



Free on the Inside

Session Guide and Review Notes

Free on the Inside

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Freedom Keys

- Habits are our friends...when they're good ones. Elbert Hubbard
- Addiction includes: Persistent compulsive behavior that is harmful or destructive, characterized by an inability to stop.
 - Classic addictions involve alcohol, nicotine, and drugs.
 - Other addictions may include food, gambling, shopping, and porn.
- The good news is that "Experiences, thoughts, actions, and emotions actually change the structure of our brains." John Ratey
- Freedom Keys:
 - **Create a Lifestyle:** Focus on nutrition, exercise, and sleep.
 - **Create an Environment:** Your internal environment is how you think. Your external environment is what surrounds you.
 - **Create Connections:** Create a connection with others and a connection with God for staying power.
- "Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you." Isaiah 41:10
- If you think you have an addiction, it is important to work closely with your health care provider.

10 min Discussion Time 1: What are your thoughts?

- ✓ How does the brain's capacity to reshape itself offer hope to anyone struggling with addictions?
- ✓ Why do lifestyle choices matter in healing the brain?

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a "delivered story" that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Consider and imagine how **Living Free** from a bad habit will change your daily routine.
- **Recalculate:** God has promised to change your heart, emotions, and will to choose a better way! When tempted, say “I have a better way!”
- **Reframe:** Reframing is seeing your circumstances in a new light. It is organizing your thoughts and actions according to truth, not untrustworthy feelings and impulses.
- **Remember:** We all need knowledge, wisdom, and power from God to move forward in every area of life—God has a Divine purpose, healing plan, and daily power for you.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

Create a Lifestyle

- Drink at least 8 glasses of water daily.
- Eat fresh fruits and vegetables every day.
- Go for a 10-minute walk at least once each day, outside if possible.
- Connect with a daily accountability partner to help you gain strength.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Living Free** tips are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you Lord for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Free on the Inside