

Meeting 3⁵ Purposes & Format:

- Have Sponsee to read off their **SHIELD Inventory in its entirety.**

There is a lot of shame associated in this inventory. It is important to listen without shock or disgust. The fact that your Sponsee has written these events out on their Shield Inventory means they are ready to deal with them.

“There is now no condemnation for those who are in Christ Jesus for the law of the spirit of life has set you free in Christ Jesus from the law of sin and death.” ROMANS 8.1-2

response: *thank you so much for sharing that part of your life with me. I am proud of you and believe God is doing an amazing work in your life and will complete it!*

Pray: thank Jesus for their courage to face/deal with these areas

repeat and personalize Romans 8.1-2 in prayer over your Sponsee

Thank you Lord Jesus that there is no condemnation for ken because you have already paid the price for these sins...

Thank you for softening his spirit and giving him the courage to deal with this. And thank you that you will guide ken in whatever next steps You have for him in FS.

- Have Sponsee read off their **CLOSET Inventory in its entirety.**

These entries may include times *they* have been hurt or where they have hurt *others*. In either case, satan has likely turned the guilt they feel (true or false guilt) into shame and having them read these entries to you will be an amazing experience for both of you. God forgives us our sins when we confess our sins to Him. It is when we confess them to others that we are most often healed.

“Confess your sins one to another and pray for one another, so that you may be healed.” JAMES 5.16

- Before you finish, **ask your Sponsee if there are any additional memories** that have come to mind that God would have them confess/share.
- Make sure you have initialed every page** on the inventories they have shared.

Additional Sponsor Roles & Responsibilities:

- Please call your Sponsee 2-3 weeks after their last confession to ask if they have forgiven themselves for their Shield and Closet entries. If you recall specific events that caused deep guilt or shame, ask them what forgiving themselves for _____ was like. Likewise ask them if they have forgiven the people on their Mirror Inventory.
- 4-5 weeks after your Sponsee’s confession they will be taught how to make amends to the people they have hurt. They will need your initials after you have perused and approved it.

⁵ **note:** if meetings 1 & 2 are combined, use the meeting #3 suggested format for your second meeting.

Becoming a Sponsor

Orientation Seminar

FS Step 5: We broke the power of shame by confessing to God and another human being the exact nature of our wrongs, the lies we believed and secrets we vowed to take to the grave.

finding healing through discipleship

The Twelve Steps to Freedom¹ & their biblical foundation²

Step 1: We admitted that, in our own strength, we are powerless to rise above our hurts, resentments, unhealthy behaviors and attempts to control. Our lives have become unmanageable.

For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. Romans 7.18

Step 2: We came to believe that God exists, that He loves us deeply and that, through a personal relationship with Jesus Christ, we can be healed and fulfill the purposes for which we were created.

For I know the plans I have for you, declares the LORD, plans for peace and not for evil, to give you a future and a hope. Jeremiah 29.11

Step 3: We made a conscious decision to turn our lives, our pain and our wills over to the care of God and the leadership of Jesus Christ.

The thief comes only to steal and kill and destroy; I came that [you] may have life, and have it abundantly. John 10:10

Step 4: We took an inventory of our lives, facing the truth where we've been hurt, how we've hurt others and the secrets we carry in our hearts.

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me... Psalms 139:23-24a

Step 5: We broke the power of shame by confessing to God and another human being the exact nature of our wrongs, the lies we believed and secrets we vowed to take to the grave.

Therefore confess your sins to one another and pray for one another, that you may be healed. James 5:16

Step 6: We humbly asked God to forgive our wrongdoings and, based on His forgiveness, chose to also forgive ourselves. We then forgave those who hurt us, releasing our bitterness and trusting God to bring about justice in His way and timing.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come...And forgive us our sins, for we ourselves forgive everyone who is indebted to us. 1 Corinthians 5.17; Luke 11:4

¹ The Twelve Steps to Freedom used in Freedom Session were written/revised by ken b dyck in 2015 and are under copyright © by Freedom Session Resources. For more info, see www.twelvestepstofreedom.org.

² Color font in this booklet refers to the FS workbook (01, 02 or 03) that step, inventory or exercise is taken from.

Meeting 2 Purposes & Format⁴:

- Have Sponsee to read off their MIRROR Inventory in its entirety.
- This could be an emotionally exhausting two hours. If your sponsee needs a break after an hour, a cup of coffee, tea or water is nice. Then get back to it.

response: *Wow, that must have been a difficult time in your life?
What did you learn about yourself as you revisited that event?*

Advanced: If they seemed to embrace a false belief re themselves in column 4, ask them how true (scale of 1-10) that statement feels to them today. If it is strong, have them to close their eyes and envision themselves in that memory.

Then you can ask (aloud) the Holy Spirit to reveal His truth into their heart.

Ask the Sponsee if they would be willing to renounce the lie and embrace God's truth. If so, use the following format:

*Lord Jesus, I renounce the lie that _____
and I embrace Your truth that _____.*

optional: after they have shared their entire Mirror Inventory, ask:

As you look over your Mirror Inventory as a whole, what recurring wounds, themes or patterns do you notice?

What overall negative conclusions have you make about yourselves in moments of pain?

Again, if appropriate, have Sponsee renounce these conclusions and accept God's truth about them. Then you can pray / declare further into their spirit and hearts.

- **To end meeting #2, again affirm them; assure them of your support, confidentiality, prayers and belief that God is working in their life.**

Please do not suggest or attempt to lead your Sponsee to forgive those on their mirror inventory at this point. They will be taught that in a few weeks.

Please do not offer excuses or minimize how others have treated them in the past (i.e. they did the best they could). Be assured we are not leading participants to blame current situations on people in their pasts but to become honest about the bitterness they carry in their hearts towards people who have or whom they believe have let them down.

⁴ may also be combined with Meeting #1.

What is the Specific Role of a Sponsor?

In short your role is to:

- **L**isten...without shock, pressure or judgment
- **O**ffer your affirmation, your support and your faith.
Let them know you admire them and that you believe God is going to bring good out of what satan meant for evil.
- **V**alidate their progress. You need to initial each page shared.
- **E**nter the Throne Room of Grace on their behalf. Pray!

Specifically, respond to your Sponsee's invitation to 2-3 meetings³ during which they will read off the entries they have made on the four different inventories.

Meeting #1 Purposes & Format:

- Get to know each other. Be prepared to share your brief healing journey (the 3 minute version). This is to help them realize you also are flawed and helpless without the grace of God. This should lift some of their fears.
- Have Sponsee read off their **STRENGTHS Inventory**:
response: *I'm glad you shared that with me.*
What do you like most about yourself?
Pray: thank God for them and the strengths/value God invested in them.
- If you have time left (and you should), ask if they would like to start on their **MIRROR Inventory** and share a couple of entries from it. Perhaps suggest it!
- When listening to a Mirror Inventory entry, try to envision them at the age the memory occurred. What seems minor as an adult could have seemed very traumatic as a child.
response: WOW. I am so honored you would trust me with that memory.
Pray into columns 3,4,5 as appropriate. (see next page)
- To end meeting #1, tell them you are proud of them for taking FS and putting in the effort to complete their inventory. Assure them of your confidentiality and set the date for the next meeting.

³ In some cases, meetings #1 & #2 can be combined.

Step 7: We admitted our character defects, pride, sinful tendencies and selfishness without excuse. We repented and asked God to replace our character defects with His character.

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

Step 8: We accepted responsibility for how we have harmed others, made a list of those we've offended and became willing to make amends to them all.

If possible, so far as it depends on you, live peaceably with all...And as you wish that others would do to you, do so to them. Romans 12:18; Luke 6:31

Step 9: We made specific and direct amends to those we have hurt whenever possible, except when to do so would further injure them or others who are innocent. For such persons, we made specific and indirect amends.

So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. Matthew 5:23-24

Note: Steps 10-12 are covered in the 8-week *Authentic Living* follow-up course.

Step 10: We committed to live authentically in all areas of life and relationship, taking responsibility for our attitudes, decisions and behaviors.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the good and acceptable and perfect will of God. Romans 12:1-2

Step 11: We learned to hear God's voice and understand His will for our lives through Bible reading and personal interaction with Jesus Christ in prayer. We renounced previous judgments and inner vows and developed strategies to rise above daily temptation or difficulty.

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work. 2 Timothy 3:16-17

Step 12: We created a purposeful "life plan" to help us continue walking in freedom by developing godly values and character. As God brings opportunity, we are committed to sharing our experience of freedom and healing with others.

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2.10

Freedom Session is all about *writing your story and creating a different ending.*

In Step 4 of Freedom Session, participants are asked to complete 4 written “Inventories” in an attempt to honestly face their story thus far. In Step 5, they are asked to share it with another human being of their choosing. We call this person a Sponsor. Below is a brief description of the various inventories you will be invited to hear:

The “STRENGTHS” Inventory Explanation



God’s word teaches us to think of ourselves with sober judgment and not think of ourselves more highly than we ought. But neither are we to think of ourselves more lowly than we ought, putting pressure on those around us to make us feel better. Although most participants come to FS to deal with the less attractive parts of their lives, completing a Strengths Inventory and learning to like ourselves will help keep our perspective balanced.

In the Strengths Inventory, we simply identify the specific ways we have been a positive influence on another’s life and learn to enjoy that quality.

The “MIRROR” Inventory Explanation



Picture yourself standing in front of a mirror on the wall. As you look up, you are looking at the *real you*, not necessarily what you want to see or how you think you look, but what is actually there. Mirrors generally don’t lie.

The Mirror Inventory is like a mirror for the “inside you,” a tool for looking into the painful experiences of your developmental years as well as adulthood. This is the place for you to write about any abuse or neglect you have suffered, times you’ve been misunderstood, rejected and betrayed. Writing about the times you were hurt by the people who were supposed to love and protect you is certain to resurface some very painful emotions lying deep within your heart. This is normal and healthy. As long as you keep the pain inside of you a secret, it will cause you to act in ways you don’t want, contribute to a negative self-image or other destructive beliefs. Getting the truth out and on paper begins a process that will lift the pain that has weighed you down for years. This will also allow you to evaluate the painful experiences of your life and challenge any negative conclusions you made at the time for accuracy.

As you work through the individual columns on your Mirror Inventory, pause and ask Jesus to guide your thoughts and bring back the memories or perspective He wants you to write out. Ask for the courage to be fearless and thorough. It is important to be as *specific* as you can. You are not alone. God will walk through the memories with you. As you write them down you will begin to feel the burden and weight of these experiences lift and they will lose their power over you!

The Things I Vowed to Never Tell



The Personal Effect	My Part
<p>What effect did that action or behavior have on the rest of my life? What effect does it have on me today?</p>	<p>What part of this event (if any) am I responsible for? What part of this responsibility belongs to others?</p>
<ul style="list-style-type: none"> • <i>What has become of my life because of that event, action or behavior? How does it make me feel today?</i> • <i>How has my behavior or commitment to silence contributed to guilt, shame or other personal conflicts?</i> • <i>How have my resentments due to this event affected my relationship with myself? with others?</i> • <i>How might my life be different had this not happened?</i> • <i>How have I cheated myself and others because of this event?</i> 	<p>False Guilt Memories: If this entry represents acts done to or against you, this is your opportunity to set the record straight and write: “NOT GUILTY!” I had no part in this!</p> <p>True Guilt Memories: If this entry represents acts done by you towards someone else, this is your opportunity to write down: “100% RESPONSIBLE. I did this and it was wrong.”</p> <p>If others were involved, God will set it straight in His time. You now have something you need Jesus for and can ask His forgiveness.</p>

“CLOSET” Inventory



The Event, the People and the Details	The Damage
<p>What actually happened? What did I or others do?</p>	<p>What damage did this event do to me or the others involved?</p>
<ul style="list-style-type: none"> • <i>What is the most painful, embarrassing or shameful event of my life? Did I include this on either my “Mirror” or “Shield” Inventory?</i> • <i>What did I not write down because it may cost me or those I love a great deal?</i> • <i>What is the current habit, action or behavior that continues to “haunt me” or seems to be in the way when pray or worship God?</i> • <i>What have I vowed I will never ever tell a living soul?</i> 	<p>The following questions are only a guide to help you process this column. Make sure you also take time to ask God for His answers.</p> <ul style="list-style-type: none"> • <i>Why did I not include this event on previous inventories? What do I feel as I recount it?</i> • <i>What has this action, behavior or my commitment to silence cost me?</i> • <i>What feelings did I never want to feel/experience again?</i> • <i>What inner vow(s) did I make? (I’ll never again....)</i> • <i>What means have I used to deny how I really feel/felt?</i>

The “SHIELD” Inventory Explanation

No one likes to accept responsibility for hurting others. A lot of times we don’t even intend to hurt the people in our lives – we’re just trying to survive and protect our hearts. This is why we call it a Shield Inventory. Other times we allow selfishness, ambition or fear of what others think to drive our behaviors rather than our values. And sometimes, we deliberately seek revenge and choose behaviors to hurt those who’ve hurt us or those we love.

Whatever our reason, the end result is the same: Each of us have committed acts we know are wrong and it’s time to bring them into the light where God can deal with them.

Some people recoil at this part of Freedom Session. They are well prepared to write out and share how others have hurt them, but are unwilling to take responsibility for how they hurt others. Some, who’ve had a difficult life, feel they can use their pain to justify how they treat others today. That may work for a while, but sooner or later people around them will tire of it and stop catering to their immaturity.

The “Shield Inventory” will help us face the damage we have caused others through our selfishness, emotional withdrawal, anger, manipulation, conditional love, rescuing, attacking and attempts to control. Once we admit these unhealthy behavioral patterns, we can honestly ask Jesus to forgive us and help us take any appropriate next steps.

As in the other Inventories, it is important to be honest and specific.



The “CLOSET” Inventory Explanation

Deep in many of our hearts, lies the memory of an event or series of events surrounded by shame, guilt and sometimes fear that we believe should never be shared or talked about. As a result, when we completed our Mirror and Shield Inventories, we often withhold the last 10%, memories we plan on taking to the grave. As a result, some of us remain unable to give ourselves freely in relationships and/or heartfelt intimacy with those we love. This last 10% often represents the memories and interpretations of those memories that satan uses to control us the most.

The “Closet” Inventory gives you the permission and opportunity to finally be fully honest with yourself and God, and acknowledge this burden you have carried for years.

What lies in your “closet” could have been shared on your Shield or Mirror Inventory, but since you have vowed not to talk or think about it, you didn’t write it down. It’s now time to break the silence and break the power of shame in our lives and the lies we believed.

We realize that not everyone has a “closet” so – if, after asking God to reveal anything in your life you’ve not been willing to write down, He reveals nothing – be grateful. But if He does reveal something, don’t fight it – write it!! As in your previous Inventories, it is important for you to be as specific as you can.

“STRENGTHS” Inventory

The Person	The Contribution
Who has personally benefited from knowing <i>me</i> ?	What specific action(s) have I taken to help or benefit this person?
<p>Irish</p> <ul style="list-style-type: none"> ▪ <i>A FS Facilitator and previous participant in a church that Bonnie and I have visited and spoken in numerous times over the years.</i> 	<p>I took an interest in her during a seminar lunch break. We like to eat with and mingle with those we minister to when we travel rather than receive special VIP treatment. We want people to know and to feel like we and they are very much alike.</p> <ul style="list-style-type: none"> ▪ <i>Bonnie and I were chatting with Irish over lunch at a Live Facilitator Training seminar in her city.</i> ▪ <i>Curious, Irish asked why I often spell my last name without capital letters – she wondered if it was an act of humility.</i> ▪ <i>On the contrary, I explained it was meant to give my name a memorable edge as an author. The best author and musician names have a “ring” to them, a “cadence” when you read them out. This means the last name should have at least 2 syllables. No matter what I do with my last name, it will never be a good author name.</i> ▪ <i>I looked over at her name-tag and said, “See, your name, Irish Beth Maddock...that is a great name for an author!”</i>

The Way I Wound Others & its Effect

The Damage	The Personal Effect	My Past
What damage could/did my behavior cause them? <i>{what would they say?}</i>	What effect has/is this all having on <i>my</i> life?	What connection could my behaviors towards this person have to my <u>own</u> woundedness?
<ul style="list-style-type: none"> ▪ <i>I created a foundation of distrust for our eventual marriage.</i> ▪ <i>I possibly re-affirmed in her heart any beliefs she may have had about men and their dishonesty</i> ▪ <i>I gave Satan the memories in her heart that he needs to sow seeds of doubt in her heart today when I share things that take some faith and the benefit of doubt to believe.</i> ▪ <i>In failing to take responsibility for these lies [i.e. minimizing and justifying them], I attempted to make her feel she was wrong to feel betrayed, etc..</i> 	<ul style="list-style-type: none"> ▪ <i>At the time, it caused me to live in a delusional world. Sometimes I told so many stories I could barely remember which were true and which weren't.</i> ▪ <i>This caused me to always be on the watch for being found out which meant I could never truly open my heart to her.</i> 	<ul style="list-style-type: none"> ▪ <i>I can recall a number of times as a younger child when I was telling the truth and people didn't believe me.</i> ▪ <i>Other times I just wanted people to like me so I'd embellish or even make up stories.</i> ▪ <i>Guilt has always been a very painful emotion for me. I always felt guilty as a child, not good enough so I would often choose to lie hoping that others wouldn't find out about who I really was.</i>

“SHIELD” Inventory

The Person	The Conflict
Who have I or who am I currently causing pain or hurt? {past and/or present}	How have I hurt them/am I hurting them? What specific action(s) or behavior(s) have I done/am I doing to hurt them? {how would they say I have hurt them or am hurting them?}
<p><i>I significantly hurt my wife during our early dating years</i></p>	<ul style="list-style-type: none"> <i>I would regularly lie to her about my life, what I was doing, who I spent time with, etc..</i> <i>I was really living two lives and having the best of both worlds.</i> <i>I would also do things behind her back and just “forget” to tell her about them.</i>

The Things People Like About Me

The Positive Effect	The Personal Effect	Appreciation
What positive effect did my actions or behavior have in his/her life?	What positive effect did my actions or behavior have on <i>my</i> life?	How do I appreciate this strength today?
<p><i>God used our desire to make people feel at home to strongly encourage Irish and even confirm His leading in her life on a very significant writing venture she was pursuing.</i></p> <ul style="list-style-type: none"> <i>my words to Irish felt like a confirmation from the Lord that she was on the right track and that she should keep moving forward along the uphill publishing process.</i> <i>Irish did move forward to publish her book: “The Great Carp Escape” that has won awards and can be purchased on line and national book store chains.</i> 	<p><i>The impact of this story has strengthened my commitment to remain accessible when we travel, to hear people’s stories, to pray with them about the deep requests of their hearts.</i></p> <p><i>In my discouraging moments, it’s also just nice to know God is using me to change the lives and direction of others’ lives.</i></p>	<ul style="list-style-type: none"> <i>It motivates me to listen more and to encourage more.</i> <i>God has given me a certain amount of notoriety that I want to leverage, not hide behind.</i> <i>I want to meet more Irish Beth Maddocks and be used by God to encourage them.</i> <i>It also encourages me because there may be more people I have impacted without ever knowing it But God knows. In this story, I’m just lucky Irish took the time to write.</i>

“MIRROR” Inventory approach ?

The Person	The Cause of My Wound
Who hurt me? Who do I resent, fear, dislike or distrust?	What <i>specifically</i> did they do or not do that hurt me? [describe the specific action or behaviors – intentional or not - that caused you pain]
<p>Nordiques Coach “-----” (can’t even remember his name)</p> <p>Nordiques Coach “Miller”</p>	<p>I was playing hockey on a “house” team and had been “called up” to play on the all star team for a few games so I thought I was on the team.</p> <ul style="list-style-type: none"> ▪ One day after a game the coach asked if we wanted team pictures of both teams or just the all star team. ▪ Most of the boys in the room were on both teams. I said, “Let’s just do the all star team.” ▪ The coach looked at me and said, “but then you won’t be getting one.” ▪ That’s how I found out I wasn’t really on the all star team. To save face, I said I knew that and was only thinking that the other guys would likely want to save a bit of money.

The Way I’ve Been Hurt & its Effect

The Immediate Damage	The Interpretation	The Ongoing Personal Effect
At that time, how did their actions or behavior affect/hurt me emotionally, mentally, socially, or sexually?	Beliefs established, false guilt/blame embraced, judgments made/inner vows	What ongoing effect has this experience had on my life? [emotional, mental, social, sexual and self-protective]
<p><i>I was crushed & humiliated. I felt totally inadequate, a loser.</i></p> <ul style="list-style-type: none"> ▪ This also reinforced a belief I had that I just wasn’t good enough to be a 1st stringer. ▪ This was the first all star or “rep” team I ever made, or thought I had made, since not being able to play rep (@ age 8 because they played games on Sunday. 	<ul style="list-style-type: none"> ▪ I accepted my coach’s opinion of me that I wasn’t good enough. ▪ I blamed myself for being so “stupid” and vowed to never let that happen to me again. ▪ I have resented God for not “choosing me” on various occasions and drawn away from God when others succeed beyond me. 	<ul style="list-style-type: none"> ▪ That’s the day I became champion of the underdog. ▪ I thrive when all the 1st stringers in life aren’t around and like to help people believe they really do have what it takes, even if they don’t. ▪ I generally don’t try out for anything or apply for anything, or even contemplate something I don’t think I will make or be able to achieve/attain. ▪ Or I go kamikaze and drive myself ragged ensuring I’ll make it.