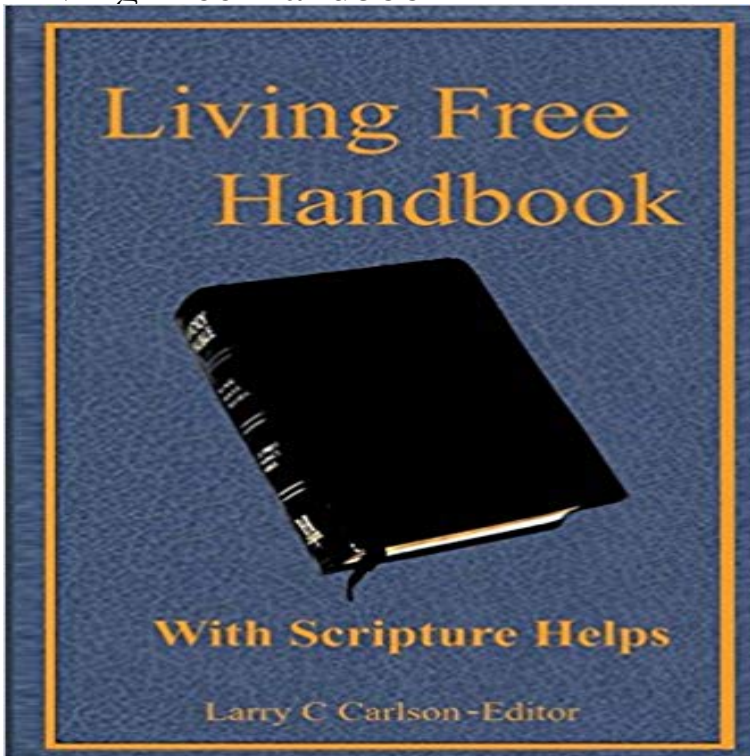


## Living Free Handbook



Is something or someone controlling your life? Addictions like alcohol, drugs, pornography, and gambling; or controlling emotions, like anger, depression, anxiety, and loneliness? We invite you to a life changing experience called LIVING FREE. With Gods help you can enjoy living free. Free of anything or anyone that controls you. It is our desire to offer hurting people everywhere a blueprint to find love, hope and deliverance from lifes controlling issues. Gods plan for mankind was a life of freedom in close relationship with Him. God has given to us the opportunity, for change and wholeness in life. We want to share that with others, who face out of control challenges. You are invited to Live Free! There are many recovery programs available in society today. You may have tried some of them and failed. One of the reasons for the failure is that the programs are based on self-motivation. Their philosophy indicates that thinking higher of yourself will give you the power to resist the fierce temptations of your addiction. Living Free is a 12 Step Christ-centered program. We believe that healing for any life-controlling issue comes from our Creator; God the Father, Son and Holy Spirit. The twelve steps toward wholeness, applied to our lives on a daily basis, keeps us on the narrow way towards wholeness in Christ. Living Free is open to anyone who has a sincere desire to live free. This ministry is neither capable nor qualified to solve every issue of recovery. We offer a twelve-step approach to develop a closer relationship with our Lord, while applying Christian principles to our recovery process. I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes. (Romans 1:16) If there is a need in your life, join us as we press toward wholeness in Christ. Living free is obtainable through the power of God. There is no substitute for meeting with a dedicated individual or

group to explore and share the principals of living free. However, in the absence of the opportunity to personally meet with a Living Free group; this handbook does provide insight into the destructive results of negative life controlling issues. It also provides helpful tools to assist the honest seeker in drawing nearer to the person of Jesus Christ. It is through a relationship with Him that we obtain the blessings of living free and the spiritual benefits of recovery and reconciliation. It is hoped that this handbook will be a welcome companion on your spiritual journey. Therefore, if the Son sets you free, you will be free indeed! (John 8:36) Additional Helps: The Handbook has recently been edited to include a new section, EXPANDED SCRIPTURAL REFERENCES. This provides printed verses of the Scriptures listed in SCRIPTURAL REFERENCES, which follows Step 12 of the last of the 12 Steps Toward Wholeness. This new section follows the PRAYER OF ST FRANCIS OF ASSISI. This has been included to quickly enable the reading of those verses during group sessions. When used as an individual study it is recommended that these Scriptures also be read in context in the individual readers Bible to add clarity.

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