



How it all began.

Simply put, a profound and overwhelming need was the catalyst for *Journey to Freedom*.

Studies show that 80% of the people who walk through the doors of the local church could be suffering to some degree in the areas of depression, self-esteem, anger, loneliness, addictions substance, pornography, food etc., weight-loss/eating disorders, co-dependency/relationship problems, fear and grief. In addition, many of those people suffer in silence and keep these

Issues a secret. *Journey to Freedom* begins to address those critical needs.

Most YMCAs have not been equipped to meet the needs of their members- until now.

Pain is inevitable. It knows no gender age, race or bank accounts. Simply put, the reason we fear pain so much is because we can't control it. But here's the incredible part of that equation: We can control our suffering. Scott Reall is the author of the groundbreaking series *Journey to Freedom* and founder of Restore, a ministry of the YMCA of Middle Tennessee. He is someone who has emerged from the darkest parts of life with a practical and powerful vision that speaks with refreshing honesty to our shared suffering.

Journey to Freedom at -A -Glance

It's important to note, this program is not a quick fix for what mentally and spiritually ails you. It's a very personal, very powerful plan designed to dramatically turn your life around and produce and action plan that will bring about lasting change.

Journey to Freedom will change your spirit, mind, and body.

Journey to Freedom is an 8-week course that uses trained facilitators and is designed for small group settings.

It can teach individuals:

- What needs to change in their life?**
- What is involved in the process of change?**
- What their part is in the process.**
- How God uses others to help them.**

It lays the foundation for transformation and creates a personal plan of action to bring about successful and lasting change.

Get Real. Get Whole.

We invite you to join us in a *Journey to Freedom*. It is biblically based and it takes on the strongholds of life that can confuse, stunt and even paralyze the fullness and freedom Christ has for each of us. Journey to Freedom helps people suffering with:

**Low self-esteem
Co-dependency
Alcohol/Drug abuse
Depression
Eating Disorders**

**Obsessive Compulsive Disorders
Loss/Grief Issues
Marital / Family Problems
Sexual Compulsivity/Pornography**

Any obstacle holding you back from living life fully!

For more information on how to take this course or how to bring this recourse to your church or small group

Please contact the YMCA Christian Emphasis Outreach Department

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