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Go to <https://nomoreoverload.com/product/freedom-years/>
at the checkout use Coupon Code **(Gift)**

¹ The readability of this document was enhanced using ChatGPT3.5

INTRODUCTION

Objectives

This study is designed to equip you to embrace the freedom years with purpose, growth, and faith. You'll discover how to navigate life's transitions and shifting relationships—while cultivating resilience, meaningful connections, and a lasting legacy.

Learn to live fully by strengthening your body, mind, and spirit, aligning your heart with God's purpose, and turning challenges into opportunities. Finally, prepare for your final transitions with wisdom and clarity, ensuring peace for your loved ones and finishing well with confidence, hope, and a legacy that honours God.

How To Use This Study Guide

This study follows the same structure as the book *Your Freedom Years*. The fact is that reading books seldom leads to significant change. However, a committed relationship with a good coach can often lead to great results. For this reason, this study guide is designed to serve as a peer-coaching and small-group facilitation resource. For best results **use it as a devotional conversation** with a very competent coach. A coach who knows you intimately and loves you wholeheartedly.

No one knows you better, loves you more, or desires the best for you more than Jesus does. Through His Holy Spirit within you, He is closer than anyone else ever could be. As you go through these thinking exercises picture Jesus sitting beside and interacting with you. As He gently directs your thoughts, imagine Him encouraging you to journal your responses to His questions. Let this be a conversation—an open, heartfelt dialogue with Him. And don't hesitate to add any questions that come to mind along the way.

Should you have the privilege of doing this study with a friend or peer coach, your journaled reflections will become a valuable resource for meaningful conversations that enrich and uplift both you and those around you. The same applies should you decide to use this resource in a small group community building, shared learning experience. **See the Appendix for more.**



Kick-Off

Listen To The Book Overview @ <https://youtu.be/jLcaZPU0eos>

Note: Based on the Audio Overview, write your thoughts and observations or list questions that you would like to ask.

 **What would you say if Jesus asked**

1. *Why do you want to do this study*

2. *What would you want me to do for you through this study*

Write this as a prayer

- **WHAT ARE THE FREEDOM YEARS**

Section Objectives

The following section will help you gain one or more of the following objectives.

- **Recognize and embrace the freedom years** as a time of transformation, where shifting roles and responsibilities open new opportunities for personal growth and deeper relationships.
- **Understand the emotional and relational challenges** of the empty nest, retirement, and aging while learning strategies to maintain purpose, connection, and fulfillment.
- **Gain insight from real-life case studies** that highlight the pitfalls of drifting apart in marriage versus the rewards of intentionally cultivating shared experiences and personal reinvention.
- **Explore the role of faith** as a foundation for navigating major life transitions, ensuring that each stage is embraced with hope, courage, and purpose.
- **Develop a proactive mindset** toward financial, emotional, and relational planning, reducing stress and fostering a legacy of wisdom, and impact.
- **Discover the importance of community and service** in maintaining meaning and joy, whether through mentoring, volunteering, or strengthening spiritual and social ties.
- **Prepare for life’s final transitions with confidence**, recognizing the biblical promises of eternal hope while making practical plans for caregiving, legacy-building, and finishing well.

 *What would you say if Jesus asked:*

- Which of these objectives is most important to you and why?

Listen To Audio Overview @ <https://youtu.be/Af0-fMNZW2M>

Write any thoughts or observations that come to you from this audio.

List any questions that you would like to ask.

Read “What Are the Freedom Years” (Pages 16)**Section Review**

The *Freedom Years* represent a profound phase of life encompassing four transformative stages: **Limited Freedom**, which begins as children leave the home and couples enter the "empty nest" period; **Extended Freedom**, often synonymous with retirement, where individuals are liberated from career obligations; **Helpful Freedom**, where aging brings physical limitations requiring assistance; and **Ultimate Freedom**, the final stage of life that transitions to eternal peace with God.

This section highlights the opportunities and challenges within each stage, encouraging readers to embrace personal growth, spiritual maturity, and purposeful living. It stresses the importance of preparation, including financial planning, relationship nurturing, and self-reflection to ensure these years are fulfilling and impactful. Using a SWOT analysis, readers are guided to evaluate their strengths, weaknesses, opportunities, and threats to navigate these years intentionally.

Biblical insights, such as Proverbs 3:5-6 and Psalm 37:4, remind readers to trust God during transitions and find joy in new beginnings. Real-life stories demonstrate the consequences of failing to adapt and the rewards of embracing change. Whether finding a new purpose after children leave or living intentionally in retirement, these examples provide practical and spiritual inspiration.

By viewing these stages as opportunities for growth rather than decline, individuals can redefine their legacy and strengthen their impact on their families, communities, and faith journeys.

Stories**1. Meet Jim and Jill**

Jim and Jill, once devoted parents, struggle to adapt to their empty nest. With their roles as caregivers over, they face loneliness and rediscovering themselves. Their lack of preparation strains their relationship, leading to arguments, disconnecting, and eventually divorce. Their story is a cautionary tale about the importance of proactive planning and nurturing relationships to thrive in this transitional phase rather than letting it divide them.

2. Peter Neufeld's Legacy

Peter Neufeld transitions from a successful corporate career to a purposeful retirement, founding a nonprofit in partnership with Tanzanian communities. His dedication transforms lives, leaving a multigenerational legacy of service and community impact. Even as he battles terminal illness, Peter remains steadfast in his mission, proving that retirement can be a time of deep significance and spiritual fulfillment when lived with intention and generosity.

What would you say if Jesus asked:

- What insights do you glean from your reading? What Ideas resemble or parallel your present state? Do you sense any desire for changes?

Discussion Questions

 What would you say if Jesus asked:

- What (SWOT) strengths, weaknesses, opportunities, and threats deserve your greatest attention at this stage?

- How can you prepare for the extended freedom years?

- What hobbies or interests can you explore to add joy and purpose?

- Where can you invest your time and talents to make a lasting impact for God?

- How will you nurture and strengthen relationships during this transition?

- How can you view this stage as an opportunity rather than a loss?

- Which groups or spiritual practices can help you combat loneliness?

• HOW TO LIVE LIFE TO THE FULL

Section Objectives

The following section will help you gain one or more of the following objectives.

- **Discover the Power of Purpose** – Learn how living with a sense of purpose and intentionality fuels a vibrant, fulfilling life at any age.
- **Embrace a Growth Mindset** – Understand why continual learning, adapting to change, and stepping outside your comfort zone are essential to lifelong fulfillment.
- **Strengthen Body, Mind, and Spirit** – Explore how staying active—physically, mentally, and spiritually—leads to lasting energy, resilience, and joy.
- **Cultivate Meaningful Relationships** – Recognize the importance of surrounding yourself with inspiring, teachable, and supportive people who help you thrive.
- **Transform Talents into Strengths** – Uncover how to develop and steward your God-given abilities to make a maximum impact for good.
- **Navigate Life’s Transitions with Faith** – Gain insights on overcoming career shifts, aging, and unexpected challenges by trusting God’s plan.
- **Leave a Lasting Legacy** – Learn how to shape your life in a way that influences others, glorifies God, and ensures you finish well with no regrets.

What would you say if Jesus asked:

Which of these objectives is most important to you and why?

Listen To Audio Overview @ <https://youtu.be/vHu8pBIBT2s>

Write any thoughts or observations that come to you from this audio.

List any questions that you would like to ask.

Read: How To Live Life to The Full (Pages 56)***Section Review***

This section outlines a transformative approach to living fully during your freedom years, focusing on four key areas represented in a Venn diagram: **Purpose and Vision, Talents and Strengths, People and Relationships, and Plans and Activities**. Each area builds upon the idea that a fulfilling life stems from aligning personal desires with God's purpose, using talents effectively, nurturing meaningful relationships, and pursuing intentional activities.

Readers are encouraged to identify what energizes them, explore their unique gifts, and actively cultivate relationships that inspire growth and joy. The importance of planning is underscored, advocating for deliberate actions that align with life goals and spiritual values. Stories of personal transformation illustrate how these principles can bring renewal, even in challenging times.

Biblical insights, such as Psalm 37:4 and Ephesians 2:10, are integrated into the narrative, offering guidance on how to prioritize spiritual growth, stewardship, and service to others. Practical examples demonstrate the rewards of embracing change and adopting a proactive mindset.

By balancing personal growth with service to others, this section challenges readers to redefine their later years as an opportunity for impact and fulfillment. The goal is to live a life that glorifies God, deepens joy, and leaves a legacy.

Stories

This section starts with the author's perspective and experience in their freedom years. As a couple, they attribute their energy and vitality to God's grace and an active lifestyle. They prioritize physical health, learning, travel, and meaningful work while avoiding complacency. In their story, they contrast with their much younger relatives who retired early and fell into the trap of atrophy leading to ill-health, relational, and emotional struggles due to inactivity, emphasizing the importance of living intentionally and staying engaged in fulfilling pursuits.

1. Meet Struggling Jim

Forced into early retirement, struggles with uncertainty about his future. A conversation at his retirement party helps him realize that these years can be a time for new dreams and purposes. With encouragement to embrace God's

surprises, Jim finds hope and begins to view his freedom years as an opportunity to grow, serve, and live intentionally for God’s glory.

2. Balancing Service and Rest

Timo and Tonia, empty nesters, navigate a new chapter by moving closer to aging parents. Though eager to engage in their local church, they hesitate due to past burnout. A guided discussion on time stewardship helps them find balance, allowing them to contribute meaningfully without overcommitting. Their story illustrates the value of intentionality and aligning activities with God’s purpose.

 *What would you say if Jesus asked:*

- What insights do you glean from your reading? What Ideas resemble or parallel your present state? Do you sense any desire for changes?

Discussion Questions

✚ *What would you say if Jesus asked:*

- What activities or relationships energize you the most?

- How can you align your talents with your vision for the freedom years?

- What steps can you take to avoid burnout while serving others?

- How do your relationships reflect Christ’s model of love and service?

- What intentional plans can you create to maximize joy and impact during this phase of life?

- How does Psalm 37:4 inspire your vision for the future?

● PATHWAY TO PURPOSE

Section Objectives

The following section will help you gain one or more of the following objectives.

- **Discover the Freedom Years** – Learn how to embrace unexpected transitions—like early retirement or major life changes—as opportunities to rediscover purpose and passion.
- **Align Your Heart with God's Purpose** – Explore how identifying what truly delights your heart can reveal your God-given strengths and guide you toward a fulfilling life.
- **Develop a Vision for Your Next Chapter** – Understand why having a clear vision, rooted in biblical principles, keeps you energized, motivated, and aligned with God's calling.
- **Build Meaningful Relationships for Growth** – Learn from Jesus' model of connection—The One, The Seventy-Two, The Twelve, and The Three—to cultivate a support system that strengthens your journey.
- **Create a Time Budget for Intentional Living** – Master the art of time stewardship by structuring your 168 hours a week to prioritize rest, relationships, work, and spiritual growth.
- **Transform Challenges into Opportunities** – See how difficulties, like job loss or relocation, can become catalysts for new ministry, meaningful service, and deeper faith.

What would you say if Jesus asked:

Which of these objectives is most important to you and why?

Listen To Audio Overview @ <https://youtu.be/Fcu1OgDVaWs>.

Write any thoughts or observations that come to you from this audio.

List any questions that you would like to ask.

Read: Pathway To Purpose (Pages 112)**Section Overview**

The "Pathway to Purpose" section provides a roadmap for aligning your freedom years with a life of meaningful impact. This framework helps individuals identify their passions, gifts, and opportunities, leading to a fulfilling and purpose-driven life. Readers are encouraged to rediscover their strengths through reflection, prayer, and action, leveraging them for personal growth and service.

The chapter introduces practical strategies such as memory walks, time budgeting, and lifestyle design to cultivate purpose. A walk through your personal history is suggested to uncover moments of joy and challenge, offering insights into what delights your heart and where God might be calling you next. The concept of "time budgeting" is explored, emphasizing the importance of prioritizing activities that align with one's values and spiritual calling.

Biblical principles, such as Ephesians 2:10 ("We are God's handiwork, created in Christ Jesus to do good works"), provide a spiritual foundation for pursuing purpose. Stories of individuals who transition from careers to ministries or impactful roles demonstrate how intentional steps can lead to fulfillment.

The "Pathway to Purpose" equips readers with tools to discover how their unique talents and life experiences can intersect with opportunities to serve God and others. By actively seeking God's guidance and committing to a plan of action, readers can turn their freedom years into a season of unparalleled growth, joy, and contribution.

Stories**1. Discovering Delight**

Maria, a retired teacher, reflects on her happiest moments through a memory walk. She realizes her passion for mentoring and starts a tutoring program at her church. The joy of reconnecting with her gifts energizes her, turning her retirement into a season of service. Maria's journey exemplifies how reflecting on past experiences can reveal God's purpose for the future.

2. A New Life in Time Budgeting

Tom and Lily, overwhelmed by endless retirement options, create a "time budget" to align their days with their values. They allocate time for spiritual growth, family, service, and personal hobbies, finding clarity and peace. Their

disciplined approach transforms their retirement into a fulfilling and balanced season, illustrating the power of intentional time management.

3. Serving in New Ways

After losing her husband, Grace wonders how to find purpose in her new life. Through prayer and reflection, she feels called to visit nursing homes, offering companionship to the lonely. Grace’s story highlights how even painful transitions can be transformed into meaningful ministry, bringing light and love to others.

✝ What would you say if Jesus asked:

- What insights do you glean from your reading? What Ideas resemble or parallel your present state? Do you sense any desire for changes?

Discussion Questions

✝ *What would you say if Jesus asked you the following questions:*

- What moments in your life have brought you the greatest joy or fulfillment?

- How can you use your talents and experiences to serve others?

- What does “time budgeting” mean for you, and how can it help align your daily activities with your values?

- How do you balance personal growth, family, and community service?

- How can prayer and Scripture guide you in discovering God’s purpose?

- What steps can you take today to walk closer to your God-given purpose?

• HOW TO FINISH WELL

Section Objectives

The following section will help you gain one or more of the following objectives.

- **Anticipate Life’s Final Transitions** – Learn how proactive planning can prevent emotional turmoil for your loved ones and ensure your final wishes are honoured.
- **Recognize the Six Key Professionals Who Care** – Understand the vital roles of the funeral director, pastor, lawyer, accountant, realtor, and liquidator in guiding your family through life’s final stages.
- **Develop a Legacy Plan that Reflects Your Values** – Discover how pre-arranging key decisions provides clarity, reduces stress, and leaves a meaningful impact on those you love.
- **Avoid Financial and Legal Pitfalls** – Learn why keeping an updated will, organizing financial documents, and preparing for taxes is essential to protecting your family from unnecessary burdens.
- **Balance Emotional and Practical Decisions** – Explore how to navigate cultural traditions, family conflicts, and financial constraints to ensure a peaceful and respectful farewell.
- **Prepare Your Loved Ones for Difficult Choices** – Gain insight into how clear communication and organized planning can help your family make informed decisions during times of grief.
- **Embrace the Gift of Readiness** – Reflect on how taking small, intentional steps today can bring peace of mind, strengthen family bonds, and ensure your life is celebrated with dignity and care.

 *What would you say if Jesus asked:*

Which of these objectives is most important to you and why?

Listen To Audio Overview @ <https://youtu.be/u3rXtEfkYY4>.

Write any thoughts or observations that come to you from this audio.

List any questions that you would like to ask.

Read: How To Finish Well (Page 134)**Section Overview**

"How to Finish Well" is a reflective and practical guide for embracing the later stages of life with grace, intention, and spiritual purpose. This section emphasizes the importance of planning for life's final chapters, focusing on legacy, and end-of-life decisions, and preparing loved ones for the journey ahead. It encourages readers to take proactive steps in estate planning, caregiving, and funeral preparations to alleviate unnecessary stress for their families.

Biblical insights, such as 1 Thessalonians 4:13-14 and 2 Corinthians 4:16-17, provide a comforting perspective on life's ultimate transition, reminding readers of the hope and assurance found in Christ. The section also discusses how cultivating gratitude and faith during this stage can inspire peace and purpose, even in the face of aging or health challenges.

Real-life stories highlight the contrast between families who avoided end-of-life conversations and those who embraced them openly, demonstrating how thoughtful planning strengthens relationships and honors God's calling. Readers are challenged to view this stage as an opportunity to model faith, pass on wisdom, and invest in their families and communities.

Ultimately, "finishing well" is about living fully until the end, guided by faith and intentionality. It invites readers to leave a legacy of love, faith, and well-being for future generations, demonstrating that life's final chapter can be both meaningful and inspiring.

Stories**1. Mrs. Law's Family Struggles**

Mrs. Law's terminal illness leaves her family unprepared for her passing, leading to unresolved grief and relational strain. The lack of open communication and end-of-life planning results in guilt and conflict after her death. Her story underscores the importance of honest conversations and thoughtful preparation to ease the emotional burden on loved ones.

2. Pearl and Safwat's Celebration of Life

Pearl and Safwat, a couple in their late nineties, exemplify finishing well by planning their end-of-life details and celebrating milestones with family. Their proactive approach includes funeral arrangements and a living celebration, providing peace and joy to their loved ones. Their story is a testament to how

faith, gratitude, and preparation can transform life’s final stages into a joyful legacy.

3. **George’s Final Move**

George, a colleague contemplating his eternal destiny, has a life-changing conversation about faith. He learns about the “Four Spiritual Laws” and finds clarity about his spiritual future. His story highlights the significance of addressing life’s ultimate question: where will you spend eternity? It encourages readers to reflect on their spiritual readiness and legacy.

What would you say if Jesus asked:

- What insights do you glean from your reading? What Ideas resemble or parallel your present state? Do you sense any desire for changes?

Discussion Questions

✝ *What would you say if Jesus asked you the following questions:*

- How can you prepare your family for your passing to reduce stress & conflict?

- What steps can you take so your will, finances, and funeral plans are in order?

- How can faith guide you in facing aging and mortality with peace and purpose?

- What legacy of love, wisdom, or faith do you hope to leave for your family?

- How can open communication about end-of-life wishes strengthen relationships?

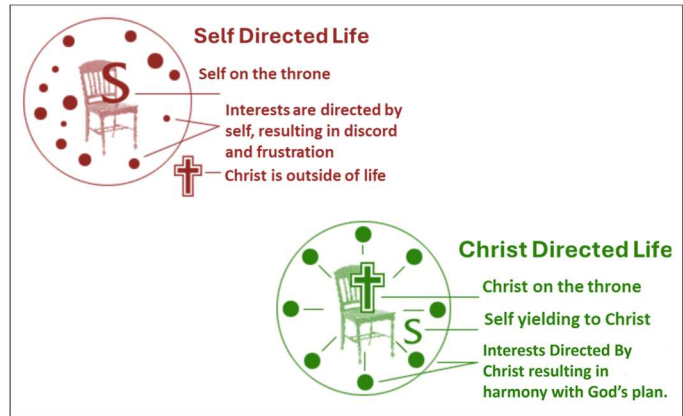
- What role does gratitude play in this stage of life, and how can you cultivate it

APPENDIX

The Four Spiritual Laws

Objectives

The Gospel through the "Four Spiritual Laws," explain God's love, humanity's separation due to sin, and salvation through Jesus Christ. They emphasize that faith in Christ bridges the gap between God and man, offering eternal life. By including scripture, and a suggested prayer, they are an invitation to accept Christ. With simple illustrations, it encourages reflection, personal commitment, and a deeper understanding of God's grace and purpose for everyone's life.



Discussion Questions

✝ *What would you say if Jesus asked you the following questions:*

- What does John 3:16 reveal about God's love?

- Which circle describes your relationship with Christ and why? Can you give real-life examples or experiences that illustrate what you mean?

Letter To Children

Objectives

This letter seeks to communicate clear expectations and reduce the risk of family conflicts during the assisted living stage as well as end-of-life decisions. It highlights unity, love, and faith in decision-making while encouraging seeking professional guidance when needed. Outlining responsibilities for the power of attorney and the executor, fosters a smooth transition, emphasizing stewardship, wisdom, and family support in honoring the values and wishes of aging parents with love and respect. By so doing it seeks to minimize stress and prevent conflict among family members.

Discussion Questions

 ***What would you say if Jesus asked you the following questions:***

- Why are love and faith important in guiding family decision-making?

1. Why is maintaining independence important for aging parents?

- What role should professional advisors play in difficult decision-making?

- Why is unity important during difficult family transitions?

WHY JOIN A SMALL GROUP?

The following 4 pages apply if you are part of a small-group study

God designed us for community and relationships. Research shows that after reading a great book or hearing an impactful sermon, the likelihood of applying what you've learned is only about 10%. However, that probability rises to as much as 65% when you are part of a community-building shared learning experience.

Imagine yourself in a supportive group of 6–12 like-minded individuals—each committed to living life to the fullest and finishing well. Within this group, you'll find encouragement, accountability, and deeper insights as you grow together.

To make the experience more effective, a facilitator will help guide your discussions as you commit to meeting for about an hour each week. Through these gatherings, you'll strengthen your faith, build lasting connections, and experience the transformative power of community.

What is Your Story?

Each of us carries an important story that has shaped where we are today. To build a sense of community and shared learning, your group begins with each person taking **2-3 minutes** and sharing our stories. Use the space below to jot down the key points you'd like to share with the group.

What is the Group Process?

Your life journey is as unique as your fingerprint. In a healthy group, your facilitator will seek to provide flexibility to support your specific needs and circumstances. At the same time, we hope we agree that a healthy group needs to have a few simple processes and guidelines to ensure honesty, confidentiality, and commitment throughout our time together.

Group Member Agreement and Guidelines

We hope you agree that to foster a supportive and respectful environment all members in a healthy group should agree to the following points:

As I join this group, my heartfelt desire for myself and others is to:

- Feel supported and cared for.
- Explore God’s purpose and desire for our freedom years.
- Learn how we can live life to the fullest.
- Set a plan so when the time comes, we can finish well.

AGREEMENTS:

- **Priority:** I value our relationships and will prioritize attending our group meetings. If I’m running late or unable to attend, I will inform my facilitator.
- **Participation:** I will encourage, support, and stand behind my fellow group members as we learn and grow together.
- **Confidentiality:** I want our group to be a safe space for everyone. I agree that what is shared in this group—including phone calls, emails, and other communications—will remain confidential.
- **Openness:** I want our group to be a place where we can be authentic, removing our masks and accepting each other as we are. I will seek to be open and honest.
- **Respect:** I will communicate with respect and only give advice when it is requested. I will listen deeply, speak wisely, and share the truth in love.
- **Conflict Resolution:** If a conflict arises, I will follow Christ’s guidance by addressing it personally and confidentially (Matthew 18:15).
- **Accessibility:** As God enables me and within reasonable limits, I agree to be available for support, encouragement, and accountability to other group members.

Name	Signed	Date
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How Are You? Really?

As a good host, starting each session your facilitator will ask. ***How are you?*** While this question is simple, to answer with honesty, we need to be more specific. So, your facilitator will ask “*On a scale of 1-5 (1 = very poor and 5 great) How are you, REALLY?*” How would you respond?

To help you answer this question we invite you to check out the Wellness Gauge. If you wish, there is a story behind this gauge. Check it out at

<https://www.nomoreoverload.com/wellness/>.

The goal of the Wellness Gauge is to help you consider how you feel and the changes you may wish to make for improved well-being. This is a free and confidential self-assessment tool. By responding to a simple set of statements the system will e-mail you a personalized report along with some reflection and follow-up suggestions. The survey is designed to help examine 4 areas that impact your well-being:

- **Physical Wellbeing.** We all want to be physically well. Medical and scientific research confirms that your physical wellness is directly related to your diet and activity level.
- **Emotional Wellbeing:** We each have an “emotional bank account.” Many of life's demands and expectations make withdrawals from this emotional bank account. Psychologists suggest that healthy relationships and enjoyable activities act like deposits that replenish our emotional bank account.
- **Spiritual Wellbeing:** Regardless of our religious beliefs, we each have a spiritual aspect of our life. If neglected, deficiencies in our spiritual wellness can lead to negative aspects that impact our core values, priorities, relationships and worldview.
- **Work-Life Balance:** For this survey, we define "work" as “all the roles and responsibilities that you must do, including your caregiving roles. Whether it is for pay or out of love or obligation”. These may include employment as well as family or community duties and commitments. How you feel about work impacts other aspects of your life.

What About Security? For your security, no one will ever see the report you receive. Your name and e-mail address will be deleted as soon as your wellness report is e-mailed to you.

What can you do with the Wellness Gauge report? When you meet with your group, **you will not** discuss your wellness gauge report. You will simply be asked “On a scale of 1-5 how are you? Now you know what that means. Having said this, should the assessment report you get from the wellness gauge leave you with some concerns, we encourage you to talk about it with your group facilitator.

What Should You Expect in Your Group Meeting?

Please read this carefully.

The flipped Classroom² Model allows you to learn at your own pace. What you gain is directly related to your interest and the amount of time you invest in your personal study. The *Your Freedom Years* book, along with the podcasts and this Study Guide, provides everything you need for a meaningful learning experience.



Your facilitator is not a teacher and aims to keep his/her comments minimal so you and your group can focus on applications and learning from each other’s self-study and experiences. With that in mind, each session—other than the first and final meetings—follows a simple 4-part process:

1. **Pre-Session Learning Insights.** This is your self-study time covered in the previous section. This is critical. To give it the time it deserves, you may wish to do this over several days.

2. Session Check-In: How Are You “Really”? (10 Minutes)

Each session starts with a wellness check-in. “How are you really” If you’re familiar with the Wellness Gauge, you’ll know the process. This is an important part of developing a caring community-building group.

3. Facilitated Discussion. (45 Minutes)

Your facilitator will guide you through the main points in the study guide, encouraging you to:

- Share notes, insights, or answers you’ve recorded in your pre-session work.
- Engage in role-play or small breakout rooms for deeper conversations.

² To explain the flipped classroom model, see https://youtu.be/gdKzSq_t8k8?si=AnSlidHnVNh1hOPom

4. Prayer and Support. (5 Minutes)

We all rely on God's help as we learn and support each other. James 5:16 reminds us to *"pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."* Each session will end with group prayer and a commitment to pray for one another during the week.

About the First Session:

In any group the first meeting is critical. It is in such meetings that the first impressions are established, and group dynamics are negotiated. It is your responsibility to help your group facilitator create a healthy group culture and prepare to:

- Engage in an icebreaker or two that your facilitator may have
- Share on a scale of 1-5 "How Are You- Really?" Based on the results of the wellness gauge share your overall score.
- Share your story (only 2-3 minutes)
- Discuss insights from your kick-off self-study

About the Final Session:

In addition to briefly discussing the Four Spiritual Laws and Letter to the Children, this final session is a time to reflect, celebrate, encourage and discuss the next steps. With this in view, you may wish to prepare for general questions like:

- Has God answered the prayer you made on page 3 of your kick-off study?
- What is the most important lesson you learned?
- What is the hardest challenge you see going forward?
- How can the others support you going forward?
- What encouraging words can you give to other group members? Please avoid giving too many compliments to your facilitator.