



# **Journey to Freedom Facilitator's Guide: Discovering a lifetime of Hope, Health and Happiness**

*Scott Reall, Ymca*

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Obtaining lasting change in our lives occurs only when we have community, accountability, and support to help us fulfill our unique purpose in life. The *Journey to Freedom* series is designed to guide you as you lead your small group through the life-transforming *Journey to Freedom Manuals*. Through this dynamic six-week course, group members will take the steps needed for permanent, effective change and will learn:

- That lasting change is possible.
- The tools needed for an enduring commitment to a new lifestyle.
- How to defeat obstacles and stay on course.

As you lead group members through this inspiring, practical, and hope-filled series, you'll experience the true rewards of helping people grow in spirit, mind, and body, and hopefully find yourself farther down the road to your own personal fulfillment.

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