

# BREAKFORTH 2018

Intensive Learning Workshop



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## HEALING-DISCIPLESHIP:

The next move of God in the church

Track #1: In search of a “gospel” that INCLUDES healing

Track #2: Tracing the fruit to the root to minister *lasting healing*

**Track #3: A Christ – centered healing journey in 12 Steps**

Track #4: Starting an EFFECTIVE healing-discipleship ministry

### Elective Seminars:

Saturday, Jan 27	@ 2.00	Experience a Freedom “Session”
Sunday, Jan 27	@ 9.00	Learning to Hear God’s Voice and Respond
	@ 10.30	Learning to Hear God’s Voice and Obey



## #3. a Christ-centered healing journey in 12 Steps



### A brief history of the 12 step movement in North America.

- 1935, Bill Wilson meets Dr. Bob<sup>1</sup> and believed that he could become well by helping other alcoholics become well.
  
- **The Oxford Group<sup>2</sup>** (movement in 1920/30's)
  1. Human beings are sinners.
  2. Human beings can be changed.
  3. Confession is a prerequisite to change.
  4. The changed soul has direct access to God.
  5. The age of miracles has returned.
  6. Those who have been changed are to change others.
  
- **The original 6 Steps (1937)<sup>3</sup>**
  1. We admitted we were licked, that we were powerless over alcohol.
  2. We made an inventory of our defects and sins.
  3. We confessed / shared our shortcomings with another person in confidence.
  4. We made restitution to all those we had harmed by our drinking.
  5. We tried to help other alcoholics, with no thought of reward in money or prestige.
  6. We prayed to whatever God we thought there was for power to practice these precepts.
  
- **The loss of God as He understands Himself to be**
  - 1939 - 12 Steps & publishing of the Big Book
  
- **The establishment of alcoholism/addiction as a disease.**
  - American Medical Association referred to alcoholism as an “illness” in 1956 & a “disease” in 1966, based upon EM Jellinek’s study of less than 100 hand-picked alcoholics.<sup>4</sup>
  - alcoholism breaks a number of key criteria traditional diseases exhibit.<sup>5</sup>

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<sup>1</sup> Dr. Robert Holbrook Smith.

<sup>2</sup> Cantril, Hadley, *The Psychology of Social Movements* (Huntington, NY: Robert E. Kruger, 1941), pp. 147-148.

<sup>3</sup> *Pass It On* (New York: A.A.W.S. Inc., 1984), p. 197.

<sup>4</sup> 156 surveys handed out to a select group of self-identified alcoholics. Sixty returned surveys were mysteriously not included in the results.

<sup>5</sup> for example, alcoholism is the only disease that one must first generate the symptoms by an act of the will before he/she can be determined to have the disease. It is stated to be medically incurable but can be treated “spiritually.” It is the only disease that responds to peer pressure and can be treated effectively by volitional choice. Those who “recover” or suggest they have been cured or “grow out of” alcoholism are reported to never have actually had the disease.

### **Five theological problems with the recovery movement:**

- Identifying ourselves according to our sin/drug of choice or the sin or another
- Identifying god according to our understanding
- Leading people to become dependent on a program / peer community rather than Jesus Christ.
- The goal is short cited (*sobriety vs. healing*) and the gospel is compromised.
- Forgiveness is missing.

(see 12 STEP comparison on next page)

### **Five (or more) fundamental problems with the church in this area:**

- We criticize the 12 step movement without offering anything better
- We are in denial ourselves.
  - unwilling to believe how unhealthy people in our churches really are.
  - unwilling to accept that it is OUR responsibility (*every church*) to offer healing as part of our discipleship path.
- Our unwillingness to get our hands dirty couple with our desire for a quick fix:
- We are intimidated by the experts.
- We have become experts in referral
- We fail to embrace a very unique ministry “niche”
- Our resistance to a sequential 12-step process.

### **Personal Reflection:**

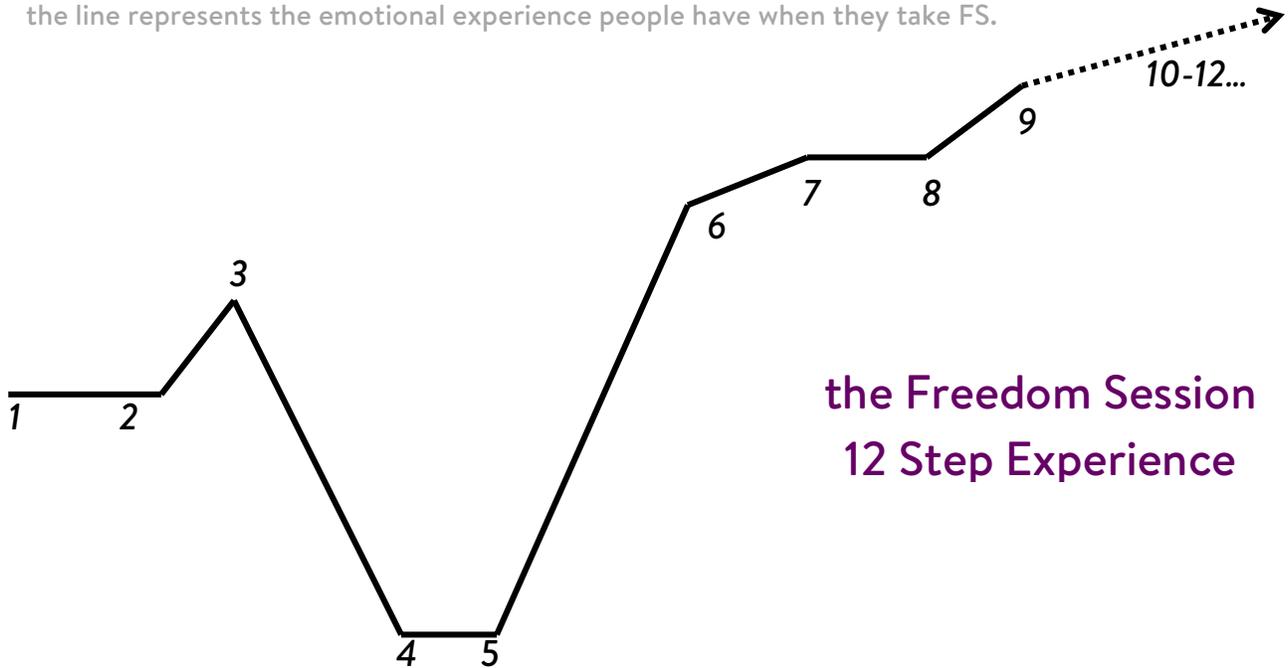
What do I turn to an attempt to escape pain and/or avoid conflict?

If I was no longer allowed to do that, what in my life would I have to face?

## 12 STEP COMPARISON

The Traditional 12 Steps of AA	The Traditional “Christian” 12 Steps	The 12 Steps of Freedom Session
We admitted we were powerless over alcohol - that our lives had become unmanageable.	We admitted we were powerless over our addictions and dysfunctional- behaviors, that our lives had become unmanageable.	We admitted that, in our own strength, we are powerless to rise above our hurts, resentments, unhealthy behaviors and attempts to control. Our lives have become unmanageable.
We came to believe that a Power greater than ourselves could restore us to sanity.	We came to believe that <b>God</b> , a Power greater than ourselves, could restore us to sanity and stability.	We came to believe that God exists, that He loves us deeply and that, through a personal relationship with Jesus Christ, we can be healed and fulfill the purposes for which we were created.
We made a decision to turn our will and our lives over to the care of God as we understood Him.	We made a decision to turn our will and our lives over to the care of <b>God as revealed in the Bible.</b>	We made a conscious decision to turn our lives, our pain and our will over to the care of God and the leadership of Jesus Christ.
We made a searching and fearless moral inventory of ourselves.	We made a searching and fearless moral inventory of ourselves.	We took an inventory of our lives, facing the truth where we’ve been hurt, how we’ve hurt others and the secrets we carry in our hearts.
We admitted to God, to ourselves and to another human being the exact nature of our wrongs.	We admitted to God, to ourselves and to another human being the exact nature of our wrongs.	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.
We were entirely ready to have God remove all these defects of character.	We were entirely ready to have God remove all these defects of character.	We humbly asked God to forgive our wrongdoings and, based on His forgiveness, chose to also forgive ourselves. We then forgave those who hurt us, releasing our bitterness and trusting God to bring about justice in His way and timing.
We humbly asked Him to remove our shortcomings.	We humbly asked Him to remove our shortcomings.	We admitted our shortcomings, pride, sinful tendencies and selfishness without excuse. We repented and asked God to replace our character defects with His character.
We made a list of all persons we had harmed and became willing to make amends to them all.	We made a list of all persons we had harmed and became willing to make amends to them all.	We accepted responsibility for how we have harmed others, made a list of those we’ve offended and became willing to make amends to them all.
We made direct amends to such people wherever possible, except when to do so would injure them or others.	We made direct amends to such people wherever possible, except when to do so would injure them or others.	We made specific and direct amends to those we have hurt whenever possible, except when to do so would further injure them or others who are innocent. For such persons, we made specific and indirect amends.
We continued to take personal inventory and when we were wrong promptly admitted it.	We continued to take personal inventory and when we were wrong promptly admitted it.	We entered an authentic relationship with God, learning to hear His voice and understand His will for our lives through Bible reading and personal interaction with the Holy Spirit.
We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	We determined to live authentically with ourselves, creating a “life plan” to establish priorities, develop integrity and formulate the values by which we will live.
Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.	Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.	We committed to live authentically with others, taking responsibility for our attitudes, judgments, behaviors and boundaries. Realizing our own shortcomings, we offer the same grace to others that God has extended to us. As God gives opportunity, we will share our story of finding healing, freedom and purpose for life with others.

the Freedom Session 12 Step Journey: refer to the 12 steps in the brochures or previous page.  
the line represents the emotional experience people have when they take FS.



## the Freedom Session 12 Step Experience

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Step 8&9:

Step 10:

Step 11:

Step 12:

**“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord’s favor.” LUKE 4:18-19**

## Track 3 Follow up EXERCISE: **Processing Conflict via a FS Spontaneous Inventory**

You are about to experience a condensed version of the first nine steps of FS in a present or recent conflict. (This exercise is used in Session 21 of the complete 27 week FS journey.)

Think through the negative experiences you've had this past week. Select a conflict, offense or something that bothered you enough to create an emotional response and work through the following questions. It is important to take the time to be honest with yourself. If you come to a question that you don't know the answer to, stop and ask the Holy Spirit to shine His light into your heart to reveal the truth.

# A Spontaneous Inventory



Describe the event as you recall it. Be honest and specific. Then answer questions that follow.

### What exactly am I upset about? (complete all three)

Step 1

- I am angry that...
  
- I am afraid that...
  
- I feel rejected because...

### What in this situation is outside my control?

This is hard for me to face or admit because...

### How am I engaging any of the following forms of “denial” in this situation? Check off and explain.

- simple denial:** refusing to admit there is a problem.
- minimization:** admitting the problem but minimizing how greatly it impacts me or others.
- rationalization:** making excuses to justify my behavior or the behavior of those who hurt me.
- blaming:** assigning responsibility for my pain/behavior to someone else or circumstance.
- diversion:** changing subjects/focusing on something else to avoid this issue.
- spiritualizing:** using Scripture or my “faith” itself to bury my true thoughts and feelings.
- victimization:** embracing hopelessness: “It’s beyond my control.”
- hostility:** becoming angry, attacking others rather than face my own heart.

## Step 2

**Do I believe God cares about this issue and has a better way of handling it than me?**

yes     no, or any other answer

How would a person who does believe God cares about this issue respond in this situation?

How would a person who does not believe God cares about this issue respond?

Based upon my last two answers, what do I really believe?

Am I willing to believe that God cares about this issue and has a better way for me to handle it?

yes     no, or any other answer

**Note:** If you are unwilling to say “yes” to this last question, there is little point in going any further.

## Step 3

**Am I willing to turn this issue over to the care of God and leadership of Jesus Christ?**

yes     no, or any other answer

*Lord, Jesus, what I want in this situation is...*

*Yet, now what I will, but yours be done. Specifically, I surrender...*

*And, I release...*

## Taking Inventory

## Step 4

**Mirror:** *The person(s) I resent, fear, dislike or distrust in this situation is/are:*

*The specific offense(s) they committed against me is/are:*

*...which caused me to feel:*

*...and resulted in the following beliefs, negative conclusions, judgments or inner vows:*

**Shield:** *The person(s) I hurt, caused stress or offended is/are:*

*The specific offense(s) I committed against them is/are: (hint: what would they say?)*

**Closet:** *the thought(s), feeling(s) or behavior I am afraid to admit is/are:*

**My Confession: I will live without shame, without secrets and without excuse.**

**Confession to God:** actually confess your sin (shield/closet inventory) and ask forgiveness.

*Lord Jesus, I confess I...*

*I have believed / fallen prey to the lie that...*

*Please forgive my sin and cleanse me from all bitterness/unrighteousness in this situation.*

**Confession to a brother/sister:** (We recommend you also confess your shortcomings to a fellow believer)

*Through faith in God who gives me strength, I will also confess my sin to:* (select at least one)

- My close friend: \_\_\_\_\_
- My Mentor/counselor/pastor: \_\_\_\_\_
- My husband/wife/fiancée
- the person I hurt: \_\_\_\_\_

I will follow through on this commitment on/before: \_\_\_\_\_  
(date and time)

**My Forgiveness: Am I willing to forgive<sup>6</sup> the person(s) I feel hurt me?**

- yes
- no, or any other answer

note: pray the following prayer out loud for each person you need to forgive.

*Lord, Jesus, I forgive* \_\_\_\_\_ (forgive only one person at a time)

*for ...* (describe the offense)

*which made me feel...* (verbalize painful feelings)

*I choose to bear the consequences of their offense against me without bitterness, knowing that you already paid for it on the cross.*

*I relinquish my "perceived" right to seek revenge or hold this against*  
\_\_\_\_\_.

*I now entrust them into your care and judgment.*

*I ask you to fill this area of my life with your Holy Spirit and heal any damaged emotions in my heart because of this wound and/or bitterness. - Amen*

*Lord, Jesus, I also forgive myself for...*

<sup>6</sup> The complete FS forgiveness process is taught in FS Participant Guide 2: "Finding Freedom" – Sessions 15 & 16.  
Track 3: Christ-centered Healing in 12 steps © 2018 Freedom Session Resources

The Character Defects that surfaced in my life during this issue/conflict/pain include:

(check off as many as apply)

- SELFISHNESS                       MANIPULATION                       PROCRASTINATION
- BLAMING                               PEOPLE PLEASING                       ENTITLEMENT
- SELF-JUSTIFICATION                       CRITICISM                               IMPATIENCE
- PRIDE                                       DISHONESTY                               WITHDRAWING
- FALSE HUMILITY                               SELF-PITY                               VIOLENCE
- IMPULSIVENESS                               PERFECTIONISM                               GOSSIPING
- ENVY OR JEALOUSY                               AVOIDANCE                               DECEPTION
- JUDGEMENTALISM                               INTOLERANCE                               OTHER \_\_\_\_\_
- PHONINESS                               SARCASM                               OTHER \_\_\_\_\_
- PESSIMISM                               WORKAHOLISM                               OTHER \_\_\_\_\_

Am I willing to repent and ask God to remove my defects of character and replace them with his character?

- yes       no, or any other answer

The character defects of mine that caused the most damage in this situation are: (select two)

Defect of Character:

Opposite attitude/action to develop

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Accepting Responsibility: Am I willing to make things right for my part in the conflict?

- yes       no, or any other answer

An appropriate direct amend<sup>7</sup> would be...

An appropriate indirect amend would be...

If it is possible, as far as it depends on me, I will make amends with \_\_\_\_\_

on/before \_\_\_\_\_.

- yes       no, or any other answer

Specifically, I will...

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<sup>7</sup> A "direct amend" as taught in FS is a deliberate and appropriate act of reconciliation, attempting to right the wrong, pay for the damage and/or mend the relationship, as far as it depends on me. Asking another person's forgiveness is not making things right - I need to take responsibility. An "indirect amend" is changing my attitudes, behaviors, etc. to ensure I respond in a healthier way in future situations. A comprehensive teaching on making amends is found in FS Participant Guide 2: "Finding Freedom" - Session 18.