



Committed to Freedom Ministries Retreats are for people who have endured the intimate violation of abuse. We offer Spiritual tools to help survivors move beyond their abuse. We do not use the scripture or Christianity as a weapon, but as a means to find Spiritual health and hope. Christians, seekers, and doubters are all welcome. Women's retreat and retreats for Men are offered at various locations and times throughout the United States.

The focus during the retreat is not on the abuse experience itself. You will not sit around and talk about what happened to you. Instead, we help you connect the dots between what happened in the past and the challenges you face in the present. Then, we help you put together a strategy to take ownership of your choices and empowerment in your life. You will be given Spiritual tools to help you move beyond the damage left by abuse.

During this retreat, ideas and perspectives are presented that will empower you. You will find you can approach Christ as a fellow abuse survivor. As lies are dismantled and exchanged for the truth, you will see the prison of self-defeating behavior in a new light. From this vantage point, you will be able to identify a new path toward Spiritual health.

Along with other survivors who understand (who “get it”), you will learn more than you can imagine; experience God in new and intimate ways; and handle practical ideas through teaching, small groups, art, music, worship, prayer, quiet meditation, problem solving games, metaphors, and fellowship. This may be hard to believe, but you will even have moments of fun.

You don't have to be “falling apart” to have a life changing experience at a Committed to Freedom retreat. Many people attend who are well on their way toward healing. They just want to take some time out to connect with God and receive comfort and understanding.

The retreat schedules and locations vary. You will stay at the retreat facility to give yourself time to think, pray, and reflect without the pressures of everyday life crowding you.

The retreat is not intended to be a substitute for professional counseling or therapy. It is designed as a special time of focused Spiritual growth for those who are Spiritual seekers, as well as for those who are devout believers. At the conclusion of the retreat, you will have an opportunity to purchase other resources to help you continue the momentum of growth.

Committed to Freedom Ministries | PO Box 20916 | Hot Springs, AR 71903-0916
800-713-7837 | 501-623-6850 | Fax: 501-623-8053
www.committedtofreedom.org | information@committedtofreedom.org