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.
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.

WHERE IS THE IMAGE OF GOD IN YOU?
The purpose of this group is to see how some of the different character traits (perfection, determination, servanthood, passion & etc.) can be used in constructive rather than destructive ways in our lives and relationships. Group participants will work toward operating more in the image of God according to the way he created us.

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**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.

**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.

**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?**
ERIC JOHNSON, LIVING FREE COORDINATOR
eric@jailchaplains.com | Phone: 701.540.2264
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.

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<tbody>
<tr>
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<td>Weekly on-going</td>
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**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.

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**ANGER: OUR MASTER OR OUR SERVANT (MEN ONLY)**
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**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 workaholism. It will help participants develop roots and steadfastness in Christ so they can confidently master the problems faced in daily living.

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