

DO I NEED FREEDOM?

If any of the following apply to you, and you are ready to be **FREE** from these things, consider making an appointment with a COL Freedom Minister.

- Were you greatly embarrassed or deeply hurt when you were a child or young adult?
- Can you see a pattern of hurtful events beginning early in your life, building one upon the other?
- Do you wish you were someone else? Dislike yourself? Ever wish you had never been born?
- Are there habits that control you such as smoking, pornography, alcoholism?
- Do you dislike the opposite gender or your own gender?
- Do you have unreasonable fears?
- Do you often find your reaction to something is out of proportion to whatever the stimulus was?
- Do you find yourself rehearsing memories of a past hurt? Does it still bother you when you think about it?
- Are there people you can't forgive? Do you have trouble asking someone else to forgive you?
- Do you have feelings of overwhelming guilt or shame?
- Do you find it nearly impossible to admit making a mistake?
- Do you usually look for someone to blame for what goes wrong in your life?
- Do you have a nearly continuous feeling of anger inside?
- Are you unusually critical in your remarks or thoughts about others?
- Do you go on compulsive overeating, under eating or drinking binges?
- Do you have a fantasy world to which you escape?
- Are you obsessed with sexual thoughts or fantasies?
- Do you have physical illness that has no known cause?
- Do you suffer from depression frequently, or over long periods of time?
- Do you have frequent nightmares or troubling recurring dreams?
- Do you suffer from physical or mental exhaustion from wrestling with inner problems?
- Do you have difficulty sleeping or do you want to sleep too much?
- Are you extremely restless or constantly "on the go"?
- Are you a workaholic? Do you feel guilty if you are not doing something productive?
- Are you always striving for the approval of others?
- Were you an adult before you ever felt loved by another person?
- Do you often compare yourself with others and end up feeling inadequate and discouraged?
- Do you have a constant need for physical affection, or do you not like to be touched at all?
- Do you have a deep sense of insecurity, or a feeling of being unloved or disapproved of?
- Do you have a hard time being consistent in your spiritual life?
- Is it hard to believe God loves and approves of you?
- Do you find it difficult to give and receive love?

**To schedule your personal ministry session, contact us at sozo@colbaytown.com.
Please provide your full name, e-mail address, and phone numbers.
A member of our ministry team will contact you.**