

Get Freedom,
Give Freedom



The Search for Significance
and Beyond

Why are We Here?

- Kyle's Story
(<https://movingworks.org/project/the-day-kyle-died/>)
- My Story
- What's yours?

The Tools

- The Search for Significance
- Truth Card
- Experiential Learning
- Small Group Discussion

Get or Give or Both?

- Get Freedom – participate
- Give Freedom – receive extra training and opportunities to practice

Group Guidelines

- Guided by Biblical principles
- Facilitated, not taught
- Not a substitute for professional therapy
- Confidentiality is essential
 - Exception: threats or acts of serious harm to group members or others (e.g. suspected neglect, physical or sexual abuse of children or maltreatment of vulnerable adults)

Creating a Safe Space

Why is it important?



The Mask



Group Rules

- Whatever is said in the group stays in the group.
- Use “I” messages, not “you” messages.
- Avoid giving advice unless it is requested.
- You don’t have to talk if you don’t want to.
- Avoid using humor to cover your pain.

It's Not About the Nail

<https://www.youtube.com/watch?v=-4EDhdAHrOg>

The Grid

<p>PERFORMANCE: All truth and no grace, relationship is fake & performance-based. <i>(Students do jumping jacks while smiling & chatting)</i></p>	<p>GRACE & TRUTH: Relationship as God intended. Full knowledge & full expression of truth in love.</p>
<p>ISOLATION: No truth or grace, no relationship <i>(Students sit on the floor w/ eyes closed, ears plugged, humming to themselves)</i></p>	<p>TOTAL EXCESS: All grace and no truth... Behavior is excessive and relationship is shallow. <i>(Students socialize while drinking & eating junk food)</i></p>

The Holy Spirit's Role

- Timothy Keller passage
- How does this fit into the Get Freedom, Give Freedom study?

Next Steps

- Prepare your heart and pray
- Read Chapter 1 and work through Step 1
- Invite others
- Next meeting:
 - October 15th (3rd Sunday)