

# How does **THE STEPS** APPOINTMENT *work?*

EVERY BELIEVER LIVING FREE AND FRUITFUL IN CHRIST



YOU WILL KNOW THE TRUTH,  
AND THE TRUTH WILL SET YOU FREE.

*John 8:32*



ARE YOU CONSIDERING GOING THROUGH A PERSONAL **STEPS TO FREEDOM IN CHRIST** APPOINTMENT AND NOT SURE WHAT TO EXPECT? THIS WILL HELP ANSWER SOME OF YOUR QUESTIONS...

A lifetime of experiences has shaped your patterns of thinking and the way you respond to situations, even the habits you may have developed. Some past experiences can become like “ruts in the road of life” which can distort how you see yourself as God’s child and might even make you question God’s character at times.

When you became a Christian, no one pressed the “delete button” to remove any spiritual bondages that may have developed. If one doesn’t deal with such hindrances biblically, even a strong, mature believer won’t be able to fully walk in the freedom that Christ gave us through His death on the cross.

*The Steps to Freedom in Christ* is a biblically-based ministry tool which is derived from James 4:7—“Submit to God, resist the devil and he will flee from you.” It is a gentle process of following the Holy Spirit’s prompting to deal with the effects of any sin committed by you or against you.

Going through a *Steps* appointment is taking personal responsibility for your life and spiritual growth. It is a systematic approach of examining your heart and life before the Lord and asking Him to reveal areas of your life where there are unresolved sin issues. Accordingly, you choose to confess, repent and renounce whatever is standing between you and your spiritual freedom.



## WHAT TO EXPECT AT THE *Steps* APPOINTMENT

You’ll be asked to sign a form saying that you understand two things:

- You understand the Encourager and the Prayer Partner are not professional counselors.
- You understand the appointment is kept confidential except as required by law or when threat to harm self or others is present.

The typical *Steps* appointment lasts around 4-5 hours, depending on your life history. Regular breaks are taken and we recommend bringing any snacks, light meal and drinks that you might want.

After the appointment, all of your confidential paperwork will be returned to you or it will be shredded.

There’s no charge for a *Steps* appointment because we consider it a vital ministry that should be available to everyone.

FOR MORE INFORMATION, VISIT [WWW.FICM.ORG](http://WWW.FICM.ORG)

## *What a Steps appointment* IS AND IS NOT

- **It is** a confidential session where a trained, non-judgmental Encourager will guide you through each of the seven *Steps* while a Prayer Partner is praying for you.
- **It is** a personal, spiritual encounter between you and your Heavenly Father, to deal honestly before God with every issue that the Holy Spirit brings to mind.
- **It is** the beginning of a life-long process of submitting to Jesus in repentance according to God’s truth as revealed in Scripture.
- **It is not** a counseling session for the purpose of specific biblical instruction related to the perceived problem.
- **It is not** something you do, unless you are willing to be honest and vulnerable before God, your Encourager and the Prayer Partner.

# *The Steps to Freedom in Christ* APPOINTMENT

## Prayers & Renunciations

The prayers and renunciations are not “magic formulas” with power that’s released when spoken properly. These prayers are only effective when prayed from a surrendered heart of repentance and obedience. Going through *The Steps to Freedom* doesn’t set you free; it’s only the Lord who sets people free.

Nobody likes living in bondage. But it helps for Christians to have a clear “roadmap” of how

to walk towards experiencing the complete freedom that was given to us by Christ’s death on the cross. That is the whole purpose why Dr. Anderson developed *The Steps to Freedom in Christ*.

## Your Responsibility

- You may be asked to do some preparatory assignments such as reading *Victory Over the Darkness*, *The Bondage Breaker*, *Restored*, or watching the *Freedom in Christ Course*.

- Fill-out a *Confidential Personal Inventory (CPI)*.
- Meet with Encourager in-person, or if at a distance—by phone or Zoom.
- Your biggest responsibility is being willing to approach your Steps appointment with an open heart, a willingness to be vulnerable and a desire to follow the Holy Spirit’s prompting with a surrendered heart.

DRAW NEAR TO GOD, AND HE WILL DRAW NEAR TO YOU—JAMES 4:8a ESV

## DESCRIPTION OF EACH STEP

**Step 1: Counterfeit vs. Real**—Acknowledging past or present involvements in any counterfeit spiritual guidance, false religious practice or negative thinking about God and His ways.

**Step 2: Deception vs. Truth**—Acknowledging areas where your heart has been deceived and recognizing any defense mechanisms or other hindrances to receiving truth.

**Step 3: Bitterness vs. Forgiveness**—Listing any and all persons with whom you have been offended or hurt in order to extend forgiveness and be free from bitterness.

**Step 4: Rebellion vs. Submission**—Recognizing any patterns of rebellion against authorities in your life and repenting of such words or actions.

**Step 5: Pride vs. Humility**—Addressing strongholds of pride or willfulness that have hindered your spiritual growth and maturity.

**Step 6: Bondage vs. Freedom**—Acknowledging areas where the flesh has ruled, specifically sexual sins and addictions.

**Step 7: Curses vs. Blessings**—Recognizing generational patterns/curses and declaring blessing over your household and family.

It’s important to be open and honest before God and those who are assisting you in the Steps appointment. James 5:16 says: “Confess your sins to one another and pray for one another, so that you may be healed.” Confession brings healing to the soul and provides breakthrough so that you can have fellowship with God and one another. Even if the Holy Spirit brings things to mind that feel hurtful and deeply touch your emotional core, your merciful Father will carry you forward to find spiritual healing in Him.

## WHAT HAPPENS afterwards

Maintaining your new found spiritual freedom is your responsibility. It is a daily choice to renew your mind with God’s truth and continue to allow Him to transform you from the inside out. In addition to daily Bible reading and prayer, you may be encouraged to do follow up assignments to help maintain your freedom such as Dr. Anderson’s 21-day devotional titled *Walking in Freedom*.

*Who sets us free IS CHRIST.  
What sets us free IS OUR  
RESPONSE TO HIM through  
repentance AND FAITH...*

—DR. NEIL T. ANDERSON



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