

GRIEVING WITH HOPE

If you've suffered the passing of a family member or friend, it may be difficult to feel optimistic about the future. This can be a frustrating, lonely time as you face concerns for which there are no easy answers. Grieving with Hope will help you work through these issues and move toward rebuilding hope. Videos featuring interviews with grief and recovery specialists, real life case studies and other helpful tools are followed by group discussion with time to share about what's going on in your personal journey as you receive support from the group. *Help is available for those dealing with grief and trauma during the pandemic.*

DIVORCECARE

Virtual Group Not Available

Separation and divorce are among life's most painful and stressful experiences. It's a confusing time when people may feel isolated and have questions about issues they've never before faced. DivorceCare meets weekly to help you manage these challenges and move toward rebuilding your life. A video seminar featuring interviews, real life case studies and other helpful tools is followed by group discussion with time to share about what's going on in your personal journey as you receive support from the group.

STEPS TO FREEDOM

Groups for men and women that promote personal growth and Christ-centered recovery for those seeking freedom from the life challenging issues of alcohol, or other chemical dependencies. Recovery is based on the 12-step process with emphasis on restoration through surrender to our Higher Power, Jesus Christ. In a confidential, safe setting, participants are freed to share struggles and breakthroughs as they build healthy relationships with God, themselves and others.

STEPS TO FREEDOM FOR FAMILIES

This group focuses on supporting those whose lives have been affected by the chemical dependency struggles of family members and friends. As group members support one another, learn healthy coping tools and turn to God's truth for healing and understanding, they will experience hope to face the future with greater confidence. Group participants will grow in their ability to identify and develop healthy strategies for coping with misplaced guilt, shame and enabling behaviors as they learn to more effectively support their loved one's recovery.

LOVE **GOD** | LOVE **PEOPLE** | SERVE OUR **WORLD**

2021 SPRING TERM

BEGINS APRIL 22



GATHER • EQUIP • MOBILIZE



THE LIVING FREE INVITATION

Are you facing challenges that hold you back in your relationship with God and others? While it takes courage to admit that we are struggling, help is here if we're willing to take a bold step forward. Black Rock's Living Free Support groups provide a safe place where you can discover healing, hope and support.

WHEN Starting Thursday April 22, 7:00 pm

HOW Group leaders will share on-site and online meeting options

SIGN UP BRC.church, and click the Groups tab

MORE INFO Blackrock.org/livingfree or email care@blackrock.org

2021 SPRING GROUPS

NEW THIS SPRING - LIVING FREE 1.0

This group is for people who are ready to get in touch with the roots of their compulsive struggles which keep them from experiencing God's freedom in their lives. If you know that you need help but aren't sure which Living Free group to join, Living Free 1.0 would be a great starting point for you. Group members will learn together how to let God buy back (redeem) the pain of their past as they watch Him actually reverse past hurts to bring personal healing and hope. Our goal is to better understand why God has allowed our past wounds and present scars as we discover how He can turn our pain into His amazing plan for our lives.

NEW THIS SPRING - TRUTH OR LIES FOR WOMEN

Have you ever believed a lie that held you in bondage about who you are, who God is, or left you trapped in other life-altering deceptions? This group for women of all ages and life stages will help you move from false beliefs to truth and healing as you learn how to refute the lies of your REAL enemy. Learn to live in freedom and defeat every lie you've ever believed with the TRUTH! Through weekly discussion, in depth study and prayer, we will shine the truth of God's Word on our misconceptions about God, sin, emotions, priorities, marriage, family, sexuality and other crucial topics. Don't miss this new study where light will dispel darkness and women will be set free to live in God's grace, forgiveness and abundance.

NEW THIS SPRING - WHAT'S EATING YOU

This group for men and women helps people find freedom from their fixation on food, media and other distractions through a satisfying relationship with God. The term will include a 40-day sugar fast. If you find yourself running to food, media or other escapes for comfort or reward, eating from habit or boredom or struggling with self control, this group will help you replace your cravings with a new appetite for the good things God has in store for you.

ANXIOUS FOR NOTHING WOMEN

This group focuses on helping those who are struggling with the debilitating effects of anxiety and depression. The goal is to facilitate growth and trust in God's restoring power as the ultimate source of freedom. Participants complete a weekly study as they meet for discussion, prayer and sharing in a safe, supportive environment. As group members grow and heal, they can, in turn, strengthen others who are facing the same challenges. *This group may be especially helpful as you seek to cope with the ongoing effects of the pandemic.*

BREAKING FREE FROM ANGER FOR MEN

A group for men who are seeking to identify and manage the roots of anger in their lives so that they can live in greater freedom and peace. Through honest discussion, anger management tools, other helpful resource materials and prayer, participants will learn positive ways to deal with the core issues that can lead to anger and frustration as they surrender the control of their lives to the God who loves them.

FOR MEN ONLY

FMO provides a safe place for men who are struggling with any compulsive personal purity issues which are being acted out in unhealthy ways. The focus is on helping group members to grow through community as men encourage and support one another in a non-judgmental environment that helps build accountability. By developing healthy boundaries and a growing surrender to Jesus Christ, participants can avoid relapses and experience lasting victory in their lives.

FOR WOMEN ONLY

The FWO group is for women who are dealing with personal purity issues or facing this challenge with the men in their lives. Through study, discussion, prayer, and support, women learn how to overcome their pain and sense of betrayal. As group members move toward forgiveness and restored trust, relationships can grow in health and renewed joy.

**"The Lord has sent me
to announce freedom for
prisoners, to give sight to the
blind, to free everyone who
suffers and to say, 'this is the
year the Lord has chosen.'"**

LUKE 4:18-19, CEV