

The Lord's Spirit has come to me, because he has chosen me to tell the Good News to the poor [and] to announce freedom for prisoners, to give sight to the blind, [and] to free everyone who suffers.

**LUKE 4:18-19**

## STEPS TO FREEDOM

A group promoting personal growth and Christ-centered recovery for those seeking freedom from the life challenging issues of alcohol, or other chemical dependencies. Recovery is based on the 12-step process with emphasis on restoration through surrender to our Higher Power, Jesus Christ. In a confidential, safe setting, participants are freed to share struggles and breakthroughs as they build healthy relationships with God, themselves and others. Depending on the need, groups may be offered for men, women or open to both genders.

## STEPS TO FREEDOM FOR FAMILIES

This group focuses on supporting those whose lives have been affected by the chemical dependency struggles of family members and friends. As group members support one another, learn healthy coping tools and turn to God's truth for healing and understanding, they will experience hope to face the future with greater confidence. Participants will grow in their ability to handle misplaced guilt and shame, identify enabling behaviors and develop skills to support their loved one's recovery.

## NEW GROUP - SOAR!

For women who have walked through various life stages but continue to struggle with the challenges of past sexual abuse and trauma. Group facilitators closely partner with participants to shatter the silence and shed God's light on the darkness of their abuse. Each session relies on the power of the Holy Spirit to apply the layers of healing that women need to encounter genuine breakthrough. Through study, discussion and prayer, the goal is to help women "soar" so that they can live in freedom and experience their God intended purpose.

LIVING  FREE  
*Community Groups*



**A PLACE TO FIND HEALING, HOPE AND SUPPORT**

# THE LIVING FREE *invitation*

Jesus invites us to experience positive life change beyond what we can imagine, but we can be held back by unresolved issues in our lives. It takes courage to admit our struggle; yet help is available when we're ready to take a bold step forward. Black Rock's Living Free Community Groups provide a safe place where you can discover healing, hope and support. Groups begin on **Thursday, April 19, 2018 at 7pm**. To register, go online to [brc.church](http://brc.church), and click on the Community tab. Here's a brief description of our current groups:

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## ANXIOUS FOR NOTHING

This group focuses on helping those who are struggling with the debilitating effects of anxiety and depression. The goal is to facilitate growth and trust in God's restoring power as the ultimate source of freedom. Participants complete a weekly study and DVD series as they meet for discussion, prayer and sharing in a safe, supportive environment. As group members grow and heal, they can, in turn, strengthen others who are facing the same challenges.

## DIVORCECARE

Separation and divorce are among life's most painful and stressful experiences. It's a confusing time when people may feel isolated and have questions about issues they've never before faced.

DivorceCare meets weekly to help you manage these challenges and move toward rebuilding your life. A video seminar featuring interviews, real life case studies and other helpful tools is followed by group discussion with time to share about what's going on in your personal journey as you receive support from the group.

## DIVORCECARE FOR FAMILIES

This group for high school students and older focuses on supporting those whose lives have been affected by a parent's divorce or the pain of parents with a turbulent marriage. As group members turn to God's truth for healing and understanding, they will discover the hope and future they have through Jesus Christ.

Discussion topics include: It's not your fault, dealing with shame, feeling caught in the middle, finding balance, forming new traditions and confronting the fear that future relationships won't be successful.

## FOR MEN ONLY

FMO provides a safe place for men who are struggling with compulsive personal purity issues which are being acted out in unhealthy ways. The focus is on helping group members grow through community as men encourage and support one another in a non-judgmental environment that builds accountability. Through the development of healthy boundaries, participants avoid relapses and experience hope.

## FOR WOMEN ONLY

This is a group for women who are dealing with the personal purity struggles of the men in their lives. Through study, opportunities for sharing, prayer and support, women learn how to overcome their pain and sense of betrayal. As group members move toward forgiveness and restored trust, relationships can grow in health and renewed joy.

## GRIEVING WITH HOPE

If you've suffered the passing of a family member or friend, it may be difficult to feel optimistic about the future. This can be a frustrating, lonely time as you face concerns for which there are no easy answers. Grieving with Hope will help you work through these issues and move toward rebuilding hope. Videos featuring interviews with grief and recovery specialists, real life case studies and other helpful tools are followed by group discussion with time to share about what's going on in your personal journey as you receive support from the group.

## HANNAH'S HOPE

This group supports women who have suffered the loss of an infant due to miscarriage, stillbirth or early infant death and those who are dealing with the heartache of infertility. We also support women who are struggling with the emotional impact of an abortion. As group participants move through the grieving process, Hannah's Hope seeks to create an environment where healing can begin. Through a weekly study with discussion, prayer and sharing, women strengthen one another and experience hope for the future.