



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 has 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 primary 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 the Sponsee from a number of lies they have believed about themselves, possibly for years. The tools we use are called “Inventories.”
- After hearing their story, you are asked to pray for, support and encourage your Sponsee as they complete their Freedom Session journey.
- If you see any patterns or recurring themes in their lives during their sharing, 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 for you to hear theirs. They will share a number of exercises from their FOUNDATIONS I workbook and read off their *Strengths Inventory* with you (from left to right). The most important goal of your first meeting is to begin a trusting relationship. There will be an approximate five to six week gap between meetings #1 & #2.

MEETING #2: The primary goal of meeting #2 is for your Sponsee to read off their *Mirror Inventory* in which they have chronicled ways they have been hurt by others and how it has affected their lives. It is important to listen carefully and without shock or judgement. They may be sharing memories they’ve not told another human being. Let them know you are proud of them for their courage, affirm them and pray for them. Even though these are memories of *things done to them* over which they had little, if any, control, many who’ve lived in shame all their lives will expect you to think less of them. You have the amazing opportunity to dispel that deception with love.

MEETING #3 (and possibly #4): During this meeting, your Sponsee will read off their *Shield Inventory* in which they list *the ways they’ve hurt others*. In doing so, they are taking responsibility for their sins and may be admitting to some very shameful deeds. Again, your role is to listen carefully without shock, disbelief or disgust. This “confession” and your support helps break the lies they believe that they are of little value and/or must portray themselves as someone they are not.

They will also read off their *Closet Inventory*, including memories or deeds they may have been too ashamed to write down on their Mirror or Shield. These guilt/shame associated memories are often those they intended to take to their graves. Some Sponsees may prefer to share their *Closet Inventory* first and get it over with.

The above inventory “confessions” (Meetings 1 - 3) complete **Step 5** for your Sponsee. Initial each inventory page after it has been confessed (see box at the bottom of each page). If you’ve not already done so. Consider any recurring themes you noticed; it is helpful to highlight them for your Sponsee to consider.

A Sponsor can also help the Sponsee through Steps 6 - 9.

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 (see Column 1 on their *Mirror*) and that they forgive thoroughly. They’ve been taught that 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 Asks 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 (without judgement) for them to consider. It is very helpful for you to have an awareness of your own character defects (and even acknowledge them) before identifying those you see in your Sponsee.

Steps 8 & 9 Ask your Sponsee to make amends to those he/she has hurt as indicated on 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 watch the “Session 18 - Amends” teaching video on the Sponsor page at freedomsession.com. At times you may be asked to preview an amends letter before it is sent. This is a great honor and responsibility. 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!*