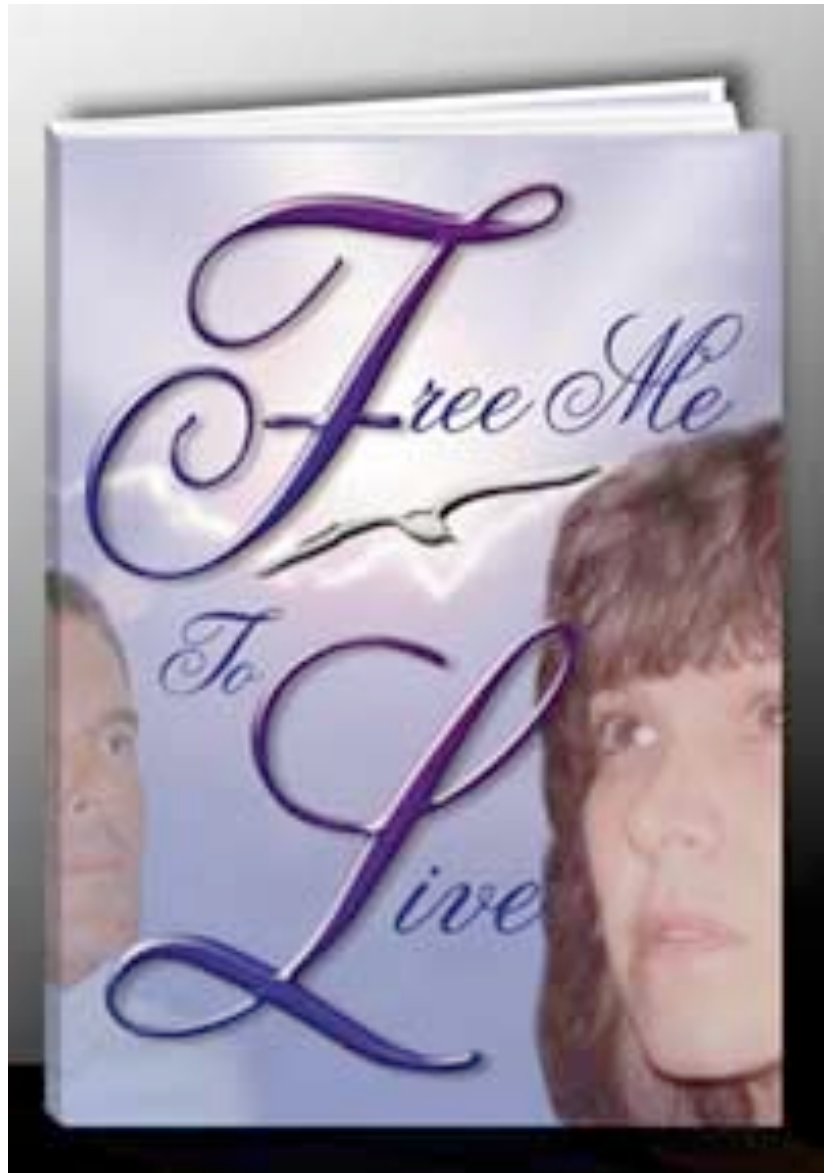


Free Me To Live

Free Me To Live by Ken Freeman



OVERVIEW



OVERVIEW OF FREE ME TO LIVE! THE SOLUTION

FREE ME TO LIVE is a 140 page course syllabus, supported with 12 eBook supplements, 6 free audio element downloads, and complete online training for leaders.

FREE ME TO LIVE is a three phase journey process through recovery.

FREE ME TO LIVE is based upon Jeremiah 1:10 process of breaking up the fallow ground of the hardened, human heart and rebuilding and replanting hope.

Here's the six steps of the main process:

1. Dig up
2. Root out
3. Tear down
4. Destroy
5. Build UP
6. Replant

FREE ME TO LIVE has built its process around this verse.

After introducing the course, addressing their fundamental need for hope and love, we explain what they can expect and what is expected of them. Then we move into our 3 part, average 10 - 14 week support group course. Ideal for crisis pregnancy centers, church support groups, therapists, social workers, women's shelters, and prison ministry.

PHASE ONE is intensive self inventory consisting of ___ worksheets designed to dig up the root problem, root out misguided beliefs and understandings, tear down every vain imagination that crops up, and destroy every evil work of darkness by exposing it to the light of Jesus Christ.

PHASE TWO moves from self analysis and examination to a building up section where we study 14 major preceptual factors of the Christian faith that when applied to the wounded heart, produces good fruit. The course focuses on establishing a fundamental understanding and acceptance of:

1. Who God is

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2. Who Jesus Is
3. Who the Holy Spirit is
4. Gods Hope
5. Gods Love
6. Grace
7. Peace
8. Mercy
9. Atonement
10. Reconciliation
11. Redemption
12. Forgiveness
13. Sanctification

The course's building up series starts with an introduction to God's three-part character. As they learn about who God is and isn't, who Jesus is and isn't, and who the Holy Spirit is and isn't, they move expectantly into the next part.

Next, the course moves into a study of HOPE. The single core need of every hurting individual is hope. Hope in God is laid as a foundation upon which to build the recovery process to insure the wounded heart now overwhelmed by pain is comforted and assured when receiving this hope.

Hope is the result of GOD'S LOVE is poured into the wounded heart. This awesome gift of love is the very thing the wounded soul feels most unworthy of receiving. LOVE is shown to be the manifestation of God's attribute given out of that love toward the individual.

Thus, MERCY (the outward manifestation of God's pity upon the frailty of His creation) is the act of God extending God's gift to the wounded heart.

Mercy extended, provides GRACE or the unmerited love and favor of God for the wounded heart.

Receiving the grace of God, a free gift, the participant begins to realize the natural fruit of grace, which is PEACE OF GOD that results as PEACE WITH GOD is made. Also discussed with equally meaningful examples is JUSTIFICATION, RECONCILIATION, REDEMPTION, ATONEMENT, PROPITIATION, and SANCTIFICATION.

One of the core questions ever human wrestles with is WHO AM I? As the participant begins to realize that peace in the inner man is possible, the course has them focus on who the Bible says they are. This is the first attempt to renew their mind in the image of He who created them.

IN GOD'S EYES I AM... is a written exercise of affirming who I am according to the Bible. Songs of Solomon is used to teach that God wants to be the lover of your soul. Old and New testament verses, written out for easy understanding, are given to show nine key things the Bible says about who I am.

As the participant is hungry for more, the study moves into the seven-fold effect of the BLOOD OF JESUS upon the wounded heart. The challenge is to allow God into my life to change me from within. Here the participant faces a turmoil: Do I lose control and allow God into my life or do I stay in control and refuse His work on my inner man. Its like a patient knowing the doctor has helpful perscriptions, but the patient doesn't like the taste and decides not to take the medicine.

8 PROCEDURES FOR BIBLICAL CHANGE PRESENTED IN FREE ME TO LIVE.

A. SEVEN PRIMARY STEPS EVERY PERSON MUST MAKE TO RECOVER FROM THEIR PAST HURTS

1. Commit yourself to God's sovereignty and rule in your life.
 - a. Receive Jesus Christ as Lord and Savior
(John 1:12; Romans 10:9-11; I Corinthians 15:1-4; Ephesians 2:8-10)
 - b. Determine to walk daily in a manner that pleases God
(II Corinthians 5:9; Ephesians 4:1; Colossians 1:10, 3:17)
2. Determine the specific ways you have sinned against God. Repent of your sinful ways; they are contrary to Scripture and displeasing to God. Confess these sins to Him. (Proverbs 28:13; Revelation 2:5, 3:19; I John 1:9)
3. Ask God for wisdom to know what changes to make and how to make them. Ask with faith that He will answer. (Psalm 139:23-24; James 1:5-8; Hebrews 11:6;)
4. Forgive others that have sinned against you with a goal of reconciling with them. As biblically appropriate, confess to other individuals the sins that you have committed against them.
(Matthew 6:14-15; Mark 11:25-26; Ephesians 4:31-32; Matthew 5:23-24; Romans 12:18)
5. Diligently study God's Word on a regular basis and memorize Scripture to store His truth in your heart.
(Joshua 1:8; Psalm 1:2; II Timothy 2:15, 3:16-17; Psalm 119:11, 16)
6. Pray always in every circumstance and do not lose heart.
(Luke 18:1; Philippians 4:6-7; I Thessalonians 5:17)
7. Do what God says to do, regardless of your feelings in order to glorify Him, staying under the control and guidance of the Holy Spirit.
(Matthew 7:24-26; James 7:22-25; Genesis 4:6-7; Romans 13:14; Galatians 5:16-17; I Peter 4:2; Matthew 5:16; I Corinthians 10:31; Romans 8:14; Ephesians 4:30, 5:18)

B. GOD'S PROMISES CONCERNING BIBLICAL CHANGE

1. In Christ you have assurance of victory over failures
(Romans 8:37-39; II Corinthians 2:14, 10:4; I John 5:4-5, 18)
2. As an overcomer, you are assured of final rewards (Psalm 2:7, 11, 17, 26; 3:5, 12, 21; 21:6-7)

C. PERSPECTIVE FOR BIBLICAL CHANGE

1. Scripture is the sole standard and authority for your life.
(Psalm 19:7-11; 119:24, 105; Romans 15:4; II Timothy 3:16-17; Hebrews 4:12; II Peter 1:3-4)
2. The only lasting hope is promised in the Scriptures.
 - a. God will not allow believers to be tested or tempted beyond what they can bear. He gives you His grace and strength to endure every test and resist every temptation so that you never have to sin. (Romans 8:35-39; I Corinthians 10:13; II Corinthians 4:7-10, 12:9-10; Philippians 4:13; Hebrews 4:15-16; II Peter 2:4-9)
 - b. Those in Christ are freed from the power and penalty of sin. (Romans 6:6-7, 14,18,23)
 - c. Jesus will grant mercy and provide grace to help in every need.
As your advocate, He constantly intercedes for you to God the Father and fully understands your weaknesses. (Hebrews 2:18, 4:15-16, 7:25; I John 2:1)
 - d. Trials and testing will develop and mature you in Christ if you respond to them in Gods way. He never devises evil or harm for you; rather His plans for you are for your good.
(Romans 5:3-5; James 1:2-4; Genesis 50:20; Deuteronomy 8:2, 5, 16; Psalm 145:17; Ecclesiastes 7:13-14; Jeremiah 29:11-13; Romans 8:28-29; James 1:13-17)
 - e. Only God can change people, so you cannot and are not responsible for changing them. You are accountable to God solely for your own deeds and are to do your part in living at peace with others. (Ezekiel 36:26-27; Philippians 1:6, 2:13; Jeremiah 17:10; Ezekiel 18:1-20; Matthew 16:27; Romans 2:5-10; Colossians 3:23-25; I Peter 1:17; Matthew 5:23-25; Mark 11:25; Romans 12:9-21, 14:19, I Peter 3:8-9, 4:8)
 - f. When you confess your sins, God forgives and cleanses you. (I John 1:9)

Next we wash them with the Word and next the Holy Spirit. We help them understand who the HOLY SPIRIT is and how He is going to bring about change in the participant's life. To further amplify the need for change, a study of the FRUIT OF THE FLESH vs FRUIT OF THE SPIRIT is presented. The fear of change is addressed as one prepares for further strengthening.

Continuing in the study, GOD'S JUSTIFICATION or making the participant's past just as if it never happened helps prepare their own heart to RECONCILE with God. The fear that God is going to bring revenge upon me is resolved as the participant understands God's making Jesus the ATONEMENT and PROPITIATION of our sin. Then, the course shows them that the process of healing is the process of SANCTIFICATION. God's taking you out of the WORLD and God's taking the WORLD out of you. All of this is a step upon step building up to REPENTANCE and ACCEPTANCE OF GOD'S FORGIVENESS.

Logically, now that the participant knows that God forgives, the next assessment is to define where and who and why I must FORGIVE OTHERS. A study of the consequences of not forgiving others and the blessings of forgiving others leads the participant into a willful decision to FORGIVE.

The course provides a helpful tangible ANGER STONES exercise to amplify the reality of forgiveness. Likewise, a study of the consequences of HIDDEN THINGS OF SHAME drives the participant into a willful decision to RENOUNCE MY HIDDEN THINGS OF SHAME. A SHAME BALLOON exercise is a wonderful tangible way of letting go of the baggage of one's life. This is where they are encouraged to “clean out their closet” by getting rid of all the scars and pain of the past. To accomplish this, we utilize these worksheets: the Sad Face, My Idols, My Iron Yokes of Sin, and My Chains of Bondage issues.

D. THE RELEASING PROCESS

1. Tools available for use in letting go of the past
 - a. Offenses & Offenders worksheet and Casting Stones exercise.
 - b. Hidden things of shame balloon release exercise
 - c. Group Prayer of renunciation against demonis assignments and the occult
2. Why is there a need for a participant to experience a releasing exercises
 - To feel forgiven
 - To feel cleansed
 - To feel accepted by God and others
 - To feel emptied of all painful memories
 - To feel free from sin's domination
 - To feel free from all demonic influences or strongholds

E. THE GRIEVING PROCESS

1. Why Memorial Services are important
 - a. Extends dignity to a victims grieving process
 - b. Comforts the living cope with death and loss
 - c. Creates a definite closure experience to death and loss
 - d. It meets deep human needs to grieve their individual losses
2. What is the basis of conducting a memorial service for abortion victims?
 - a. Judeo-Christian ethic of memorializing those who have died.
 - b. International cultural acceptance of the need to grieve the death of a loved one.
 - c. Jewish tradition of a „mourning Kaddash or grieving prayer honoring those who have gone before. (Yom Kippur)
3. Why is there negative resistance to abortion memorials?
 - a. Fear of facing the reality of one's abortion
 - b. Fear of owning/facing the deep inner feeling of irreplaceable emptiness and human loss
 - c. Pharisaical, legalistic judgementalism (no feelings)
 - d. Abortion memorials are foreign to American culture
 - e. Abortion memorials focus the abortion debate on the missing baby
4. Key considerations for the abortion memorial
 - My baby is dead
 - My baby is not here to hold
 - I cannot talk to my baby

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- I cannot ask my baby to forgive me
- I cannot hold my baby's body
- There is no grave or grave site with abortion
- I can pray to Jesus asking Him to heal my hurts
- I can attend a grief loss service custom designed to address my loss through abortion or miscarriage and to extend to my baby's memory the dignity of a memorial service
- I can allow myself to think about my baby and my maternal feelings
- I can give my baby a name
- I can honor my baby's brief existence by lighting a candle symbolizing my dead baby
- I can allow myself to cry for my baby and in repentance for what I have done by having an abortion

5. Primary human desires seek to be filled

- a. Desire to know my baby's gender
- b. Desire to remember how old my baby would have been
- c. Desire to give honor to my child's life
- d. Desire to have a relationship with their baby

6. The natural maternal/ paternal instinct

- a. Mothers instinctively have feelings about their baby's gender
- b. Mothers instinctively want to talk about their feelings for and about their baby
- c. Fathers instinctively want to protect their baby
- d. Mothers & Fathers instinctively want to provide for their baby

7. Tools used for effective memorial services For the abortion victim

- Baby casket / Heritage (handkerchief) doll materials
- Memorial candles
- Audio Vignettes to facilitate the grieving process
- TILLY -Focus on the Family (Frank Peritti)
- Psalm 23/139 Audio Vignette with sample sermon outline for Pastors
- For violation victims, a Broken Heart© handout with sample sermon outline for Pastors

8. For everyone attending we provide:

- 1. Dear Jesus Closure journalizing (Letter writing) exercise
- 2. Audio accompaniment tape: Praise & Worship
- 3. Audio Vignette: A Word From Heaven

9. Why do we recommend using an infant casket as a tool in memorial services?

- a. It is the only object that accurately represents the loss of abortion death
- b. It serves as a receptacle for the Heritage doll that can be closed when finished.
- c. A casket produces a sense of somber reverence when seen
- d. It provides a tangible point of closure for those who have lost a baby

10. Why do we recommend using the Heritage doll as a toll in memorial services?

- a. Serves as a tangible, physical symbol of their missing baby

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---b. It becomes a tangible object to let go of at the altar; something to place in the casket, something to let go.

---c. It is a fitting object to trigger one's maternal or paternal feelings

--- d. It serves as a symbol of the missing baby

11. Things to avoid in memorial services

---a. Communication with the dead, praying to the child etc.

---b. Directed , guided visualization where a Jesus is conjured up in one's mind and something imaginary , but not real, takes place

F. THE MOVING ON PROCESS

1. Tools for helping the course participant move on into healthy life

--- a. Because I am loved exercise

--- b. Wash me clean exercise

--- c. Clean my marriage bed exercise

G. A TIME TO LAUGH.....A TIME TO CRY!

Following the LETTING GO stage where all of life's cares are cast upon the Lord, there is a strategic study of the need to GRIEVE THEIR LOSSES in a Godly way that leads to repentance and not death.

To effectively bring the recovery process to a dignified close, there must be a time of grieving for all that has been lost. With pregnancy related losses, the memorial elements such as the Heritage Doll (a handkerchief) , pink and blue candles, the infant casket and the audio segments are all very meaningful tools to use.

To be sure that everyone being served receives from the grieving service, it is important to allow all participants to have something to bring to the altar. This is served by our BROKEN HEART template. Once the participants grieve their many losses, transform the focus to a time of praise, celebration, and worship of the Living Lord who has lifted their deeply wounded hearts, broken the chains in pieces and set them free from their bondages, idols, and unforgiveness.

Next, remembering that what has been swept out of their hearts now has created an empty place, it is vital to show them practical ways to renew their mind in an effort to fill that void with the Spirit of the Living Lord.

PHASE THREE: RECEIVING

To further ground them in their new identity, which may be very foreign at this moment, the IN GOD'S EYES, I SEE MY SELF and HE SEES ME AS drawings again ask them to carefully examine themselves. Like a previous exercise, this leads into a time of self-affirmation of God's truth in an effort to convince themselves of this truth.

Because some will still have a distorted view of self, these drawings are followed by the WHO AM I IN JESUS? reading list.

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This is purposely presented in a complete statement with associated reference verse to prompt the participant to look up the verse during private Bible study. However, if they never open their Bible, the emphasis is transferred even by reading the statements. Here they compare their feelings now vs. when they first began the class. They compare their understanding of God before and after.

This moves into how to CELEBRATE LIFE, affirming the need to learn to love others. Because relationships are normally the cause of the breakdown in their life, a discussion of how to confront the offender, so that peace can follow and broken trust restored, is important.

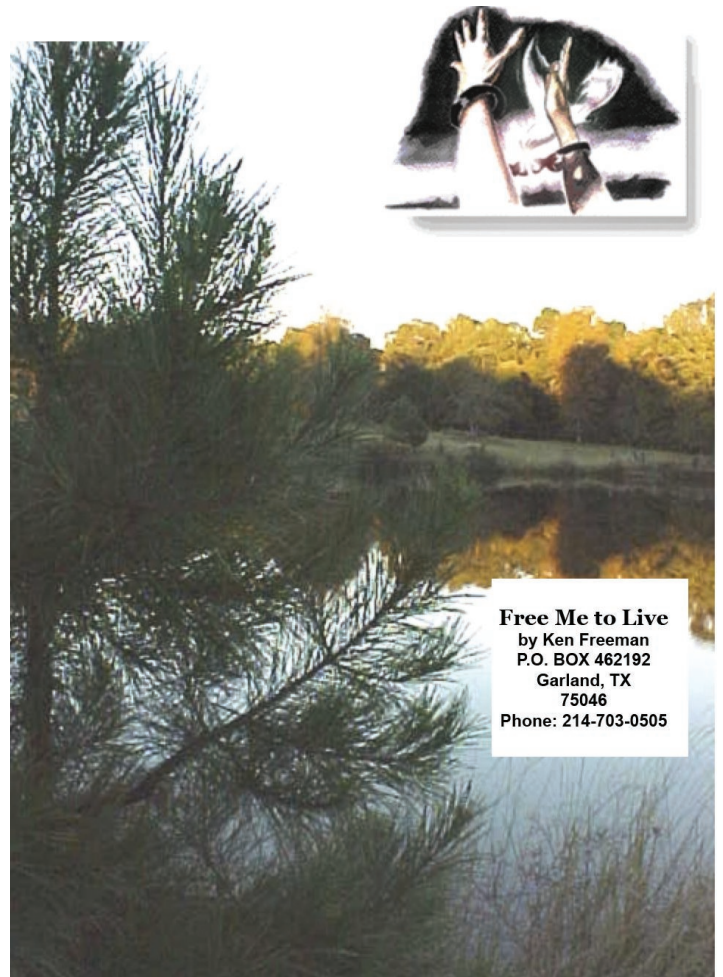
This brings us to the next to last stage when the participants begin to affirm that WITH GOD'S LOVE I AM GOING TO.... work area. As they come to understand that God desires to sup with them and have communion with them, and to be the lover of their very soul, the course teaches to express love where love has been wounded.

Applying love through a very practical study of feeling clean on the inside and learning to laugh at life, sets the stage for sharing with course participants to share their testimonial or their freshly healed testimonial via the telephone mini-teleconference with the author or recovery support training offered online and on-demand.

The course concludes with typically a pot-lunk supper which where group participants can celebrate and relax knowing that this course is finished.

It is important at this very moment to share with the participant their prospective roll in ministry operations as an alumni.

Good ways for helping alumni become healthier in their daily walk is to recruit them to volunteer for the very next class.



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Another is to have them write a testimonial letter. The course website, www.freemetolive.com offers alumni the following access points for further connection with other alumni.

<http://freemetolive.com/mystory> to tell their testimony so others can benefit.

<http://freemetolive.ning.com> an alumni community social media site.

Follow Free Me to Live on Twitter: <http://twitter.com/freemetolive>

Certainly another is to suggest they become a supportive alumni helping to underwrite the recovery outreach. One way almost every alumni can help is by dedicating a MEMORIAL TO THEIR UNBORN through our Internet site: www.mymemorial.org

Follow up to any class participant or careteam leader is most important. Thus, we now offer Last Harvest Fellowship online. A church online with 24 hour streaming praise and intimate worship, extensive Bible tools, sermon archive, prayer lines, chat rooms and Email discussion groups. Visit www.lastharvestfellowship.com
To fellowship with other members, <http://lastharvestfellowship.ning.com>
To join the conversation: <http://lastharvestfellowship.blogspot.com>
To follow Pastor Ken: <http://twitter.com/pastorkfreeman>
To be a friend on FaceBook: <http://tinyurl.com/lastharvestFB>

Opportunities for involmment helping others.

Last Harvest is proud to offer the following opportunities for any alumni:

- Join our Team of Online Referral Consultants to handle incoming requests for help from pregnant women. http://findapregnancycenter.com/join_network.php
- Join a future support group as a helper
- Join Last Harvest support team.
- Join Last Harvest Fellowship <http://lastharvestfellowship.com>

Thank you for reviewing this overview of the courseware.

To order: www.freemetolive.com

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Whom the Son sets free is FREE INDEED!

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