

Confidential Life Review

Aloha Family,

Congratulations on completing both Victory Over the Darkness and The Bondage Breaker Studies! Your commitment to these classes and readiness to attend The Freedom Weekend demonstrates great courage and dedication. All glory goes to God for His faithfulness in our lives!

After Adam and Eve ate the fruit in the garden, their natural response to sin was to hide in the shadows from an omniscient and omnipresent God. God desires us to walk in the freedom of the light – for he already knows everything about us. John writes, “If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin” (1 John 1:5-7). For those who are suffering and sick, James 5:16 writes, “Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

The Steps to Freedom in Christ is a personal, spiritual encounter between you and your Heavenly Father to deal honestly before God with every issue that the Holy Spirit brings to your mind — to come out of hiding from those things that have brought you guilt and shame and expose them to the light in a safe, confidential, non-judgmental environment. While this time can be a milestone moment in your life, it is the beginning of a life-long process of submitting to Jesus in repentance according to God’s truth revealed in Scripture.

Please read the instructions below carefully. This is the beginning of The Steps to Freedom in Christ process and the first step toward examining how the enemy may be using events in your past to hinder your current walk with Christ.

The Confidential Life Review (CLR)

This CLR must be filled out before the Freedom Weekend. This document will be reviewed by a same-sex prayer partner only. It will be reviewed on Friday and your hard copy will be destroyed at the conclusion of the Freedom Weekend on Sunday evening. The things documented in your CLR and shared during the Freedom Appointment are entirely confidential (unless specified by Hawaii Law). Anything you share or hear during the Freedom Weekend from your partner remains completely confidential – not even spouses.

Pray for boldness and transparency:

The enemy works in the darkness, and anything exposed to the light, confessed, and renounced before the Lord loses its power against you. The Confidential Life Review and the Steps to Freedom in Christ is your opportunity to take a personal inventory with the Lord and talk transparently and honestly about areas of hurt and shame the enemy uses against you. The more transparent and honest you are about things that may have or are currently hindering your intimacy with God, the more freedom you can anticipate.

Prioritize this part of the process:

The CLR is an essential part of The Freedom Weekend. Please set aside quality, quiet time before the Lord in prayer as you answer these questions. I encourage you to pray through each section, especially “Stages of Your Life,” to examine how the enemy has used past events to shape how you see yourself today. Allow God to bring clarity to vague or distant memories. Ask Him to bring to your mind things you may have forgotten. Elaborate on these sections. Remember, you are not in bondage to past events, but rather the lies that you have come to believe as a result of those events. Once this document is filled out, hold on to it for a couple of days to see if the Lord highlights anything else to you in each section before printing it out.

Print One Hard Copy

When you complete the CLR, print one copy, and bring it to your Freedom Weekend. We will not be able to print these onsite. No electronic copies, please.

I pray that going through this Confidential Personal Inventory and The Steps to Freedom in Christ proves to be a milestone moment in your life as you seek to walk and live in more freedom!

With Aloha,
Matt Coffman

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1. PERSONAL INFORMATION

Name:

Introduction: (If you are handwriting this form, please write clearly and use additional paper if necessary.)

1. Are you passionately pursuing righteousness? Why or why not? Please explain.
2. What do you desire God to do for you during the Freedom Weekend and why is this important to you?
3. Are you currently walking in or living in sin? Please explain.
4. What specific things would you like to stop now?
5. What things are hindering your current walk with Christ that you cannot seem to control?

2. FAMILY HISTORY

A. General

1. Are you adopted? 1b. Are your parents presently married or divorced?
2. Briefly explain your parents' Christian experience.
3. Was there a sense of safety and security in your home during the early years of your life?
4. Was your father clearly the head of the home? Was he a Godly man? Explain.
5. Was there an adulterous affair or incestuous relationship with your parents or grandparents?
6. Have you ever been Divorced? Briefly explain the reason for the divorce(s).

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B. Family Health

1. Are there any addictive problems in your family history (alcohol, drugs, etc.)?
2. Do you have any addictions or cravings that you find difficult to control?
3. Is there any history of mental illness in your family? Explain.

C. Moral Climate

1. Briefly describe the spiritual or religious climate of your childhood home.
2. What kind of guidance did your family give you to make choices about areas of your life such as clothing, dating, sex, media, and friends?

D. Significant Relationships

List the names of three individuals who have positively and negatively influenced your life and explain why they were significant to you.

Positive

Negative

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E. Stages of Your Life

In each of the following stages of your life, give three adjectives that describe your life during those years (use Appendix A on page 11 to identify keywords). List why you felt that way or what caused the feelings during that time of your life. Be specific and use "additional notes" on page 9 to expand as necessary.

Preschool years

K- grade 2

3rd – 6th grade

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Junior High School years

High School years

20s

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30s

40s

50s and older

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60s

70s and older

3. HISTORY OF PERSONAL HEALTH

A. Physical

1. Are you presently under any medication for physical or psychological reasons? What are the side effects of such medication(s)?
2. Have you ever experienced addictive behavior in yourself? If so, how have you dealt with it?
3. What major traumatic physical, verbal, or sexual experiences have you had?
4. Are you seeing a counselor or therapist currently? If so, for how long? Are they Christian?

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5. Have you seen a counselor in the past? If so, how long ago? Why?
6. Do you have any problems sleeping (recurring nightmares or disturbances)? Explain.
7. Does your present schedule allow for regular periods of rest and relaxation?

B. Mental/Physical Health

1. Highlight the following thoughts you presently or often struggle with.

☐ Condemning ☐ Distracting ☐ Fearful ☐ Fantasy ☐ Lustful	☐ Blasphemous ☐ Compulsive/obsessive ☐ Suicidal ☐ Jealousy ☐ Confusion
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2. Do you spend much time wishing or fantasizing you were somebody else or possibly imagining yourself at a different time, place, or under different circumstances? Explain.
3. How much “worldly” media (social media, apps, streaming, music, reading, TV...) do you consume daily?
4. Do you have regular devotions in the Bible? When and to what extent?
5. How often do you stop, pray, and listen to God? Do you find prayer difficult? Explain.
6. When attending church or other Christian ministries, are you plagued with foul thoughts, jealousies, and other mental harassment? Explain.

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C. Emotional

1. Highlight the following emotions you are currently experiencing or experience regularly.

☐ Anger ☐ Bitterness ☐ Anxiety ☐ Loneliness ☐ Worthlessness ☐ Depression ☐ Hatred	☐ Hopelessness ☐ Fear ☐ Joy ☐ Love ☐ Gratitude ☐ Guilt ☐ Shame
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2. Who in your life can you be emotionally honest with right now? (i.e., you could tell this person exactly how you feel)
3. How important is it that we are emotionally honest before God? Explain:

4. SPIRITUAL HISTORY

1. If you were to die tonight, do you know where you would spend eternity?
2. Suppose you died tonight and appeared before God in heaven, and He were to ask you, "Why should I allow you into My heaven?" How would you answer Him?
3. 1 John 5:11,12 says, "God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have the life."
 - a. Do you have the Son of God living in you?
 - b. When did you receive Him (John 1:12)?
 - c. How do you know that you have received Him?
4. Are you plagued with doubts concerning your salvation?
5. Are you presently enjoying fellowship with other believers, and if so, where and when?
6. Are you under the authority of a local church where the Bible is preached, and do you regularly support it with your time, talent, and treasure? If not, why not?
7. Do you have a spiritual gift? If so, please explain.

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8. Do you have a clear ministry calling in your life? Explain.
9. Are you currently being disciplined by someone more mature than you? If so, for how long?
10. Are you discipling others? Please explain:

5. REFLECTION: What is God revealing to you through this reflection time?

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Emotional Pain Words (Appendix A)

abandoned	fear	pathetic
accepted	foolish	pressured
accused	forced	pressure to perform
afraid	frustrated	proud
all my fault	fulfilled	publicly shamed
alone	good for nothing	rejected
always wrong	grateful	rejection
angry	guilty	relaxed
anxious	happy	repulsed
apathetic	hatred	revenge
ashamed	hate of myself	ruined
bad	helpless	sad
belittled	hollow	safe
betrayal	hopeless	satisfied
betrayed	humiliated	scared
bitter	hurt	secluded
blamed	hysterical	secure
calm	impure	self-disgust
can't do anything right	inadequate	shamed
can't trust anyone	included	stressed
carefree	indecent	stupid
cheap	inferior	suffocated
cheated	innocent	suicidal
cheerful	insecure	taken advantage of
condemned	insensitive to my needs	thwarted
confused	insignificant	torn apart
conspired against	invalidated	trapped
content	joyful	trash
controlled	left out	ugly
curious	lied to	unable to communicate
cut off	lonely	unaccepted
cynical	lost	uncaring
deceived	loved	uncared for
defeated	made fun of	unchosen
defenseless	manipulate	unclean
defrauded	mindless	unfairly judged
degraded	mistreated	unfairly treated
desires were rejected	misunderstood	unfit
despair	molested	unimportant
destroyed	neglected	unlovable
devalued	no good	unloved
didn't belong	not being affirmed	unnecessary
didn't measure up	not cared for	unprotected
dirty	not cherished	unsafe
disappointed	not deserving to live	unsympathetic
disgusted	not listened to	unwanted
disrespected	not measure up	used
driven	not valued	valuable
dominated	nurtured	violated
embarrassed	optimistic	vulnerable
empowered	opinions not valued	wasted
empty	out of control	wicked
exposed	overwhelmed	worthless
failure	passionate	wounded