

The Be Set Free Program Outline
Chrysalis—A Journey for Transformation, Purpose, and Lasting Change to Rebuild
Your Life

NOTE DISCLAIMER: *By participating in The Be Set Free Program's sessions, I acknowledge that these sessions are educational in nature and are not a substitute for therapy or professional mental health treatment. While the content may offer therapeutic value and emotional support, it is intended to provide general guidance on trauma and healing from a faith-based perspective.*

These sessions are not facilitated by licensed therapists, and I understand that if I need clinical counseling or mental health services, it is my responsibility to seek out appropriate professional care. I take full responsibility for my emotional and mental well-being during and after these sessions, recognizing that some topics may surface strong emotional reactions. I commit to taking ownership of my healing journey and will pursue additional support as needed.

WEEK 1: The Call to Freedom

- Orientation & Sisterhood Introduction
- Defining what it means to “Be Set Free”
- Understanding the cycle of survival vs. transformation
- Scripture focus: John 8:36 – “Whom the Son sets free...”

WEEK 2: Releasing the Weight – The Power of Forgiveness

- Forgiving yourself, others, and the past
- Biblical models of forgiveness (Joseph, Jesus, the adulterous woman)
- Healing exercises & journaling
- Group sharing and prayer

WEEK 3: Breaking Generational Strongholds

- Identifying family patterns and cycles
- Scriptural authority over generational curses
- Deliverance prayer and declarations
- Teaching: You are not your past

WEEK 4: Renewing the Mind – Thought Detox

- Addressing limiting beliefs, shame, and trauma narratives
- Romans 12:2 and the practice of mind renewal
- Introduction to daily affirmations and scripture meditation

WEEK 5: Identity in Christ

- Uncovering false identities shaped by trauma, addiction, or incarceration
- Rebuilding identity with biblical truths
- Worksheet: “Who God Says I Am”
- Worship session focused on renewal

WEEK 6: Inner Healing & Emotional Wellness

- Trauma-informed teaching: grief, abandonment, fear, rejection
- Tools for emotional regulation and spiritual resilience
- Testimony & inner healing prayer session

WEEK 7: The Power of the Word – Speaking Life

- Declaring scripture as a weapon
- Speaking life over your future, family, and finances
- Group scripture activation & journaling prompt

WEEK 8: Vision Mapping & Purpose Discovery

- Unpacking personal vision
- Identifying spiritual gifts and talents
- Vision board creation + guided purpose SMART Goals.

WEEK 9: God-Ordained Leadership

- Redefining leadership through the lens of servanthood and calling
- Traits of a spiritually grounded leader
- Testimony: Leading after brokenness

WEEK 10: Walking in Boldness & Confidence

- Overcoming fear and imposter syndrome
- Real-world application: speaking, mentoring, and leading
- Role-play, group empowerment, and declarations

WEEK 11: Building a Life That Lasts

- Sustainable habits: prayer, boundaries, community, self-care
- Faith & works applying kingdom principles daily
- Planning for post-program growth and continued accountability

WEEK 12: Commissioned to Lead – Celebration & Commissioning

- Graduation ceremony
- Personal testimonies
- Commissioning prayer and certificate presentation
- Launch into mentorship, leadership, or service tracks

Optional Add-Ons:

- Weekly workbook and devotionals
- Accountability partner check-ins
- Live prayer and Q&A sessions with Dr. Janet
- Private Facebook group for sisterhood and support