

CONTENTS

WELCOME AND HOW TO USE THE COURSE	9
LAUNCH EVENING	23
SESSION 1: WHO WAS I?	33
SESSION 2: WHO AM I NOW?	57
SESSION 3: CHOOSING TO BELIEVE THE TRUTH	77
SESSION 4: WORLDVIEW	97
SESSION 5: BIG CHOICES	117
SESSION 6: DEMOLISHING STRONGHOLDS	139
SESSION 7: SPIRITUAL REALITY	159
SESSION 8: HANDLING OUR EMOTIONS	181
SESSION 9: FORGIVENESS	203
THE STEPS TO FREEDOM IN CHRIST	223
SESSION 10: TRUTH = FREEDOM	239
SESSION 11: LOVING OTHERS	261
SESSION 12: WHERE ARE YOU GOING?	279
SESSION 13: KEEPING GOING	297
ADDITIONAL INFORMATION	315