

# Keys to Freedom Course

*A discipleship resource for the whole church.*



mercy<sup>™</sup>  
UNITED KINGDOM



IT IS FOR FREEDOM  
THAT CHRIST HAS SET US FREE

GALATIANS 5:1

# A DISCIPLESHIP COURSE EQUIPPING YOU TO LIVE FREE AND STAY FREE

*Eight weeks. Seven keys. One study.*

Keys to Freedom is an interactive discipleship course, designed to serve individuals and the Church, arming the body of Christ with tools to live free and stay free.

Participant led, rather than leader led, Keys to Freedom draws from over 30 years of discipleship experience, using principles taken from Mercy’s residential programme. The course has been designed for an individual to journey alone or a group facilitator to host a number of individuals journeying together.

Across eight weeks, with five 20 minute daily readings, this devotional style, self-study will educate, equip and empower your relationship with God as you explore:

- Hearing God’s voice
- Committing and Connecting Fully to Christ
- Renewing your Mind
- Choosing to Forgive
- Healing Life’s Hurts
- Breaking Generational Patterns
- Using Your Authority in Christ
- Maintaining Lifelong Freedom

Using biblical teaching, practical application and reflective questions, every participant will gain the opportunity to draw closer to God and discover greater freedom in their life.

## DISCIPLESHIP FOR THE WHOLE CHURCH

Keys to Freedom is for the whole church. Whatever your age, whatever your life stage, male or female, new or established believer. The course will serve the church in a number of different ways. It can be done on an individual basis or delivered through small groups. In addition to this, it can also be an effective resource in a 1:1 mentoring or pastoral care relationship.

*“We want to see every Christian able to navigate their lives from a place of freedom, wholeness and understanding, using the biblical tools of transformation made available by the Heavenly Father.”*

*Arianna Walker,  
Chief Executive, Mercy UK*

## KEYS TO FREEDOM GROUP FACILITATOR TRAINING

If you would like to facilitate a group through Keys to Freedom within your church or community, you will need to attend our training to become a group facilitator.

The full day training includes sessions on:

- An overview of Keys to Freedom
- Exploring the Role of a Facilitator
- An overview of Potential Obstacles and Outcomes
- Practical Steps to Building Upon Pastoral Care within the Church

## SUPPORT FOR YOU AND YOUR CHURCH

In addition to the course and training, we provide a dedicated remote support team offering signposting, prayer, encouragement and additional resources for either an individual journeying the course, a group facilitator or a church running the course.

We know that walking in freedom can require navigating some rough terrain and this support service exists to provide wisdom, direction and support for such times.

Please get in touch for any more information about this discipleship resource for yourself or your church. All dates for training can be found on our website.

Contact: [keystofreedom@mercyuk.org](mailto:keystofreedom@mercyuk.org)

## INDIVIDUAL TESTIMONIES

*“Keys to Freedom has helped usher me towards freedom in areas of my life I once resented and settled for the status quo. Equipped and inspired I’m fiercely approaching life on a whole other level. Life is full and spacious.”*

*“I know I’ll be looking over this book again and again for years to come. The tools are so easily applicable but I didn’t know how to use them before.”*

*“I am a 49 year old man who has recently turned to God. This course has changed my life. I went from an empty mess to understanding that I have a purpose in life and deserve to be here. I am finally excited about life!”*

*“Keys to Freedom has helped me to take control of my thought life and given me tools to deal with anxiety and lack of confidence.”*

*“This study helped me to see that God was never the source of the pain.”*

## FACILITATOR TESTIMONIES

*“It was a real privilege to facilitate Keys to Freedom. We watched God gently changing lives by revealing His truth, bringing healing from yesterday, and equipping for tomorrow.”*

*“Most people we encounter have a desire to change, but just don’t know how to get there. Keys to Freedom helped participants to discover what freedom looks, sounds and feels like through hearing other people’s testimonies and actively using the keys provided.”*







*Restoring hope, transforming lives  
in partnership with the local church*

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