

How to help someone walk through *The Freedom booklet*:

This can be done in two ways:

1) Intentional meeting

- One participant
- One or two facilitators

2) As group with multiple people:

- Generally, 2-4 participants
- Two facilitators.

1) INTENTIONAL MEETING:

- You can do this online
- You are only responsible for encouragement, prayer and accountability
- -HS is counselor they work on book alone
- Be a support offer to watch kids give a cozy space, etc.

2) AS A GROUP WITH MULTIPLE PEOPLE:

(Bible study group, friend group, retreat focus, marriage group, etc.)

- Gender specific works best.
- It's recommended to have 2 facilitators (main leader & co- leader).
- Generally, the main leader and the co- leader do not process but if you want to have everyone processing, still assign someone to run the gathering.
- Please utilize the instruction videos for your group if you have never used the freedom booklet before.
- Your group should run the length of weeks in relation to the number of people you have processing plus one additional week. For example, if you have 3 processors, you will run the group for 4 weeks.
- The first week you met should be dedicated to instruction to the group on how to use the book as well as answering any questions and sharing group rules.

RECOMMENDED GROUP RULES:

- 1) Only the participant and the leaders talk.
- 2) Nothing shared in the group is shared outside the group.
- 3) If you commit to the group make sure you can attend all the meetings
(Baring sickness or emergencies)

One person in the group will share per week.

- Leader or co-leader will check in.
- If the person is not ready give more time or pass on to next person.
- If the person changes their mind about sharing its okay.
- Don't allow group time to become a time of counseling or advice.

This is just a tool and not a replacement for the Holy Spirit.