



# Living Free<sup>TM</sup> community

## 2021 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-April 2021

### INSIGHT

The emphasis of this group is on developing Christian character and drawing the participants together in meaningful relationships. The material encourages participants to stop thinking "those people" vs "our kind of people" as they learn to share their lives with one another becoming "US".

| LENGTH  | DAY | TIME   | LOCATION                                 | DATES                                          |
|---------|-----|--------|------------------------------------------|------------------------------------------------|
| 9 weeks | Mon | 6:30pm | Virtual<br>Pre-register to get Zoom link | Jan 4, 11, 18, 25<br>Feb 1, 8, 15, 22<br>Mar 1 |

### ANGER OUR MASTER OR OUR SERVANT (WOMEN ONLY)

The material for this group offers a clear explanation of anger and what causes it. Participants will learn to recognize when they are sinning with anger. Additional content which will be covered includes; beginning steps in managing anger, methods to help control anger in your relationships and ten steps for preventing anger's control in your life.

| LENGTH                           | DAY | TIME   | LOCATION                              | DATES                                           |
|----------------------------------|-----|--------|---------------------------------------|-------------------------------------------------|
| 9 weeks<br>(Open, Join any week) | Mon | 5:30pm | Virtual<br>Pre-register for Zoom link | Feb 22<br>Mar 1, 8, 15, 22, 29<br>Apr 5, 12, 19 |

### COPING WITH THE LOSSES OF LIFE

This group will deal with many types of loss including the loss of employment, loss of relationship, loss of freedom through incarceration or the loss of a loved-one. Participants will identify the losses they have suffered in life and begin to understand the impact these have on the way they live. As the group members share and search the Bible together, they will discover different options to deal with loss and disappointment in a more constructive way.

| LENGTH  | DAY | TIME   | LOCATION                                | DATES                                          |
|---------|-----|--------|-----------------------------------------|------------------------------------------------|
| 9 weeks | Tue | 6:30pm | Virtual<br>Pre-register to get Zoom ink | Jan 19, 26<br>Feb 2, 9, 16, 23<br>Mar 2, 9, 16 |

### CONCERNED PERSONS

This group will encourage participants to focus on Christ rather than the behavior of their loved one. Participants will learn there is hope in the midst of the pain and suffering as they watch the consequences of a loved one's unhealthy choices. Group members will go to the Bible for direction on how to take care of themselves by keeping their eyes on Jesus.

| LENGTH  | DAY | TIME   | LOCATION                              | DATES                                          |
|---------|-----|--------|---------------------------------------|------------------------------------------------|
| 9 weeks | Tue | 7:00pm | Virtual<br>Pre-Register for Zoom link | Jan 19, 26<br>Feb 2, 9, 16, 23<br>Mar 2, 9, 16 |

## GODLY PARENTING

It is an awesome privilege and responsibility to love and guide a child into a healthy and responsible adulthood. Participants in this group will likely have a variety of lived childhood experiences ranging from loving and supportive to less than desirable. The material will focus on God as our ultimate model for parenting. Everyone with a child in their life who they desire to guide toward developing healthy relationships is welcome in this group.

| LENGTH                            | DAY | TIME   | LOCATION                              | DATES                                                                 |
|-----------------------------------|-----|--------|---------------------------------------|-----------------------------------------------------------------------|
| 13 weeks<br>(Open, Join any week) | Wed | 6:30pm | Virtual<br>Pre-Register for Zoom link | Jan 20, 27<br>Feb 3, 10, 17, 24<br>Mar 3, 10, 17, 24, 31<br>Apr 7, 14 |

## STEPPING INTO FREEDOM

This group will be covering the twelve-steps from a biblical perspective. Anyone impacted by a life-controlling problem is welcome to participate. The problem may be abusing drugs, gambling, pornography use or compulsive spending. The participants will develop roots and steadfastness in Christ so they can confidently master the struggles faced in life.

| LENGTH                            | DAY | TIME   | LOCATION                              | DATES                                                                 |
|-----------------------------------|-----|--------|---------------------------------------|-----------------------------------------------------------------------|
| 13 weeks<br>(Open, Join any week) | Wed | 6:30pm | Virtual<br>Pre-Register for Zoom link | Jan 20, 27<br>Feb 3, 10, 17, 24<br>Mar 3, 10, 17, 24, 31<br>Apr 7, 14 |

## 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. Group participants will work toward better understanding themselves and building healthy relationships.

| LENGTH                            | DAY | TIME   | LOCATION                              | DATES                                                             |
|-----------------------------------|-----|--------|---------------------------------------|-------------------------------------------------------------------|
| 12 weeks<br>(Open, Join any week) | Sun | 6:00pm | Virtual<br>Pre-Register for Zoom link | Jan 24, 31<br>Feb 7, 14, 21, 28<br>Mar 7, 14, 21, 28<br>Apr 4, 11 |



Living Free

## Interested in attending a group?

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

**PRE-REGISTER AT [JAILCHAPLAINS.COM](http://JAILCHAPLAINS.COM)**

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

## QUESTIONS?

**ERIC JOHNSON, LIVING FREE COORDINATOR**

[eric@jailchaplains.com](mailto:eric@jailchaplains.com) | Phone: 701.540.2264

# Ongoing Community Groups

Participants welcome to join anytime.

## FACING FEAR, FINDING FAITH

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 | Virtual<br>Pre-register for Zoom link | On-going<br>Join Any Week |

## ANGER: OUR MASTER OR OUR SERVANT (MEN ONLY)

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| LENGTH  | DAY | TIME   | LOCATION                              | DATES                     |
|---------|-----|--------|---------------------------------------|---------------------------|
| 9 weeks | Mon | 6:30pm | Virtual<br>Pre-register for Zoom link | On-going<br>Join Any Week |

## ANGER: OUR MASTER OR OUR SERVANT (WOMEN ONLY)

This material for this group offers a clear explanation of anger and what causes it. Participants will learn to recognize when they are sinning with anger. Additional content which will be covered includes beginning steps in managing anger, methods to help control anger in your relationships and ten steps for preventing anger's control in your life.

| LENGTH                           | DAY | TIME   | LOCATION                              | DATES                                           |
|----------------------------------|-----|--------|---------------------------------------|-------------------------------------------------|
| 9 weeks<br>(Open, Join any week) | Mon | 6:30pm | Virtual<br>Pre-register for Zoom link | Feb 22<br>Mar 1, 8, 15, 22, 29<br>Apr 5, 12, 19 |

## FREE TO GROW (MEN ONLY)

This group will focus on helping the participants overcome disappointments and setbacks which have arrested or are presently hindering their emotional and spiritual development. Participants will gain an understanding of how they can be set free to grow and become all that God has designed them to be.

| LENGTH   | DAY | TIME   | LOCATION                              | DATES                     |
|----------|-----|--------|---------------------------------------|---------------------------|
| 12 weeks | Tue | 6:30pm | Virtual<br>Pre-register for Zoom link | On-going<br>Join Any Week |

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