

REQUEST FOR FREEDOM APPOINTMENT

You have made a request to have a personal appointment to go through the Steps to Freedom in Christ. To assure that your appointment will be as meaningful as possible, here is some helpful information and preparatory steps for you to take.

The Freedom Appointment

The appointment itself is really a quiet time with God. You will be helped to resolve problem issues from your past and present. And you will be led to firmly establish your identity in Christ so that you may know that you are totally forgiven, loved and empowered to live for Him.

You will be led to pray through the Steps to Freedom in Christ, covering seven areas of life where Satan has taken advantage of all of us in one way or another. There will be an encourager to guide you through the process, but the healing and empowering will come as you prayerfully confess and renounce sin or bondage in your life and then verbally affirm God's truth that stands in opposition to the enemy's lies.

The session normally takes from three to five hours. And there may be a prayer partner or two in the appointment for the purpose of supportive prayer, and also for training so that they can lead others through the process. Everyone present will be committed to maintain confidentiality.

Most important, God is in the session. We commit the entire time to Him and trust Him to reveal the issues that need to be dealt with so that you can be helped toward resolution of those areas.

Personal Preparation

While advice and encouragement may be given along the way, that is not the focus of this appointment. It is your personal spiritual encounter with the Wonderful Counselor. Therefore, it is essential for you to have a good understanding of the spiritual world in which we live, who we are in Christ, and why and how we can stand against the evil one and be strong in Christ.

Every person has a life history to deal with that has taken years to develop. Rather than rush into the session unprepared, it is wise to take whatever time is necessary to establish a spiritual foundation of the Biblical truths that can set you free as you go through the Steps.

There are various ways to accomplish this. You may do one of the following:

1. Attend a Living Free in Christ Conference.
2. Read the books, *Victory Over the Darkness* and *The Bondage Breaker* by Dr. Neil Anderson. (For easier reading, some people prefer to read the youth edition of these books, *Stomping Out the Darkness* and *The Bondage Breaker – Youth Edition*, by Dr. Neil Anderson and Dave Park.
3. Learn the same information from the two audio or videotape 8 lesson series, *Victory Over the Darkness Audio/Video Seminar* and *The Bondage Breaker Audio/Video Seminar* By Dr. Neil Anderson.

When you have finished this preparation, please complete the Confidential Personal History and return it to the person from whom you have requested a freedom appointment. (They will need to have the request in hand before your appointment, so you will need to take or mail it to them.) They will work with you to establish a date and time. If you don't hear from them within a reasonable time you can initiate a phone call yourself to help keep the schedule moving.

Confidential Personal History

Name _____ Sex _____ Age _____ Date _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Business Phone _____

My preparation for the Freedom Appointment

I attended a Living Free in Christ Conference. Yes _____ No _____

Where? _____

Who was the speaker? _____

I read completely both of the books, *Victory Over the Darkness* and *The Bondage Breaker* by Dr. Neil Anderson. Yes _____ No _____

I read completely the youth edition of these books, *Stomping Out the Darkness* and *The Bondage Breaker – Youth Edition*, by Dr. Neil Anderson and Dave Park. Yes _____ No _____

I listened to or watched all of the two audio or videotape 8 lesson series, *Victory Over the Darkness Audio/Video Seminar* and *The Bondage Breaker Audio/Video Seminar*. Yes _____ No _____

Signed _____

My Understanding

I understand that my participation in completing this Confidential Personal History and in the Freedom Appointment is totally voluntary on my part and that I am not under any obligation whatsoever. I understand that the person who will lead me through the Steps to Freedom is not necessarily a professional counselor or therapist, but a fellow Christian who is making himself/herself available to pray with me and guide me through the Steps to Freedom. Therefore I voluntarily ask for this appointment and assume responsibility for my responses as a result of this prayer ministry

Signed _____

1. Vocation _____

2. Marital Status

Single _____ Married _____ No. of years _____

Divorced _____ Second marriage _____ No. of years _____

Children: names (optional) and ages:

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Children in previous marriage: names (optional) and ages:

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3. Why are you requesting an appointment?

Please write a brief paragraph explaining why you are requesting this personal appointment to go through the Steps to Freedom in Christ.

4. Problem Issues

Please make a list of the problem issues you are dealing with, including any you may have already mentioned in answering the above question. When you are finished, put a check mark by the three items you feel are your greatest areas of need. Remember that this is confidential and you may request to have this inventory returned to you at the time of your appointment. (Please don't use explanations in answering this question. Use only one word or a simple phrase for each item on your list. (I.e., anger, difficulty forgiving, depression, guilt, etc.)

5. Family History

Were you adopted? Yes _____ No _____

Were your parents believers (i.e. Christians, "born again")? Yes _____ No _____

If so, did they profess and live their Christianity? Yes _____ No _____

Were your parents divorced after you were born? Yes _____ No _____

Who was the authority figure in your home? Father _____ Mother _____ Other _____

Have your parents, grandparents or great-grandparents ever been involved in any occult, cultic or non-Christian religious practices? Yes _____ No _____ Explain:

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Identify whether your parents were strict or permissive in regard to the following:

	Permissive	Average	Strict
Clothing			
Sex			
Dating			
Movies			
Music			
Drinking			
Drugs			
Smoking			
Church attendance			

Identify the sex and age of your sibling(s) and place yourself in birth order:

Child	Sex	Age	Child	Sex	Age
1.			4.		
2.			5.		
3.			6.		

Describe the emotional atmosphere in your home while you were growing up. Include a brief description of your relationship with your parents and sibling(s):

6. Health

Is there a history of ongoing physical illness in your family? Yes _____ No _____

Specific disease(s)? _____

Is there a history of mental illness in your family? Yes _____ No _____

If yes, please explain briefly: _____

Is there a history of addictive problems in your family? Yes _____ No _____

If yes, to what? _____

Describe your general health:

List medication(s) you are taking and the purpose for which you are using them:

Medication	Purpose

7. Lifestyle Issues

Do you feel there is balance in your life in regard to the following areas:

	Yes	No
Spouse		
Family		
Friends		
Work		
Recreation		
Christian activity/church		
Personal time with God		
Overall, is there good balance in your life?		

Do you get adequate rest? Yes ___ No ___ Physical exercise? Yes ___ No ___

Do you primarily eat balanced nutritional meals? Yes ___ No ___

Please check any of the following emotions you have had or are presently having difficulty controlling (add others if necessary):

___ frustration	___ anger	___ anxiety
___ hopelessness	___ insecurity	___ bitterness
___ rejection	___ insignificance	___ acceptance
___ loneliness	___ worthlessness	___ depression
___ hatred	___ fear of dying	___ fear of losing your mind
___ fear of committing suicide	___ fear of hurting loved ones	___ fear of going to hell
___ fear of abandonment	___	___

Identify addictive problems you are dealing with, if any:

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Identify moral problems you are dealing with, if any:

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Have you experienced severe abuse or trauma? Yes ___ No ___ Explain:

8. Spiritual Issues

Have you received Jesus Christ as your personal Savior? Yes ___ No ___

When did you receive Christ? _____

How do you know that you have received Christ?

Are you plagued with doubts concerning your salvation? Yes ___ No ___ Explain:

How do you view God? (Distant? Harsh? Judging? Loving? Near?)

Approximately how often do you have a personal Bible reading and prayer time? _____

Do you regularly attend a local church? Yes ___ No ___ Which one?

Are there additional ways in which you are enjoying fellowship with other Christian believers?

Yes ___ No ___ When and where? _____

Next Step – This Confidential Personal History has a double purpose. It is a further preparatory step for you, by helping you focus on issues to pray about as you go through the Steps to Freedom. It will also help your encourager prayerfully prepare for your appointment.

But God may bring more issues to your mind during your appointment. Come ready to be totally open and honest in order to gain the greatest possible help. It is natural to sense some apprehension as you anticipate your appointment, but you will find an atmosphere of love and acceptance there.

If you are ready to proceed, please take or send this history to your encourager. If you have any questions, you may phone him/her.