



Living FreeTM community

2020 Winter 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.

Winter Session Small Groups

January-March 2020

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	6:30pm	Dakota Medical Foundation 4141 28th Ave S, Fargo	Jan 19, 26 Feb 2, 9, 16, 23 Mar 1, 8, 15
9 weeks	Sun	10:30am	Salem Evangelical Free Church 1111 30th Ave S, Moorhead	Jan 19, 26 Feb 2, 9, 16, 23 Mar 1, 8, 15
9 weeks (OPEN, JOIN ANY WEEK!)	Mon	6:30pm	Hope Lutheran Church - South 3636 25th St S, Fargo	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 2
9 weeks (OPEN, JOIN ANY WEEK!)	Mon	6:30pm	Hope Lutheran Church - North 2900 Broadway N, Fargo	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 2

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	Thu	6:30pm	Triumph Lutheran West 3745 Sheyenne St, West Fargo	Jan 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 5
9 weeks	Thu	7:00pm	Martin's Lutheran Church 602 2nd St N, Casselton	Feb 6, 13, 20, 27 Mar 5, 12, 19, 26 Apr 2

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.

LENGTH	DAY	TIME	LOCATION	DATES
12 weeks	Sun	6:00pm	FM Area Foundation 409 7th St S, Fargo	Jan 19, 26 Feb 2, 9, 16, 23 Mar 1, 8, 15, 22, 29 Apr 5

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	Tue	6:30pm	Nativity Church 1825 11th St S, Fargo	Jan 14, 21, 28 Feb 4, 11, 18, 25 Mar 3, 10
9 weeks (OPEN, JOIN ANY WEEK!)	Wed	6:30pm	FM Area Foundation 409 7th St S, Fargo	Feb 12, 19, 26 Mar 4, 11, 18, 25 Apr 1, 8



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
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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	Weekly on-going

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	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 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	Fri	6:30pm	Dakota Medical Foundation 4141 28th Ave S., Fargo	Weekly on-going



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