



“Teach a Parent, Save a Child”
November 12
 6-9pm

FIT
 FLORIDA INTEGRITY TRAINING

Sahib Shrine Center
 600 North Beneva Road
 Sarasota, FL

Save The Date!

www.100hour.org

FUNDRAISER DINNER NOV 12th “Dressy” Attire

RECEPTION AT 6 PM

- Fresh Fruit, Iced Tea

DINNER AT 7 PM

DINNER BUFFET

- Caesar Salad (served)
- Oven-Roasted Potatoes
- Fresh Vegetables
- Butter Crumb Tilapia
- Sugar-Cured Hawaiian Ham
- Roast Top Round of Beef w/Mushroom Gravy
- Rolls/Butter
- Coffee

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Guest Article

Free to Grow

Do you take one step forward in your walk with God—only to fall two steps back?

You aren't alone. Many believers find themselves stuck in their spiritual growth. They want to move forward . . . but don't know how. I believe the Lord led me to write the Free to Grow small group curriculum to help people who are experiencing this struggle. In 1 Corinthians 3:1-2 Paul writes, “Brothers, I could not address you as spiritual but as worldly—mere infants in Christ.” None of us want to be spiritual infants for the rest of our lives, but before we can grow, we need to identify the roadblocks affecting us. Only then, with Christ's help, can we begin to remove them and be free to grow. The apostle Paul encourages us to “grow up into him who is the Head, that is, Christ” (Ephesians 4:15).



Dr. Jimmy Ray Lee
 founder, Living Free

Our lives are often shaped by our experiences in early life (especially birth through age 12). Negative experiences can prevent us from maturing emotionally and spiritually. “We grow physically and chronologically yet remain like children” (Hegstrom, Broken Children, Grown Up Pain, p15). Hindrances to growth may include things like unforgiveness, neglect, abuse, shame, anger, wounds from childhood, or unresolved conflict.

In Free to Grow groups, participants discuss who they are in God's eyes and are encouraged to face the truth of past disappointments and move forward as they learn to forgive and set boundaries. They learn the importance of being “rooted and built up in him, strengthened in the faith . . . overflowing with thankfulness” (Colossians 2:7). They are able to get a fresh start in life and begin to grow up in Christ.

Editor's Note: Dr. Lee is founder of Turning Point/Living Free Ministries and author of *Free to Grow*. We thank Dr. Lee for writing about his vision for the *Free to Grow* course. FIT has issued 323 Free to Grow graduation certificates since July 2008.

A LETTER OF SUPPORT SHARED BY JON GEORGE

Hi Pastor!

I was just on the phone with Pastor Don Pratt and we were talking about the curriculum we teach and I brought up the Barnabus House and he mentioned he believes he had presented it to you regarding Jorge Edwards. This is the same curriculum that I spoke with you about months ago. I really don't remember what came of our conversation, but I would really like to say the curriculum is God-breathed. Joe (my ministry partner and I) both agree that if you took what the Lord did in our hearts and placed it in black and white, it would be this curriculum. I know you are faced with many different avenues and you want to make sure you line it up as close to the Word as you can without tarrying, but if you look at this curriculum, you will see that it is just that. It uses



Joe Moore (left) and **Jon George** have jointly led four Insight groups and four Free to Grow groups in the last two years. Jon facilitated an additional Insight group in July.

biblical principles but breaks it down into a group setting where men can open up and are led to do so as to open up the channel to their heart that many have closed up over the years through the deceitfulness of sin. It basically calls out the denial and deceit by revealing how we have been blinded for most of our lives by the sin that has entangled us and also points out how God gave us the ability to have depression and anxiety as a "warning sign" to let us know something needs to change. Many people think they are crazy because of the feelings they experience. One of the reasons many don't recognize they are changed is because they base it on what they feel. This curriculum addresses those issues and, Pastor, I fell a few times in the beginning seeking the Lord because I was never taught these things. This is why I have such a passion to facilitate these classes. Jesus taught that the reason many fall after the seed is sown upon their heart is because they have no root in themselves. This is the area that this curriculum covers. It helps us to identify who we are in Christ and helps us to understand it is not based on feelings, but rather on the Word of God. I encourage you to take a deeper look at this curriculum. Again, I know you want to give God the biggest return on the investment He has made in you, and I do believe this curriculum brings great return! Every week I have guys in jail come up after class and say they've heard it all before but this time was different. It really makes sense. Some have discovered why they continue to fall even though they have tried to develop a relationship with God. I love what God is doing at Barnabus and through you. Thanks for allowing me to share.

Jon George

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