

## Introduction of Release Group

*"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor."...Jesus began by saying to them, "Today this scripture is fulfilled in your hearing." (Luke 4:18-21)*

What Jesus did was totally countercultural. Unexpectedly, he did what he said. While people told the blind, the lame, the sick, the poor, to leave him alone, to be quiet – Jesus sought them out, identified with them. He stopped to listen to their stories. He saw their shame, healed their diseases, and forgave their sins. He gave practical help and spiritual hope. And indeed -- He embodied the truth that every single person is made in the beautiful image of God. No one is too far from His grace. He himself came to give freedom and fullness in this life and hope for the next.

### Release Group

The inner healing release group is based on the twelve steps of biblical principles, especially to provide guidance and help for people who are struggling with troubles and constraints of past trauma, setbacks and bad habits. The Twelve Steps have been used for nearly a century to break free from bad habits as addictions.

Dear friends, have you ever experienced emotional distress such as anxiety, depression, anger, loss of control, and extreme insecurity? Or try to escape stress or pain through bad habits such as Internet, smoking, drinking, overeating, gambling, pornography, etc.?

When people encounter difficulties, they usually try their best to deal with them in familiar ways. Sometimes they seem to come out, but soon fall into the old loop unintentionally...and people who are controlled by bad living habits often lack a sense of value, or believing that themselves or others' mistakes are too great to correct, or isolating oneself from community.

As humans, we crave community, don't we? The group's safe, unthreatening companionship and encouragement, enables people to comfortably witness the growth and change of each other's lives in grace, so that our Physical / Spiritual / Mental & Emotional / Social needs are becoming healthier and more mature.

Changing any old habit is not easy. Sometimes the environment forces us to change and makes us more resilient and adaptable. But please do not deal with the challenge or difficulty by you alone. Strength and wisdom of Release Group would help you break through and grow more easily.

Do you know **HOW** to join the online release group? The inner healing release group is starting this year. If you have the courage to face yourself **Honestly**, going to **Open** your heart in a safety group, and **Willing** to change in actions, you are ready and very welcome to join the release group.