bonanzaville 1351 Main Ave West, West Fargo, ND	Sept 10, 17, 24 Oct 1, 8, 15, 22, 29 Nov 5
10 weeks	Sun	6:00pm	Faith Hope & Love Church 204 4th St S, Moorhead	Sept 22, 29 Oct 6, 13, 20, 27 Nov 3, 10, 17
10 weeks	Wed	7:00pm	FM Area Foundation 409 7th St S	Sept 25 Oct 2, 9, 16, 23, 30 Nov 6, 13, 20

ANGER: OUR MASTER OR OUR SERVANT

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 (Open, Join any week!)	Sun	5:30pm	Dakota Medical Foundation 102 3rd St N, Fargo	Sept 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24

FREE TO GROW (WOMEN ONLY)

This group study is to help people overcome disappointments and setbacks that have arrested or are presently hindering their emotional and spiritual development. It will also help participants understand how to be set free so they can grow and become all that God has designed them to be.

LENGTH	DAY	TIME	LOCATION	DATES
12 weeks	Tue	7:00pm	Bonanzaville 1351 Main Ave West, West Fargo, ND	Sept 10, 17, 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26

Open Ongoing Community Groups

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

ANGER: OUR MASTER OR OUR SERVANT

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	Sun	5:30pm	Dakota Medical Foundation 4141 28th Ave S, Fargo	Sept 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24

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	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 addiction, gambling or workaholicism. 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
13 weeks	Fri	6:30pm	Dakota Medical Foundation 4141 28th Ave S., Fargo	Weekly on-going



Questions?

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

Living Free

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