



What Is Fresh Start?

- Fresh Start IS NOT a program or formula.
- Fresh Start is a Biblical Process of applying God's Word to Your Heart Issues.
- Fresh Start is finding Intimacy with the Lord in the midst of pain. Come with an open heart and engage with Jesus.
- Fresh Start is learning how the Bible enables us to experience true BIBLICAL FORGIVENESS and empowers us to practically forgive others.

Commitment

Committing to a group means you:

Will continue until everyone in your group has completed Parts 1-6 of the Fresh Start process booklet.

- **Tuesday evenings**—Will be at Fresh Start every week from 7-9pm until each participant has completed Parts 1-6 of the Fresh Start booklet.
- **The First Hour (7-8pm)**—Personal "Fresh Start" stories will be shared that highlight the process and are designed to build a base of hope and greater understanding.
- **The Second Hour (8-9pm)**—Group Processing Time.

Will contact your Group Leader to let them know of your absence. If multiple sessions are missed, please speak to your Group Leader about possibly restarting in another group.

Process

Group Processing Time

- **First week:** The first meeting will include an overview of the group process—a review of the *Statement of Understanding*, the *"What Is Being Stored in Your Heart?"* booklet, and a discussion of how to use the Fresh Start booklet. At least one group Leader will share how he or she has applied the process in his or her own life.
- **Following Weeks:** At each meeting, one participant will process Parts 1-3 of the Fresh Start booklet. After everyone has completed Parts 1-3, then each individual will process Parts 4-6.
- **Final Week:** The final meeting will include an opportunity to fill out the Processing Evaluation and MORE.

Guidelines

- Fresh Start Groups are not counseling sessions. Groups are designed to help each individual process his or her offense, hurt, loss and/or traumatic event, and then ultimately experience forgiveness and freedom from the debilitating effects of the above.
- The goal of the Fresh Start group process is not to “finish.” But rather, the goal is to submit to what GOD wants to do in you in your specific process and to be at peace with Him no matter what the outcome. Romans 8:28-29 The person who hurt you may never change, but you can change.
- Fresh Start is not a networking group for other ministries or business promotion and/or recruiting. Please know that we will address this if necessary.
- The Fresh Start Leaders will be taking notes on what is being shared by participants as they process the issues of their hearts. They will be referring back to these notes in the second part of the process. Participants, please do NOT take notes on each other’s processes.
- Coaching, questions and encouragement will be provided by the Fresh Start Leaders ONLY. When a participant is sharing, we ask that the rest of the participants please not give advice or input. NO COUNSELING OR OPINIONS ON WHAT YOU THINK ANOTHER PERSON SHOULD DO WILL BE ALLOWED! WE WILL STOP YOU IF YOU START GIVING ADVICE OR SOLUTIONS!
- At the end of each meeting, time-permitting, we will give an opportunity for everyone to respond. In a few sentences, each participant may share how they were impacted with regard to what was shared by the person who was processing.
- We would never ask you to agree to do something for which there is no Biblical basis. However, you will be strongly encouraged to take Biblical steps of faith and obedience throughout the six-part process.
- Your group is a safe, caring environment. All Group Participants are asked to maintain **CONFIDENTIALITY** with what is shared.
- Every person and process is unique.
- When it is your opportunity to process, please come to your group prepared with your answers written down in a notebook in response to the specific questions in the Processing booklet. Please read and pray the scriptures before each part of the booklet.
- Out of respect for each other, we ask that each member of the group to silence your phone. Please use your phone only in case of an emergency.
- At the end of your group, you will be asked to fill out a Processing Evaluation. This is very important. Please fill out this inventory for the Fresh Start Team.