



You have been invited into one of the most challenging & rewarding ministry opportunities we have available.

Interested?

If you say “yes,” you will be used by God to bring a significant measure of freedom and healing in the life of someone who thinks highly of you.

Two lives will never be the same – theirs & yours!

This booklet provides a brief overview of Freedom Session’s teaching about finding a Sponsor, and what a Sponsor does.

For more information on becoming an effective sponsor, visit freedomsession.com, scroll to the bottom of the home page and click on “Becoming a Sponsor” where you can watch a FREE Sponsor orientation video.

BECOMING A SPONSOR

What it means? Can I do it?

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.

A Freedom Session participant asked if you would be his/her Sponsor. This means they have recently completed Session 7 of a 20 week discipleship program and need to develop their support team.

Thank you for considering their request!

A SPONSOR IS:

- A type of mentor or coach, committed to helping a FS participant walk through Steps 5-9 of their healing journey.
- Authentic & trustworthy. They understand confidentiality.
- Walking in a reasonable measure of freedom themselves
- Available. Potential sponsors should count on 2-3 meetings lasting 1 ½ to 2 ½ hours each over a 6 week time period.

A SPONSOR IS NOT:

- A therapist, a counselor, a best friend or life-long mentor.

WHAT DOES A FS SPONSOR DO?

- The key role of a FS Sponsor is to listen to a FS Participant “confess” their story (**Step 5**) in a spirit of love, acceptance and support. This will break the power of shame and free them from a number of lies they have believed about themselves.
- After hearing their story, you will pray for, support and encourage your Sponsee as they complete the FS journey.
- If you see any patterns or recurring themes in their lives, you may want to bring them to your Sponsee’s attention.

Your Sponsee will initiate and lead through the following meetings:

MEETING #1: is for your Sponsee to hear your story and you to hear theirs. In brief. They will share pg. 18, why they are keeping their commitment, pg. 76, what they told God on the will and pain night and their Strengths Inventory with you. They are instructed to read their inventories off from left to right. (*note: meetings 1 & 2 may be combined*)

MEETING #2: Next your Sponsee will read off their “Mirror” Inventory in which they have chronicled all the ways others have hurt them and how it has affected their lives. It is important to listen carefully to them, realizing they may be telling you things they’ve not told another human being. Let them know you are proud of them, affirm them and pray for them. Even though these are things done to them, many who’ve lived in shame will be expecting you to think less of them. You have the opportunity to dispel that deception with love.

MEETING #3 (and possibly #4): your Sponsee will read off their Shield Inventory in which they list all the ways they’ve hurt others. They are taking responsibility for their sins and may be admitting some very shameful deeds. Again, your role is to listen carefully without shock, disbelief or disgust. This “confession” and your support will help break the lie they believe that they need to portray themselves as someone they are not.

They will also read off their Closet Inventory which includes the memories/deeds they were too ashamed to write down at first. These guilt/shame associated memories are often ones they intended to take to their graves. The above inventory “confessions” (Meetings 1 -3) complete **Step 5** for your Sponsee. You will initial each inventory page they’ve confessed.

Step 6 Requires your Sponsee to forgive those they resent and/or who hurt them in the past, names typically found on the Mirror Inventory. Your role is to ensure they don’t miss anyone and that they forgive thoroughly (those who’ve hurt them owe them nothing). Sometimes they also need to forgive those on their Shield or Closet Inventories. Encourage them to forgive the most painful ones first and initial their progress.

Step 7 Ask your Sponsee to face the pride, sin, selfishness and character defects in their lives and possibly make a few more Shield Inventory entries. If you noticed any character defect patterns during their Step 5 “confession,” you can provide beneficial feedback for them to consider.

Steps 8 & 9 Asks your Sponsee to make amends to those he/she has hurt from their Shield and Closet inventories. Your role is to ensure they make direct amends wherever possible. If you are interested in the FS teaching on this topic, you can purchase the “Session 18 - Amends” teaching video for a modest fee from freedomsession.com. (Click on the “Missed a Session” menu.) At times you may be asked to preview an amends letter before it is sent. This is a great honor and responsibility. If you are unsure, please contact your Sponsee’s facilitator or FS Director. You will initial their progress as they complete their amends.

CAN I DO IT?

Well, at least one person thinks you can and is hoping you will.

The rest is up to you!