

My Freedom Plan

Use this page for one harmful coping pattern, whether it is a habit or an addiction. Name the unmet need and choose a healthier response. Share with someone trustworthy. For addiction, trauma, or serious distress, seek qualified help alongside pastoral care. If your body may be dependent on a substance, talk to a doctor before stopping.

1. Name the need and the pattern

Trigger / unmet need	Behavior / cost	Relief it promises	Truth / healthy response

2. Choose a healthier response

When the trigger comes, I need _____. One healthier way to care for that need is:

3. Remove & re-route

Barriers I will prepare, and ways I will make my healthier response easier to begin:

4. My team

Trusted friend or discipler _____

Pastor, counselor, or recovery support (as needed) _____

Doctor (if my body is dependent) _____

Our check-in rhythm _____

My 30-day review date _____

5. Daily surrender

Morning and evening: "Jesus, I bring You my need and my response. Help me receive Your care and practice a healthier way."

When the pattern returns

Reach out to your trusted person. Receive God's grace, notice the need and trigger, and review what would help next time. Take the next step together. A setback is an opportunity to adjust the plan and receive support.

Sources & Acknowledgment

The original pathway

This booklet adapts and substantially rewrites material from *Discipleship Pathway* (2024) by Rev. Megan Koch and Rev. Phil Wiseman of Table Church in Des Moines, Iowa, used with the authors' blessing. The original identifies its license as Creative Commons Attribution 4.0 International (CC BY 4.0).

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The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's *Be the LIGHT Abide Guide* (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

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