



JAIL CHAPLAINS
FREE IN CHRIST

Living FreeTM community

2024 Fall Session Groups

- Evidence based small group model
- Christian, interdenominational
- Weekly meetings (9 weeks - 13 weeks)
- Guide participants toward better relationships with each other and with God
- Designed to help identify life-controlling problems
- Connect participants to a local church for on-going growth

A life-controlling problem can be:

- use of a **substance** (drugs, alcohol, food & etc.)
- the practice of a **behavior** (anger, shoplifting, gambling, pornography use, compulsive spending, TV watching & etc.)
- involve an unhealthy **relationship** with another person which we call co-dependence.

There is hope!

Living Free small groups' help participants gain insight into how a life-controlling problem develops and how it can be overcome through a relationship with Jesus.

Fall Session Groups

September-December 2024

(Registration closes after second week)

INSIGHT - GODLY CHARACTER (MEN & WOMEN)

The group is to help each participant who struggles with life-controlling problems or for those who want to avoid them. The main goal is to have them grow in the grace and knowledge of Jesus Christ. It can help group members discover how life-controlling issues develop and learn how to identify the spiritual and emotional conditions that contribute to the problems in their own life or in someone they know. This group is centered on 2 Peter 1:3-11 and the path to developing Christian Character. Participants will look at the attitudes of "those" vs "our" people and help build relationships around "Us" instead of "them".

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Thurs	7:00pm	Relevant Life Church 1002 10th St S, Fargo	Sept 26
9 weeks	Tues	12:00pm	Virtual Pre-register to get zoom link	Oct 1

CROSSROADS - PURSUING PURITY (MEN)

Participants in this group will focus on growing spiritually as they work together to confront the deception and overcome the temptation of sexual sin. This behavior often occurs in secret, so it is easy for people who struggle in this area to isolate and not look for help. This is not an easy journey and some experience detours and breakdowns along the way. This is why Jesus has called us to be a caring community who help one another in a safe and confidential environment.

LENGTH	DAY	TIME	LOCATION	DATES
13 weeks	Tues	7:00pm	Bethel E-Free Church 2702 30th Ave S, Fargo	Sept 24

COPING WITH THE LOSSES OF LIFE (MEN & WOMEN)

This group will deal with many types of loss including the loss of employment, loss of relationship, loss of freedom through incarceration or the loss of a loved-one. Participants will identify the losses they have suffered in life and begin to understand the impact these have on the way they live. As the group members share and search the Bible together, they will discover different options to deal with loss and disappointment in a more constructive way.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Thurs	12:00pm	First United Methodist Church 906 1st Ave S, Fargo	Sept 26

10 COMMANDMENTS (MEN & WOMEN)

Knowing that there are absolutes that define moral conduct and ethical decisions is essential for believers surrounded by relativistic values. This guide helps us understand God's boundaries. It shows how the Ten Commandments apply today. It also discusses the biblical laws on which the legal codes of every civilized society are based. This guide is written in a way that helps people see the Ten Commandments in light of today's problems.

LENGTH	DAY	TIME	LOCATION	DATES
13 weeks	Wed	7:00pm	First United Methodist Church 906 1st Ave S, Fargo	Sept 4

THE SINGLE CHRISTIAN (MEN & WOMEN)

In a world where everyone seems to have a mate, it is difficult to live life as a single person. Whether you have never been married, are divorced or are widowed, this study is for you. In The Single Christian, Dr. Holland examines many of the different facets of singleness, from rejection; bitterness and unforgiveness; loneliness; to dating; single parenting and the positives of being single. During this study, individuals will investigate and evaluate their own lives as well as those of certain people who lived during Bible times.

LENGTH	DAY	TIME	LOCATION	DATES
13 weeks	Mon	7:00pm	First United Methodist Church 906 1st Ave S, Fargo	Sept 23

FREE TO GROW (MEN & WOMEN)

The purpose of this group study is to help people overcome disappointments and setbacks that have arrested or are presently hindering their emotional and spiritual development. The group will help participants understand how to be set free so that they can grow and become all that God has designed them to be.

LENGTH	DAY	TIME	LOCATION	DATES
12 weeks	Wed	12:00pm	Babb's Coffee House 604 Main Ave, Fargo	Sept 25

COMPLETELY FREE (WOMEN)

Everyone struggles from time-to-time, but we can have confidence that in Christ we are completely free from sin's slavery, from condemnation, and from fear of failure. This group study of Romans 1-8 and 12 helps Christians break out of the dull routine of a stagnant spiritual life. Applying the truths found in Romans can transform any believer into a person eager to follow God's will. This study can also serve as a powerful evangelistic tool by explaining the message of salvation as presented in Romans.

LENGTH	DAY	TIME	LOCATION	DATES
13 weeks	Thurs	12:00pm	First United Methodist Church 906 1st Ave S, Fargo	Sept 26

PRACTICAL PARENTING (MEN & WOMEN)

A practical parenting guide which includes best practices and Biblical principles. Focused on helping parents learn to solve problems for themselves. Biblical examples offer guidance to parents striving to raise their children in a Christian home.

LENGTH	DAY	TIME	LOCATION	DATES
10 weeks	Wed	7:00pm	First United Methodist Church 906 1st Ave S, Fargo	Sept 25

UNDERSTANDING DEPRESSION (WOMEN)

This study deals with depression, a condition common throughout the world, and is suggested for use in support groups and Christian counseling. Understanding what depression is and how it affects relationships and spiritual warfare. Ways to fight depression with scripture, prayer and mutual support and understanding the special prayer needs of depressed persons with Bible-based coping skills. Learn how to pray for healing and what to expect. Serves as a powerful evangelistic tool by providing a way to minister to people's felt needs and then lead them to Christ

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Mon	7:00pm	That's The Dream Farm 7552 70th Ave N Glyndon, MN	Sept 30

Ongoing Groups

Participants welcome to join anytime

ANGER: OUR MASTER OR OUR SERVANT (MEN)

The material for this group offers a clear explanation of anger and what causes it. Participants will learn to recognize when they are sinning with anger. Additional content which will be covered includes beginning steps in managing anger, methods to help control anger in your relationships and ten steps for preventing anger's control in your life.

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Mon	7:00pm	Fargo Library Dawson Room 103 3rd St N, Fargo	Weekly ongoing

ANGER: OUR MASTER OR OUR SERVANT (WOMEN)

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Tues	7:00pm	Virtual Meetings Preregister for Zoom Link	Weekly ongoing

FACING FEAR FINDING FAITH (WOMEN)

The material for this group offers a clear explanation of anger and what causes it. Participants will learn to recognize when they are sinning with anger. Additional content which will be covered includes beginning steps in managing anger, methods to help control anger in your relationships and ten steps for preventing anger's control in your life.

LENGTH	DAY	TIME	LOCATION	DATES
10 weeks	Tues	7:00pm	Virtual Meetings Preregister for Zoom Link	Weekly ongoing

DISCOVERING FINANCIAL SUCCESS (MEN)

This study deals with depression, a condition common throughout the world, and is suggested for use in support groups and Christian counseling.

- Understanding what depression is and how it affects relationships
- Understanding the relationship between depression and spiritual warfare
- Ways to fight depression with scripture, prayer and mutual support
- Bible-based coping skills
- How to pray for healing and what to expect
- Serves as a powerful evangelistic tool by providing a way to minister to people's felt needs and then lead them to Christ

LENGTH	DAY	TIME	LOCATION	DATES
9 weeks	Tues	7:00pm	Babb's Coffee House 604 Main Ave, Fargo	Weekly ongoing

Interested in attending a group?

Groups will have maximum of 10 participants
\$15 for manual (scholarships available)
PRE-REGISTER AT JAILCHAPLAINS.COM

Visit the website for the most current
list of small groups being offered.

QUESTIONS?

ERIC JOHNSON, LIVING FREE COORDINATOR
eric@jailchaplains.com | Phone: 701.540.2264



JAIL CHAPLAINS
FREE IN CHRIST

Living Free