



Fresh Start Process
Welcome



Processing the Issues of Your Heart

Participant Guide

An Overview of the Six-Part Process

Welcome to Fresh Start! We are so glad you're here.

Whether you found us on social media, someone sent you a link, or you are following along with your group, we believe it's no coincidence you are with us. It takes courage to show up. Thank you for stepping in. You may be seeking answers, healing, or even just curious about what true freedom for your heart looks like. You have come to the right place.

What is this process all about? Simply stated, your freedom. This may sound cliché, but if we could just step into the room with you, and look you in the eye, we would say, we are serious. This is a chance to have a Fresh Start. Maybe our circumstances are different, but we can relate to where you may be. Hopeless? Desperate? Confused? Do any of these sound familiar? We want you to know that no matter what point you are at, freedom is available. It's not too late or too dark. You're not too far gone. Authentic transformation for your heart and your mind is available now, for free. No catches or gimmicks.

Fresh Start exists to see all people set free from the effects of offense, hurt, and loss. None of us escapes this life without being offended, hurt, or having some kind of loss. And don't we all know, there was an opportunity to be offended before breakfast this morning.

You see, Fresh Start is a ministry, yes! But, the heartbeat of this ministry is just real-life people, like you and me. People who have walked and crawled through tragedy and suffering. We are people who have been through heartaches, disappointments, and relational conflicts. We want to help you get your life back, so you can live to share your battle wounds and victory stories. We want you to experience the freedom that is available when you show up for more. Freedom to be known. Freedom to love and be loved. Freedom to truly forgive.

Consider this your invitation to join us, as we unpack how to get free and stay free. Through these videos, we will help you identify sources of pain, learn the process of forgiveness, and find your pathway to freedom.

Let's set some ground rules before we get started, okay?

No pressure, just opportunity! What that means is, we are going to challenge you to keep taking steps toward truth and transformation, but we will not force or pressure you. When you are ready, you get to take the next step. Deal? We will only speak the truth. No sugar coating. No weird stuff. We tell the truth, and we ask the same from you. Your story is not ours to share. What's heard or shared will remain confidential.

So, what brought you here?

An Overview of the Six-Part Process

What freedom do you need today?

What's keeping you chained? Maybe it's an addiction, betrayal, grief, feeling hopeless in a relationship, or even distorted thoughts rolling around in your own heart and mind. True freedom has no limit to what's available. Nothing is too dark, and no heart is beyond the touch of God's intervention.

Your goal in this process may be to have a better marriage, healing for your body, live a debt-free life, get rid of anxiety, or finally have healthy relationships with your family. These are wonderful things. And God cares about them.

But, we are going to let you in on one of the 'keys' to the process from the beginning:

The Ultimate Goal in this Six- Part Process is freedom for your heart.

True freedom comes from intimacy with God above all else. So, let's start with a Question for you to ask yourself: Do I desire intimacy with God more than I desire _____? Fill in the blank in with whatever you are choosing to process.

You don't have to have your answer right now. Your answer may be a flat out, "NO!" The hope is that over time, you will be able to say without a shadow of a doubt, "YES! I desire intimacy with God above all else." Many of us are not here yet. You may not even have the desire to know God at this point.

This six-part process will help guide your heart to the areas where God wants to bring in more of Himself to heal and love you. If you are willing to go on this journey, He can do a miracle!

So how does this work? Let's take a deeper look.

In Proverbs 4:23 God says,

"Above all else guard your heart, for from it flow the well-springs of life."

If your heart was the only wellspring or drinking source from which others could drink, how "healthy" would they be? A sobering question, isn't it? Whose heart hasn't been affected by someone or something? But even if your wellspring has become "polluted" with unforgiveness or bitterness, you can still have a "Fresh Start" for your heart! We pray as you process the issues of your heart by writing out your responses to the questions, you will be free from your past, thrive (not just survive) in the present, and reap the benefits of a hope-filled future!

An Overview of the Fresh Start Process

There are six parts to this process. Each part is designed to help you unpack and resolve the issues of offense, hurt, and loss in your life.

In Parts 1- 2- 3, we focus on “Going Horizontal”

In the first three parts, you will identify the one relationship, hurt, or offense you want to process. It’s about getting all that’s happened out on the table. What happened, how did it affect you, and what was your response? God cares deeply about everything that has happened to us. He doesn’t want us to ignore, minimize, or forget about all that we have been through in our life. Things that have been done to us or things we have done-He cares about all the details of our lives. He not only wants to hear about them, but He also wants to hear how they impacted us and made us feel, think, and respond. Then, He wants to heal our hearts. And that’s where we move into the second section, Parts 4-5-6.

In Parts 4 - 5 - 6, we focus on “Going Vertical”

In this section, you are moving from just sharing your story and feelings with others to sharing them with your Heavenly Father. You will pour out your heart, learn to forgive, and truly release the hurts that have been keeping you chained. There is a difference between dumping or venting your feelings, as opposed to taking them to God who has the ultimate solution. This is what makes the Fresh Start process different and biblical. God cares about every detail of your story. And He has the answer! When you ‘Go Vertical,’ you share with God the offense, hurt, and loss you are processing. This is the beginning of intimacy with Him! You are sharing with God, maybe for the first time, how this part of your story is impacting you. He wants to take time to listen to your heart. All of it. This part of the process is for everyone, but will be incomplete without a personal relationship with the Lord Jesus. When you have a relationship with the Lord, you can receive the gift of forgiveness and grace He freely offers. If you don’t have that today, you can still start the process. So, let’s get started!

If you haven’t yet, download the Processing the Issues of Your Heart Booklet, grab something to write on (we recommend a notebook to give yourself plenty of space), and something to write with!

Before you begin, it is wise (and necessary) to pray. By praying and dedicating your time to the Lord, you give Him permission to do the healing work that only He can do. You are saying you are willing to cooperate with what God wants to do in your heart and life for your good. You are participating with God’s mission for your life. He is after your heart, desiring to see all of your story redeemed for your good and His glory.

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Let's pray:

Father, I praise Your Holy and Mighty Name. You are Creator, Sustainer, Healer, and my Protector. You are the Great I AM. I thank You for leading me to this time with You, to hear from You, sit with You, and reveal my whole heart to You. I give You total access to my heart and ask You to "search me, know me, test me, and fully examine my heart and mind." I desire to be free from all that is impacting my heart, mind, and body. Help me, Lord, to identify the offenses, hurts, and losses in my life. Show me the effects they have had and are having on me. Lead me each step of the way. Show me where to start, and give me the strength to finish the process fully. I desire full healing. I need a miracle, Lord. I am weary from carrying this. Open my heart, mind, eyes, and ears to hear You, Lord. Give me Your heart for my story. Illuminate any details, memories, or pieces of my story I may have forgotten. I give You total access, Lord. Above all else, I desire intimacy with You. I dedicate this entire process to you and the work I will do with You. Give me the strength and space to get through what You are asking of me. Block out distractions and all that would keep me from finishing well. I am choosing to trust You, Lord. I entrust the outcome to You. In Jesus' victorious Name, I pray, Amen.

Are you ready? Let's get started!