



FOREVER FREE

**PROCESS
GROUP**

WEEKLY

SCHEDULE & ASSIGNMENTS



FOREVER FREE

LEADER GUIDE

Process Group Weekly Schedule & Assignments

Week 1: Introduction to Process Group

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Expectations:
 - Complete reading and homework prior to next session.
 - Answer the questions honestly
 - Don't hold back! The more you put into the process, the more you will get out of it.
- Go over the 5 Commitments of the Process Group (Page 24). Have each participant initial and sign the form. Leader will keep copies. If someone drops out of the group, you can give the commitment form to them reminding them of the commitment they signed. Sometimes this causes the person to reconsider.
- Assign Week 2 Homework (chapter 1/session 1) Pages 29-43
 - Read entire chapter – suggest using a highlighter to highlight the points that stuck out in the reading.
 - Answer ALL questions. (*Let them know that they will be reading their answers aloud and to the group with no ad lib*).
- Hand out 3x5 index cards and have each participant write down a prayer request and exchange them. Leader participates as well (Prisons/Jails may not allow).
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 2: Chapter 1

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 3 Homework (chapter 2/session 2) Pages 45-54
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 3: Chapter 2

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 4 Homework (chapter 3/session 3) Pages 55-68
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 4: Chapter 3

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 5 Homework (chapter 4/session 4) Pages 69-85
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 5: Chapter 4

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 6 Homework (chapter 5/session 5) Pages 87-98
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 6: Chapter 5

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
 - **Next, go over Inventory Sheets in folder (and inventory checklist, pg 99-100) and spend some time giving them instructions on how to complete it.**
- If time permits, discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 7 Homework (chapter 6/session 6/part 1) Pages 127-128
 - Chapter 6 will take 3 weeks to complete
 - Assign numbered questions on pages 127-128, 3 unnumbered questions on page 129 and 1st question at top of page 130 (9 total questions)
 - Hint: Number every question (including bold questions) and they should equal 28 questions total. Assign 1-9 this week.
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 7: Chapter 6, Part 1

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- If time permits, discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 8 Homework (chapter 6/session 6/part 2) Pages 130-131
 - Chapter 6 will take 3 weeks total to complete
 - Assign all 6 unnumbered questions on page 130 and the first 4 unnumbered questions on page 131 – questions noted as 10-19 from last week (10 total questions)
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 8: Chapter 6, Part 2

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- If time permits, discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Week 9 Homework (chapter 6/session 6/part 3) Pages 131-132
 - Chapter 6 will take 3 weeks total to complete
 - Assign all 6 unnumbered questions on page 130 and the 4 unnumbered questions on page 131 – questions noted as 20-28 from two weeks ago (9 total questions)
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 9: Chapter 6, Part 3

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- If time permits, discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Homework (chapter 7/session 7) Pages 135-148
 - Also, each participant will share 1 person from each of their **4 inventory sheet types** next week. *(This is proof that each participant has started their inventory. Encourage participants to continue writing their inventory. Hopefully they will need more sheets!)*
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 10: Chapter 7

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- **Share 1 from each of the 4 inventory sheet types (*Who I hurt, Who I blessed, Who hurt me & Who blessed me*)**
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Homework (chapter 8/session 8) Pages 149-164
 - Also, each person will need to write a Letter of Amends (*template page 104 or in their own words*)
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 11: Chapter 8

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Homework (chapter 9/session 9) Pages 165-183
 - **Each participant will need to write a Letter of Release (template page 183 or in their own words)**
 - **Remind participants that their completed inventory is due next week**
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 12: Chapter 9

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- **Have each participant read one of their letters – their choice**
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Homework (chapter 10/session 10) Pages 187-198
 - **Each participant will need to keep a journal for the next 7 days to share next week (*template page 192 or in their own words*)**
 - **Have participants show you completed inventory, including the Inventory Checklist (Provide Grace if someone needs more time)** *Leaders will check every participants folder to make sure sheets are filled out. Not everyone will fill up every sheet – It's okay*
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 13: Chapter 10

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Homework (chapter 11/session 11) Pages 199-212
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 14: Chapter 11

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - Do one question at a time and go around the circle until each person has answered the question.
 - Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - This is often as impactful as the homework. Take time to discuss and share.
- Assign Homework (chapter 12/session 12) Pages 213-222
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 15: Chapter 12

- Opening Prayer
- Read 12 Steps and Biblical Foundations (page 15).
 - o Go around the group and have each person read a step, then *everyone* will say the corresponding scripture in unison. **You will do this every week.** This will reinforce the use of the steps and the scriptures.
- Group Leader reads Boundaries (page 19).
- Share written answers from lesson.
 - o Do one question at a time and go around the circle until each person has answered the question.
 - o Repeat this process until all questions are complete.
- Discuss lesson highlights from the reading.
 - o This is often as impactful as the homework. Take time to discuss and share.
- Exchange prayer cards
- Closing Prayer
- Dismiss



Process Group Weekly Schedule & Assignments

Week 16: Graduation Celebration

- Award certificates of completion
- Serve pizza, drinks, cupcakes
- Have 2-3 participants share how the Process Group impacted them

