

You are embarking on one of the most challenging, potentially discouraging and ultimately rewarding ministry opportunities you could ever be offered. Still interested?...

If you say “yes,” you will be part of a healing and freeing work in the life of someone who thought enough of you to ask. With God’s help, two lives will never be the same—theirs, and yours!

This booklet will provide an overview of Freedom Session’s teaching about finding a sponsor, and what a sponsor does.

After reading this booklet, it is our hope you will take up the challenge of becoming a Freedom Session sponsor.

If you have any question this booklet does not answer please feel free to contact me. The person who gave you this booklet will know how to get a hold of me.

- Your Freedom Session Director

To better equip you for this valuable ministry, we are hosting a Sponsor Orientation Seminar.

Date: Monday, January 23rd, 2012

Time: 7 PM

Location: LCC Office - 331 4th Street NE

Freedom Session 
Stand strong...Walk in truth

Becoming a **Sponsor**

*What it means?
Can I do it?*

Freedom Session 
Stand strong...Walk in truth

A Freedom Session participant has handed you this booklet and asked if you would be his/her sponsor. This means they have recently completed Session 09 of a 27 Session program and are needing to develop their support team. Thank you for considering their request.

What does it mean to be a Sponsor?

A Sponsor is NOT...

- ...a therapist or counselor.
- ...responsible for the participant's healing or whether or not they complete their homework. Each FS participant should be in an accountability Triad (FS3 Triad) for this.
- ...a best friend or life-long mentor.

A Sponsor IS...

- a type of mentor or coach, committed to helping a FS participant walk through Steps 4-9 (Book 2) of their healing journey.
- ...authentic & trustworthy. They understand confidentiality.
- ...fairly objective and available. Time commitments will vary but potential sponsors should count on 2-3 meetings lasting 1 ½ to 2 ½ hours each over a 6 week time period.

Ideally, a sponsor will have completed Freedom Session or another Christ centered 12 Step program themselves but more importantly, they are able to hear someone's story and pain, love and support them as they face the truth about their lives.

Sponsees are responsible to set up & lead through the meetings.

Meeting #1: is for your sponsee to hear your story and you to hear theirs in brief. They will also share their "Strengths Inventory" with you. As in all four of the inventories, they are instructed to read their inventories off from left to right.

Meeting #2: is for your sponsee to read off their "Mirror Inventory." This is the one where they have chronicled all the ways others have hurt them and how it has affected their lives. It is important to listen carefully to them, realizing they are likely telling you things they've not told another human being. An excellent response after hearing them out is to let them know you are proud of them, affirm them and pray for them. Even though these are things done to them, many who've lived in shame will be expecting you to think less of them. You have the opportunity to dispel that deception with love.

Meeting #3 (and possibly 4): is for your sponsee to read off their "Shield" and "Closet Inventories. These are the inventories where they list all the ways they've hurt others. They are taking responsibility for their lives and often admitting some very shameful deeds. Again, your role is to listen carefully without shock, disbelief or disgust. For them to have completed their "Shield Inventory" is evidence they are wanting to be done with that way of living and become the man/woman God intended them to be. This "confession" and your support will help break the lie they carry they need to portray themselves as someone they are not. Their "Closet Inventory" is for memories/deeds they were too ashamed to write down at first. These are often guilt/shame associated memories they had intended to take to their graves.

The above inventory "confessions" complete Step 5 for your sponsee. You will sign off on each inventory they've confessed.

Steps 6 & 7...*deal with Character Defects and your sponsee may ask you to suggest any you noticed as they read off their inventories. Listening for relational patterns during their "confession" will help you give beneficial feedback. Out of their numerous character defects, they will be taught to tackle their greatest defects first as they are the ones causing the most pain.*

Steps 8...*requires your sponsee to forgive those whom they resent and/or who hurt them in the past. These names are typically found on the "Mirror Inventory." Your role in this process is to ensure they don't miss anyone and that they forgive thoroughly (those who've hurt them owe them nothing). Sometimes they also need to forgive those on their "Shield" or "Closet" inventories. Encourage them to forgive the most painful ones first.*

Step 9...*asks your sponsee to make amends to those he/she has hurt from their "Shield" and "Closet" inventories. Your role is to ensure they make direct amends wherever possible. It may be helpful for you to listen to a Session 19 audio CD if you are unfamiliar with this concept. At times you will be asked to preview an amends letter before it is sent. This is both a great honor and responsibility. If you are not sure, please contact your sponsee's facilitator or Freedom Session Director.*

Can I do it?

Well, at least one person thinks you can and is hoping you will.

The rest is up to you!