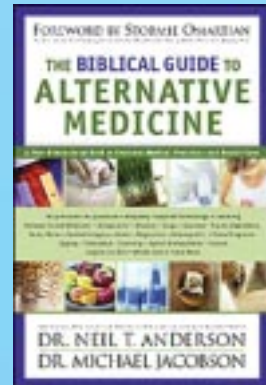


# New Resources

## Freedom Songs CD - £3 off if you order by May 31!

You may well have heard Tom Schwarz singing at FIC events some of the lovely songs that have been inspired by FIC teaching. These are now available on a professionally produced CD that churches and individuals will greatly appreciate for use in worship and for personal encouragement. They cover every aspect of the Steps To Freedom including the wonderful truths of who we are in Christ, the choices we can make and our victory in the spiritual battle. It also features "Dying For Love", a song written and sung by Beverley Hutton (with music by Tom) about her journey from anorexia to wholeness (see p. 3).

According to Tom, "The Steps helped me realise that I can win spiritual battles rather than just give up the fight and accept a second-best spiritual life." Tom works for Wycliffe Bible Translators training new missionaries and, once costs are covered, proceeds from sales will be divided between Wycliffe, FIC and a developing music ministry. If you order the CD before May 31 you can get it for the special introductory price of just £9.99 (Code: FC102), a saving of £3 on the standard price.

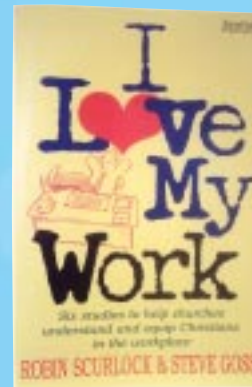


## New Neil Anderson Book - The Biblical Guide to Alternative Medicine

A friend swears to you that her new herbalist cured her migraines. After years of trying everything else, your brother's lower-back pain is relieved by acupuncture, though your family doctor doubts it will work for long. When it comes to holistic health and medicine, everyone has questions and now, thanks to Neil Anderson and Michael Jacobson, we have authoritative, biblically based answers! The Biblical Guide to Alternative Medicine gives you a biblical grid for evaluating medical treatments and systems and alternative therapies then, having separated the fantasies from the hard facts, it shows you how to develop your own "recipe" for holistic health and apply it to your daily life. It costs £14.99 (Code FC105).

## I Love My Work - Co-written By Steve Goss

Steve Goss has co-written with Robin Scurlock *I Love My Work*, a series of studies designed to help churches understand and equip Christians in the workplace. Starting with an affirmation of why work is important to God, the book has further chapters which examine calling, money, success, time and stress. Each chapter includes a study section followed by questions which are ideal for a housegroup or small group setting. It costs £6.99 and can be ordered from FIC (Code FC103)



"A strong combination of concise, helpful, biblical foundations and insightful, thoughtful questions." Mark Greene  
"Excellent. It will enable Christians to concentrate prayerfully on their place at work in God's world." Alistair Burt MP  
"This is an excellent book. I will be recommending it and using it in my teaching sessions." Don Latham

You can order any of these items from Freedom In Christ - every sale contributes funds to the ministry in order to help us fulfil our goal of seeing UK Christians walking in freedom. Contact us for a copy of our complete catalogue of resources or see [www.ficm.org.uk](http://www.ficm.org.uk). Order by post, by phone or at [www.ficm.org.uk](http://www.ficm.org.uk). Please add £3 p&p for orders up to £20 and £6 p&p for orders over £20.

## Setting Your Marriage Free Events

Many people have appreciated the opportunity to uncover and deal with spiritual issues in their marriage at FIC weekend conferences. At the time of writing two further events are planned but details are not finalised - news will be e-mailed as soon as we have the details. If you would like to know more, please make sure you are on our e-mail news list. If your church would like to host one of these events (either on your premises or in a residential setting) please get in touch.

## Sooooo Angry!

How you would feel if you had just bought *Getting Anger Under Control* and your dog started eating it? Something like Andy Moxon probably! Dog Jack is doing fine - Andy, a member of the FIC teaching team, is still working on it....



# Frequently Asked Questions

## Just saying a prayer at each Step to Freedom isn't going to set me free, is it?

Merely reading words out loud without any heartfelt affirmation can indeed be ineffective prayer. The purpose of the prayers suggested in the *Steps to Freedom* is to help focus on the important areas of truth found in the Scriptures. They are not magical formulas with power that is released if they are spoken "properly". These prayers are only effective to the extent that they are sincerely offered to a powerful, loving God.

Remember that the Psalms are songs and prayers recorded by David and others to be read and sung in personal and public worship. Israel used the words of Deuteronomy 6:4-9 as a daily prayer to

remind themselves of the greatest commandment: "love the Lord your God with all your heart, and with all your soul, and with all your mind" (Matt 22:37). But Jesus condemns the meaningless repetition of prayer formulas (characteristic of pagan worship) and offers a model for His followers (see Matt 6: 7-14).

Christ's intent in the Lord's Prayer is the same as ours in the Steps to Freedom: to give a guide that helps people focus on important aspects of prayer. We have found that some people who are caught in spiritual conflict need help focussing their attention in prayer. When people are having trouble connecting with God as they read the prayers, we suggest that they read the prayers through silently before reading them aloud. They can also read them more slowly if that helps them affirm in their heart what they are saying with

their mouth. One more note: If people knew how to get out of bondage, they would have done so a long time ago. Nobody likes living in bondage. But people need a very clear road map out of bondage, and that is what we intend the Steps to Freedom to provide. We have learned the hard way that people don't know how or what to pray for (see Romans 8:26). Of course the prayers themselves don't set you free. They are a guide for seeking the Lord who can and will set you free if you respond appropriately by faith and repentance. The Bible assures us that "the eyes of the Lord move to and fro throughout the earth that He may strongly support those whose heart is completely His" (2 Chronicles 16:9).

In the next issue we'll ask the question, "Where was God when I was being abused?"



## Churches - you CAN do it!

The main message of FIC is that every Christian, from new converts to established leaders, will benefit from understanding who they are in Christ and taking the opportunity to dump any spiritual baggage. You can read on page 2 how one church, The City Temple in London, has been making that work.

In this issue, however, we want to concentrate on our secondary message: that God has equipped the local church with everything it needs to help even the most "difficult" case find lasting freedom.

I look back to times when people turned up in my own church with obvious spiritual problems and I hadn't the foggiest idea what to do. I'd chat politely to them, all the time hoping that they wouldn't ask me for help - because, if I'm honest, I really didn't think I had any answers.

The first time I plucked up the courage to use the *Steps To Freedom In Christ* process with someone in this category, I was full of fear and trepidation. I did it all "wrong" but Jesus turned up and brought freedom. I've since used the Steps with people who have the most difficult spiritual issues. I've never know what to do and I've never had the answers. But Jesus has always turned up and, as they have connected with Him, they have walked free.

Having said that, people with deeper issues often take two steps forward and one step back. They need ongoing discipling after their freedom appointment. Above all they need an encourager who approaches them as God Himself does: with acceptance; with no hint of condemnation; with a willingness to make sacrifices.

It may seem daunting. But I really can't tell you what a delight it is to see people who have been so bound up in wrong ways of thinking being completely set free and becoming themselves fruitful disciples! On page 3 you can read about two people with major issues who were helped by local churches and who are now in fruitful ministries. *Your* church really can help others do the same - and we're here to help you as you do it.

Steve

Steve Goss, Executive Director

## The Teaching Team Gets Bigger



In November our teaching team got together for the first time with representatives from as far apart as Cumbria and Southampton. The team is gearing up to run a host of events this year.

## NEWS... NEWS... NEWS... NEWS...

### Neil Anderson in London

Apart from Spring Harvest, Neil Anderson will be conducting just one event in the UK in the foreseeable future, at City Temple in London, April 14-15. It's entitled "Helping Hurting People" and, if you're using the FIC approach, this is one not to miss! See separate leaflet for full details - further copies freely available.



### At Last - FIC Youth Events In The UK!

In July Dave Park, co-author with Neil Anderson of many books for young people, will be running events in the UK for the first time. This is a unique opportunity to equip your church to help young people find freedom. As well as events for young people (Stomping Out The Darkness and Purity Under Pressure), Dave will run Spiritual Protection For Your Children for parents and intensive training for youth workers. See separate leaflets for full details.

### Spring Harvest 2003

Neil Anderson and Steve Goss will be leading "Living Free In Christ" seminars at Spring Harvest (Skegness week 2, Minehead week 3) every afternoon in the Big Top. There will also be a reception for church leaders on each of those two weeks (see Spring Harvest programme for details). If you've got friends going to Spring Harvest why not let them know?

### Freedom Songs CD

Many of you have heard Tom Schwarz singing songs he's written to accompany each step in the Steps To Freedom at our events. Now the long-awaited CD with 18 tracks relating to the Steps is ready and is available at a specially discounted rate until May 31 - see back cover.

### News By E-mail

Would you like to receive occasional news from us by e-mail? If so please send an e-mail with "join" in the subject line to [news@ficm.org.uk](mailto:news@ficm.org.uk). And have you checked out [www.ficm.org.uk](http://www.ficm.org.uk) recently? It continues to grow and has a whole new look!



### New Edition Of The UK Steps To Freedom

We're delighted to let you know that a brand new, fully revised version of Steps To Freedom In Christ especially for the UK will be published in time for Spring Harvest. It's about 50% longer than the existing version and we're confident that it will be received with great enthusiasm. It can be ordered from April at £2.99 for one (code FC106) or £12.99 for five (code FC107).

### Church Leaders Briefings

From May to July there will be a series of briefings for church leaders around the country, an ideal opportunity for them to get an overview of the FIC approach and understand how they can get up and running. Please pass the enclosed invitation to a church leader you think might be interested - further copies available on request.

# Helping Hurting People...

The main emphasis of Freedom In Christ is that every Christian needs to learn how to dump spiritual baggage from the past and know who they are in Christ. In other words, the FIC approach is emphatically not just for so-called "hard cases".

Having said that, we also very much feel that the Lord wants His Church to rediscover the truth that no Christian is too badly hurt or has sunk so far that they cannot find their freedom in Christ and become fruitful.

On the next page we want to encourage you by introducing you to two people who were stuck in the most severe difficulties and who, helped by local churches applying freedom principles, are now free. In fact both now work with Freedom In Christ and are available to advise church leaders who are helping others with similar issues.



Carolyn Bramhall and Beverley Hutton will be talking about how they found their own freedom and their role in equipping churches to help others at the Helping Hurting People conference in London, April 14-15 led by Neil Anderson.

If you or your church would like to offer prayer or financial support to these vital areas of our ministry, please contact us.

## Doing The Business - The City Temple, London



**"It's had a dramatic impact on our congregation"**

disciples of Jesus and the church was very ineffective in its witness to the city."

Rod had been using Freedom in Christ principles for many years in previous churches in the States and knew that the *Steps To Freedom In Christ* would be a valuable tool in helping people resolve these personal and spiritual conflicts. He presented the issues to the eldership of the church who unanimously endorsed an important strategy.

**"When I arrived in London, I immediately noticed how burdened people were with many issues in their lives..."**

First, they would encourage everyone in the church to have a personal appointment to go through the *Steps To Freedom In Christ*. Second, they would provide training in order to develop a team of encouragers to help lead others through the Steps. Third, they would make the Steps a prerequisite for involvement in other key ministries, such as the prayer ministry team. Finally, they resolved that no one would be received into membership of the church who had not had a personal appointment to go through the Steps.

Rod believes that this has been highly significant: "It's had a dramatic impact on our congregation. We now have a group of people other than the pastor who can minister to others effectively; we have an increased sense of unity; and we have seen

the Holy Spirit resolve personal and spiritual issues in people's lives in amazing ways."

The leadership of City Temple is so excited about the potential of churches adopting Freedom In Christ principles that it now invests considerable effort in helping other churches get up and running. It hosts training events, offers freedom appointments to other leaders and sends staff out to other churches both in the UK and overseas. According to Rod, "One of our passions as a church is to help equip other Christians and churches for the kind of effective ministry we have experienced. We count it a privilege to work with Freedom In Christ in the UK."



Pastor Rod leads worship.

The City Temple is an historic Nonconformist Congregation founded circa 1640, whose first minister was the Rev. Thomas Goodwin, chaplain to Oliver Cromwell. Today it's a cosmopolitan international church ministering in the City of London.

In September 2001 it took the unusual step of calling Rod Woods, a pastor from outside its tradition and from the United States. He says, "When I arrived in London, I immediately noticed how burdened people were with many issues in their lives: sin, relationship breakdown, stress, baggage from the past, even demonic oppression. Tragically, this was as true for Christians as for non-Christians. Because of these issues, Christians were greatly hindered in their development as

# The Deeply Wounded



Carolyn Bramhall suffered years of abuse as a child and, as a result, developed "dissociative identity disorder" (previously known as "multiple personality disorder"), a coping mechanism whereby the personality fragments into different parts.

After years of nervous breakdowns, depression, hospitalisation and

spiritual interference she was at the end of her tether when a local church took her through the *Steps To Freedom In Christ* and taught her how to break strongholds and renew her mind.

Due to the deep nature of this issues, complete healing and integration of her various personality parts took place over an eight month period. Today, she says, her life is "completely different".

Now a member of Freedom In Christ's team, Carolyn spearheads the support that we offer to churches ministering to a deeply wounded Christian. She has diplomas in Theology, Christian Work and Counselling but perhaps the main reason that she is able to help and advise leaders effectively is that she knows from personal experience that Christ really is the answer:

"I know what it's like to be one of those very needy people that churches don't know what to do with. I know what it's like to be seen as 'weird' or 'an interesting case'. I have received incalculable help from the ministry of Freedom in Christ working through a small local church. I have seen Jesus resolve what seemed like insurmountable problems and lead me out of hopelessness into fruitfulness. There is nothing too difficult for Jesus."

In the short time that Carolyn has been working in the FIC team, she has been able to help a number of leaders understand how to deal with issues that had previously seemed too big for them. One church has seen a lady suffering, like Carolyn, with dissociative identity disorder, come to wholeness - and this with no previous experience of dealing with such issues.

Carolyn says, "I have worked a lot with those who feel isolated, victimised and deprived. My passion is to see the Church more readily embrace them and draw them into the very centre of its life and ministry. I want to see many more hurting people move from victim to overcomer - to live in real victory and faith, and to have the chance to minister to others. I strongly believe in the power that Jesus can unleash through the local church."

A recent letter from a leader who called Carolyn when dealing with an apparently overwhelming case emphasises how this works: "I had lost confidence in the way we were proceeding.... You were so encouraging and supportive and gave me hope... I would never have chosen to work with a case like this but it has strengthened my faith more than anything I have previously experienced.... I'm sure you must be encouraged to hear of yet another person set free!"

It's exciting to think that the Church is realising afresh that it shares Jesus' anointing to set captives free. FIC is always ready to offer advice and guidance to leaders as they put this into practice.

**"The Spirit of the Lord is on me, because he has anointed me to preach good news to the afflicted. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favour." Luke 4:18-19**

# Eating Disorders

Following intense childhood experiences and involvement in the occult, Beverley Hutton developed acute anorexia nervosa at the age of 14 and spent the next ten years in long-stay treatment in psychiatric hospitals going through extreme laxative addiction, suicide attempts and regular self-harm episodes. She left hospital determined to starve to death but a friend took her to church where she became a Christian and received an amazing healing of her anorexia, at least of its outward symptoms.

A young family in the church took her into their home and gave her excellent support. But, because she had not resolved the spiritual issues at the root of the anorexia, she was unable to make progress and eventually succumbed to clinical depression. For a further 15 years or so, she limped along. Outwardly things were normal - she got married and had two children - but inside she and her family were overwhelmed with fear, nightmares and spiritual attack.

She attended a Freedom In Christ conference where she was taken through the Steps to Freedom In Christ: "As we ended in prayer, I heard the Lord say that there had been enough madness in my life and it was now over! I cried for joy."

The healing process was completed when she grasped her true identity in Christ and realised that she no longer had to give in to the fears that had enabled the enemy to harass her. Today Beverley is free and whole in Christ.

For the past two years she has worked in the Freedom in Christ office and has been able to help others suffering with eating disorders. In particular she has been able to help them develop strategies to break strongholds of negative thinking.

Inspired by the love that was shown to her by that family 15 years ago, Beverley and husband Paul, under the auspices of their home church, have taken two Christian anorectics into their home and helped them apply the Freedom In Christ approach. The first, probably a "worst case scenario", is now walking in freedom. The second is still in the early days of the programme but is doing well.

Could this "host family" approach work in your church? We believe it could. It takes compassionate leadership, an understanding of freedom principles and a family that is prepared to open their home and hearts. We often receive calls from Christians with eating disorders who really need the help of good churches.

Beverley's new role is to support and equip these churches and their host families rather than do it herself. "That way", says Beverley, "many more anorectics will be set free". She is available to advise church leaders on setting up a host family programme and will offer telephone and e-mail support to host families as well as run workshops on eating disorders.

Ask for our pack of guidelines for church leaders if you would like to know more about setting up a host family programme in your church.

