

Welcome to Break Forth 2010!

Freedom in Christ Canada is pleased to provide you this workbook that includes all of Dr. Anderson's handouts for the Pre-Conference Discipleship Counseling Workshop and his five (5) Elective Classes for Break Forth 2010. We trust you will find them helpful, even if you don't attend each teaching session.

Additional information for each subject can be found in Dr. Anderson's books, CDs and DVDs that are available at the Freedom in Christ (FIC) booth. Many of the resources are at reduced prices and are listed at the back of this workbook. Our prayer for these resources is that everyone will find their freedom in Christ, as it is God's gift for every Christian (Gal. 5:1).

Sometimes we need the support and prayers of others to help us on our journey to freedom. If you would like someone to pray with you or want more information about a Steps appointment, please see one of our staff following each workshop or call the FIC Canada office at 306.546.2522. We will be glad to answer any of your questions and connect you with a trained facilitator who is available to take you through the Steps to Freedom.

If you would like further training on how to help others find their freedom, please take advantage of our Discipleship Counseling workshop on Saturday, March 20, 2010 at Northgate Baptist Church in Edmonton, AB. Clay Bergen, the Canadian director for FIC, will teach using *The Steps to Freedom in Christ*, giving practical guidelines on how to help others find their freedom (see back page for more information). If your church would be interested in hosting a Freedom in Christ event, please visit our web site www.ficm.ca to see a list of seminars that are available here in Canada.

We are also excited that Break Forth 2010 is the premiere release of Dr. Anderson's latest book *The Core of Christianity*. This book is a challenge to the church to focus on Christ and the unity that we have in Him. It is only available at the FIC booth, and Dr. Anderson will be available to autograph your personal copy on Saturday afternoon from 5:00 to 6:00 p.m.

May God bless you on your journey of freedom.

Resource Specials at Freedom In Christ Canada Booth:

- *Daily Discipler* (hardcover) on sale for \$10 (regular price of paperback is \$25)!
- Purchase both *Daily Discipler* and *The Core of Christianity* for \$20!
- New lower prices of Dr. Anderson's teaching on DVDs (\$20), CDs (\$10) and MP3s (\$5)!
- Purchase *The Freedom in Christ Small Group Bible Study DVD Series* (reduced price to \$20) and receive a free *Student Guide* (a \$10 value)!

These specials are available while supplies last.

Acceptable forms of payment at our booth are Visa, MasterCard and Debit.

Cash sales receive a 5% discount (save the GST)!

Discipleship Counseling

Lesson Objective: To understand the role relationship and responsibilities of God, the encourager, and the inquirer, so we can be most effective in helping others.

Text: *Discipleship Counseling* (Anderson, Regal Books)

A. The Sovereign Role of God

1. He is the Wonderful Counselor (Is. 9:6)
2. He will convict the world of sin, righteousness, and judgment (Jn. 16:8-11)
3. Apart from Christ, we can do nothing of lasting consequence (Jn. 15:5)

B. The responsibility of the inquirer (James 5:13-16)

1. Initially they are to pray
2. They must take the initiative and responsibility for their own attitudes and actions
3. Conflict resolution through confession and repentance is the prerequisite for healing

C. The responsibility of the encourager (2 Timothy 2:24-26)

1. Preliminary considerations
 - Transition from the Old to the New Covenant
 - Submit to God first and then resist the devil
 - Get rid of the garbage
2. Characteristics of the encourager
 - Lord's bondservant:
 - Not quarrelsome:
 - Kind:
 - Able to teach:
 - Patient:
 - Gentle:

Judith King, a Christian therapist, did several pilot studies in 1996. All three of these studies were performed on participants who attended a *Living Free in Christ* conference and were led through the Steps to Freedom in Christ during the conference. The first study involved 30 participants who took a 10-item questionnaire before completing the steps. The questionnaire was re-administered 3 months after their participation. The questionnaire assessed for levels of depression, anxiety, inner conflict, tormenting thoughts, and addictive behaviors. The second study involved 55 participants who took a 12-item questionnaire before completing the steps and was then re-administered 3 months later. The third pilot study involved 21 participants who also took a 12-item questionnaire before receiving the steps and then again 3 months afterwards. The following table illustrates the percentage of improvement for each category.

| | <u>Depression</u> | <u>Anxiety</u> | <u>Inner Conflict</u> | <u>Tormenting Thoughts</u> | <u>Addictive Behavior</u> |
|---------------|-------------------|----------------|-----------------------|----------------------------|---------------------------|
| Pilot Study 1 | 64% | 58% | 63% | 82% | 52% |
| Pilot Study 2 | 47% | 44% | 51% | 58% | 43% |
| Pilot Study 3 | 52% | 47% | 48% | 57% | 39% |

The *Living Free in Christ* conference is now available as a curriculum entitled, *Freedom in Christ, "A Small Group Bible Study"* (Gospel Light Publications, 2008). It has a "Leaders Guide" with all the messages written out, which the leaders can teach themselves, a Learner's Guide for each participant, which includes the Steps to Freedom, and a DVD with 12 messages given by Dr. Anderson should the leader prefer the course to be taught that way. Research was also conducted by the Board of the Ministry of Healing based in Tyler Texas. The study completed at Tyler, Texas was in cooperation with a doctoral student at Regent University under the supervision of Dr. Fernando Garzon (Doctor of Psychology). Most people attending a "Living free in Christ" conference can work through the repentance process on their own using the "Steps to Freedom In Christ." In our experience about 15% can't, because of difficulties they have experienced. A personal session was offered them with a trained encourager. They were given a pre-test before a Step session and a post-test three months later with the following results given in percentage of improvement:

| | Oklahoma City, OK | Tyler, TX |
|---------------------|-------------------|-----------|
| Depression | 44% | 52% |
| Anxiety | 45% | 44% |
| Fear | 48% | 49% |
| Anger | 36% | 55% |
| Tormenting Thoughts | 51% | 27% |
| Negative Habits | 48% | 43% |
| Sense of Self-Worth | 52% | 40% |

The Board of the Ministry and Healing is chaired by Dr. George Hurst, who previously directed the University of Texas Health Center at Tyler, Texas, george.hurst@uthct.edu.

Overcoming Depression

Lesson Objective: To consider an integrative approach to understanding depression so the encourager can offer a wholistic answer to this “Common Cold” of mental illness.

Text: *Overcoming Depression* (Neil and Joanne Anderson, Regal Books)

A. Diagnosis (Psalm 38)

| | | | | | | |
|------------------------|---|---|---|---|---|--------------------------|
| 1. Low energy | 1 | 2 | 3 | 4 | 5 | High energy |
| 2. Difficulty sleeping | 1 | 2 | 3 | 4 | 5 | Uninterrupted |
| Or sleep all the time | | | | | | sleeping patterns |
| 3. No desire to be | 1 | 2 | 3 | 4 | 5 | Very involved |
| involved in activities | | | | | | in activities |
| 4. No desire for sex | 1 | 2 | 3 | 4 | 5 | Healthy sex drive |
| 5. Aches and pains | 1 | 2 | 3 | 4 | 5 | Feel great |
| 6. Loss of appetite | 1 | 2 | 3 | 4 | 5 | Enjoy eating |
| 7. Sad (tearful) | 1 | 2 | 3 | 4 | 5 | Joyful |
| 8. Despairing and | 1 | 2 | 3 | 4 | 5 | Hopeful and |
| hopelessness | | | | | | confident |
| 9. Irritable (low | 1 | 2 | 3 | 4 | 5 | Pleasant (high |
| frustration tolerance) | | | | | | frustration tolerance) |
| 10. Withdrawn | 1 | 2 | 3 | 4 | 5 | Involved |
| 11. Mental anguish | 1 | 2 | 3 | 4 | 5 | Peace of mind |
| 12. Low sense of worth | 1 | 2 | 3 | 4 | 5 | High sense of worth |
| 13. Pessimistic | 1 | 2 | 3 | 4 | 5 | Optimistic |
| (about the future) | | | | | | (about the future) |
| 14. Perceive most | 1 | 2 | 3 | 4 | 5 | Perceive most |
| circumstances as | | | | | | circumstances as |
| negative and seen as | | | | | | positive and seen as |
| harmful to self | | | | | | opportunities for growth |
| 15. Self-destructive | 1 | 2 | 3 | 4 | 5 | Self-preserving |
| (myself and others | | | | | | (glad I'm here) |
| would be better off | | | | | | |
| if I weren't here) | | | | | | |

B. Understanding Brain chemistry

1. Bipolar Depression
2. Unipolar Depression

C. Overcoming helplessness

D. Overcoming hopelessness

E. Steps to overcoming depression

1. Submit to God and resist the devil (Matthew 6:33; James 4:7)
2. Commit your body to God as a living sacrifice (Romans 12:1)
 - Biological depression
 - Time for a thorough physical
 - Consider B-12 injections and other nutraceuticals
3. Be transformed by the renewing of your mind (Romans 12:2)
 - Lifestyle or crisis precipitated depression
 - Learn to take every thought captive
4. Commit yourself to good behavior
5. Seek meaningful relationships
6. Overcome every loss
 - Identify each loss
 - Separate concrete from abstract losses
 - Distinguish between real, imagined, and threatened losses
 - Mentally convert threatened and imaginary to real losses
 - Face the reality of the loss
 - Facilitate the grieving process
 - Develop a biblical perspective of the loss
 - Renew your mind to the truth of who you are in Christ
7. Let go of the past

Overcoming Anxiety

Lesson Objective: To understand the nature of anxiety so we can learn to overcome our anxious thoughts and cast our anxieties upon Christ.

Text: *Freedom From Fear* (Anderson & Miller, Harvest House)

A. The meaning of the word anxiety

1. Positive sense of caring
2. Negative sense of worry
 - Merimna" (*merizo* = divide and *nous* = mind)
 - Double minded (Matt. 6:25,28; James 1:8)

B. Single vision (Matt. 6:19-34)

1. Where is your treasure (19-24)?
 - Treasures on earth don't last
 - Concern for security
2. Where is your trust (25-34)?

C. Casting your cares upon Christ (1 Pet. 5:6-9)

1. Pray (Phil. 4:6)

Dear Heavenly Father, I come to You as Your Child purchased by the blood of the Lord Jesus Christ. I declare my dependency upon You, and I acknowledge my need for Your wisdom, power, and grace. I know that apart from Christ I can do nothing. You know the thoughts and intentions of my heart and You I am in from the beginning to the end. I feel as though I am double-minded and I need Your peace to guard my heart and my mind. I humble myself before You and choose to trust You to exalt me at the proper time in any way You choose. I place my trust in You to supply all my needs according to Your riches in glory and to guide me into all truth. I ask for Your divine guidance so that I may fulfill my calling to live a righteous and responsible life by faith in the power of the Holy Spirit. "Search me, O God, and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way" (Ps. 139:23). In Jesus' precious name I pray. Amen.

2. Resolve any personal and spiritual conflicts (James 4:7)

The Steps to Freedom in Christ will help you submit to God and resist the devil.

Eliminating the influence of the evil one and seeking the peaceful sense of God's presence will leave you with a clear and single-focused mind.

3. State the problem

A problem well stated is half solved. In anxious states of mind, people can't see the forest for the trees. You need to put the problem in perspective. Will it matter for eternity? Generally speaking, the process of worrying takes a greater toll on a person than the negative consequences of what they worried about.

4. Divide the facts from the assumptions

People may be fearful of the facts, but not anxious. They are anxious because they don't know what will happen tomorrow, so they often make assumptions, and people have a tendency to assume the worst. "Through presumption comes nothing but strife (Prov. 13:10).

5. Determine what you have the right and ability to control

You are only responsible for that which you have the right and ability to control. You are not responsible for that which you don't. Your sense of worth is tied only to that which you are responsible. If you aren't living a responsible life, you should feel anxious! Don't try to cast your responsibility onto Christ, He will throw it back.

6. List everything that you can do that is related to the situation that is your responsibility and then commit yourself to do it (Is. 32:17).

7. The rest is God's responsibility.

Any residue anxiety is probably due to your assuming responsibilities that God never intended you to have. Continue living according to Phil. 4:6-1)

Freedom From Fear

Lesson Objective: To understand how the fear of the Lord is the beginning of wisdom and how that truth can set us free from all other fears so that we can live a responsible life in Christ.

Text: *Freedom From Fear* (Anderson and Miller, Harvest House)

A. A fortress of fear

1. The attributes of fear
 - Imminent
 - Potent
2. How phobias are developed

B. What we are not to fear

1. Death (1 Cor. 15:54,55; Phil 1:21)
2. People (Matt. 10:28; 1 Pet. 3:13-16)
3. Satan (Col. 2:15)

C. The fear of God (Is. 8:12-14)

1. God is omnipresent
2. God is omnipotent

D. The fear of failure

1. Biblical concepts of success
 - To be successful, you would have to know God and His ways (Josh. 1:7,8)
 - To be successful, you have to become all that God created you to be (Phil. 3:12-14)
 - To be successful, you would have to be a good steward of the time, talent, and treasure that God has entrusted to you

2. Biblical concepts of failure (Prov. 24:16)

To stumble and fall is not failure. To stumble and fall again is not failure. Failure is when you say, "I was pushed," then fail to learn from the experience. We will always sense some fear if we are growing and the only way to get rid of it is to do the godly thing you fear the most.

E. Steps to overcoming phobias

1. Analyze your fear

Fear is the God given natural reaction we feel when our physical and psychological safety is threatened. However, irrational fears are developed in the same way other flesh patterns are developed. It is often very helpful to ascertain when the fear became prominent and what was happened in your life at that time. There is almost always a cause and effect relationship. People are not in bondage to traumas, they are in bondage to the lies they believe as a result of the trauma. The root of any phobia is a belief that is not based in truth. These false beliefs must be rooted out and replaced with God's truth. Start by asking for God guidance:

Dear Heavenly Father, I come to You as Your child. I put myself under Your protective care and acknowledge that You are the only legitimate fear object in my life. I confess that I have been fearful and anxious because of my belief and lack of trust. I have not always lived by faith in You and too often I have relied on my own strength and resources. I thank You that I am forgiven in Christ. I choose to believe the truth that You have not given me a spirit of fear, but of power, love and a sound mind (2 Tim. 1:7). Therefore, I renounce any spirit of fear. I ask You to reveal to my mind all the fears that have been controlling me. Show me how I have become fearful and the lies I have believed. I desire to live a responsible life in the power of the Holy Spirit. Show me how these fears have kept me from living a responsible life. I ask this so that I can confess, renounce and overcome every fear by faith in You. In Jesus' name I pray. Amen.

2. Analyze you life style, i.e. how has your fear:

- Prevented you from doing what is right and responsible?
- Compelled you to do what is wrong and irresponsible?
- Prompted you to compromise your witness for Christ?

3. Prayerfully work out a plan of responsible behavior

4. Determine in advance what your response will be to any fear object

5. Commit yourself to carry out the plan of action in the power of the Holy Spirit

Overcoming Anger

Lesson Objective: Understanding the roots of our anger and how to manage it.

Text: *Getting Anger Under Control* (Anderson & Miller, Harvest House)

You are living right now by faith according to what you have chosen to believe. Everybody consciously or subconsciously desires to live a successful, significant, and fulfilled life. We also have personal goals for living, which are based on what we believe constitute success, significance, etc. How can we know if our belief system isn't quite right, resulting in our goals and plans being slightly off the mark?

| If we perceive our goal as: | We will feel: | But if our goal is love: |
|-----------------------------|---------------|--------------------------|
| impossible | _____ | _____ |
| uncertain | _____ | _____ |
| blocked | _____ | _____ |

1. How people respond when their goals are frustrated

- Attempt to control or manipulate people and/or circumstances
- Become bitter, angry or resentful
- Become victims or martyrs

2. No God-given goal for our lives is impossible, uncertain or blockable. We have to distinguish between:

- *A Godly goal*, which is any specific orientation that reflects God's purpose for our lives and is not dependent upon people or circumstances that are beyond our ability or right to control
- *A Godly desire*, which is any desired result consistent with Scripture that is dependent upon the cooperation of other people, the success of events or favorable circumstances.

3. The basis for a sense of worth is our identity in Christ (John 3:1-3) & growth in character (2 Pet 1:3-11)

The Need to Forgive

A. Required by God (Matt. 6:9-15)

1. Essential for our freedom (Matt. 18:21-35).
 - a. Know the extent of our debt (Luke 7:47).
 - b. Repayment is impossible.
 - c. Mercy is required.
 - d. So that no advantage be taken of us by Satan (2 Cor. 2:10, 11).
2. Extended to others (Eph. 4:31,32); but the crisis is between us and God.
3. Why should we forgive? **TO STOP THE PAIN!**

Note: You don't heal in order to forgive; you forgive in order to heal.

B. What is forgiveness?

1. Not forgetting

Forgetting is not a means to forgiveness, but it may be a long-term by-product.
2. Not tolerating sin

Scriptural boundaries must be set in order to stop further abuse.
3. Not seeking resentment, revenge or repayment
4. Resolving to live with the consequences of another's sin
5. Not using the past against offenders
6. Where is the justice? **THE CROSS**

What's to be gained in forgiveness is freedom from our past and oppressors.

C. Steps to Forgiveness

1. Make a list of all who have offended you.
2. Face the hurt and the hate.
3. Decide that you will bear the burden of their sin and not hold it against them.
4. Choose to let it go and take it to the cross.

Sexual Freedom

Lesson Objective: To understand the nature of sexual addictions and how to overcome them in Christ.

Text: *Winning the Battle Within* (Anderson, Harvest House, 2003)

A. The scope of the problem

1. "Adult Entertainment" as reported by 60 Minutes (Nov. 21, 2003)
 - \$10 Billion spent per year on adult entertainment and "reputable" industries like General Motors, and Time Warner are cashing in.
 - There are 800 million rentals of adult video tapes and DVDs in video stores
 - In 2002 the porn industry produced 11,000 titles
 - The porn industry employs 12,000 people in California alone
 - 50% of the guests at major hotels will use pay-per-view porn, which accounts for 75% of their video profits
 - Type in the word "sex" in a search engine like Google and you will get 180 million hits.
2. The Center For Disease Control reported in 1999 that 65 million Americans had a sexually transmitted disease (mostly incurable) and the numbers are increasing by 15 million every year.
3. The path to addiction (2 Samuel 11 & 13:1-17)
 - Innocent infatuation (see Proverbs 6:26; 7:7-23)
 - Becomes a mental obsession (James 1:14,15)
 - Once lust is conceived it demands expression (Matthew 5:27-32)
 - Scheme and lie in order to satisfy lust
 - All rationality is gone
 - Hate that which controls you
 - Many are defiled

B. The resolution of sexual addictions

1. Know your identity and position in Christ (Romans 6:1-13)

We are identified with Christ:

- In His death Romans 6:3,6; Galatians 2:20; Colossians 3:1-3
- In His burial Romans 6:4
- In His resurrection Romans 6:5,8,11
- In His ascension Ephesians 2:6
- In His life Romans 5:10,11
- In His power Romans 8:16,17; Ephesians 1:11,12

Our identity in Christ is a question of knowledge, not experience (6:6,9). Many Christians feel powerless over sin so they falsely reason: "What experience must I have in order for this to be true?" They end up trying to become somebody they already are! Others try and try to put the old self (man) to death and they can't, because he is already dead! We walk by faith according to what God says is true and then it works out in our experience. Trying to make something true by our experience will only lead to frustration. According to verse 11, you do not make yourself dead to sin by considering yourself so. You consider it so, because God says it is already so. Death is the ending of a relationship: Not existence. The power of sin has not died. Illustration: Romans 8:1,2

a. We can allow sin to reign in our mortal bodies (Rom. 6:12)

- We are more than our physical bodies (Phil 3:21)
- Whatever is mortal is corruptible (1 Cor. 15:42-45)

b. It is our responsibility not to let sin reign in our mortal bodies

c. Exercise the will (Rom. 6:13)

One negative command and two positive commands:

- Present ourselves to God
 - Present the members of our bodies to God
- d. You are under the grace of God and not the law

e. What would it be like if sin were allowed to reign in our mortal body (7:15-25)?

2. Deal with sin's entrapment (1 Corinthians 6:9-20)

3. Win the battle for your mind

Overcoming Addictive Behavior

Lesson Objective: To understand addictive behaviors and how they can be overcome in Christ.

Texts: *Overcoming Addictive Behavior* (Anderson and Quarles, Regal Books)

A. Understanding Chemical Addiction

1. Conventional "wisdom"

Addiction is a disease like diabetes. It cannot be cured. It can only be treated! The secular national average for recovery after one treatment is 3%, which reinforces the belief that alcoholism is an incurable disease.

2. From the Oxford Group to AA to the present

3. Why People Drink or Take Drugs

- To get rid of inhibitions (Party Time)
- To cope with pressures of life (Happy Hour)
- To Stop the Pain

4. The Addiction Cycle (see next page)

5. Relapse rate:

- 97% for those who don't attend church or a support group
- 70% for those who attend a support group only
- 70% for those who attend church only
- 10% for those who attend church and a support group

B. Recovery In Christ

1. Face the truth

Substance abuse is defined as the use of chemicals to a point of excess that impairs functionality. Addiction is when a constant level of chemical is required to maintain functionality.

2. Schedule an Intervention if necessary

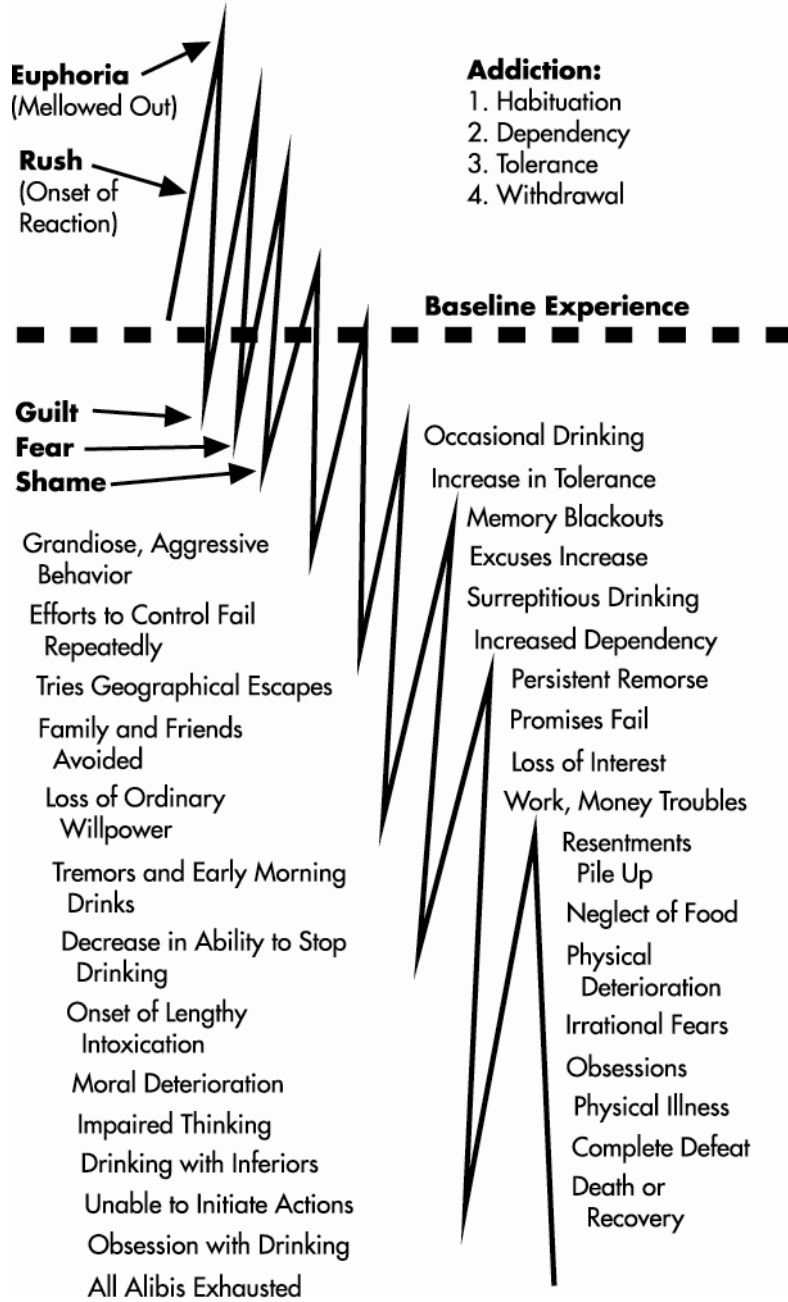
3. Seek A wholistic answer

- There is always a dual or multiple diagnosis
- It's a health problem
- It's a relational or family problem
- It's an emotional problem
- It's a spiritual problem

4. A strategy for recovery

- Establish or seek an accountability group and sponsor
- Be established alive and free in Christ
- Resolve all personal and spiritual conflicts

THE ADDICTION CYCLE



FIC / BREAK FORTH 2010 ORDER FORM

These resources and others by Dr. Neil T. Anderson are available at the Freedom In Christ Canada booth.

| Quantity | Item Code | Item Name | Item Price | Subtotal | Total |
|----------|--------------|--|-------------|----------|-------|
| | | | | | |
| | BDCS | Discipleship Counseling (Book) | \$25 | | |
| | DDDC | Discipleship Counseling DVDs | \$20 | | |
| | DDCS | Discipleship Counseling Audio CDs | \$10 | | |
| | MPDC | Discipleship Counseling MP3 | \$5 | | |
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| | | | | | |
| | BODP | Overcoming Depression (Book) | \$10 | | |
| | DDFH | Overcoming Depression DVDs | \$20 | | |
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| | | | | | |
| | BFFF | Freedom From Fear (Book) | \$15 | | |
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| | BGAU | Getting Anger Under Control (Book) | \$15 | | |
| | | | | | |
| | BWBW | Winning the Battle Within (Book) | \$15 | | |
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| | BOAB | Overcoming Addictive Behaviour (Book) | \$10 | | |
| | WFFA | Freedom From Addiction Workbook | \$20 | | |
| | | | | | |
| | BRST | Restored (Book) | \$10 | | |
| | DISF | Steps to Freedom in Christ Interactive DVD | \$10 | | |
| | WSFC | Steps to Freedom in Christ Workbook – Adult | \$5 | | |
| | WSFY | Steps to Freedom in Christ Workbook – Youth | \$5 | | |
| | | | | | |
| | BVOD | Victory Over the Darkness (Book) | \$15 | | |
| | BTBB | The Bondage Breaker (Book) | \$15 | | |
| | BCOC | NEW! The Core of Christianity (Book) | \$15 | | |

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Cash sales receive a 5% discount (save the GST)!

These and additional resources may also be ordered through Freedom In Christ Canada by phone (306.546.2522) or by email (freedominchrist@sasktel.net).

SUBTOTAL: _____

GST (5%): _____

TOTAL: _____