



20 New Volunteers Trained in Bartow, FL

Ed White and Don Pratt conducted the latest FIT training class on June 25, 2011 at the Hope Now Transition Center at Bartow, FL. A number of the trainees are associated with this facility for men but a number of other ministries were also involved. Four came from the A New Generation (pregnancy crisis center) in Brooksville, FL. Others were from various ministries in Tampa, Sarasota, Bradenton, Winter Haven, and Lakeland. Standing in the back in the yellow shirt is James (Ed) White, founder of FIT. The next training session is scheduled for East Providence, RI (unless others are needed).

FIT RECIEVES ENOUGH FUNDING TO SUPPORT ALL FIT CLASSES FOR JULY, AUGUST, AND SEPTEMBER!

Due to increasing donations from church missions committees and individuals, FIT can now supply all the book needs for all FIT-recognized classes scheduled for July, August, and September. To be eligible, a facilitator must have completed the FIT Volunteer training session and made arrangements for time and dates with a facility willing to work with us. There is no limitation as to which state the facility is in.

For those interested, application for the free ministry books can be made online with our newly-created form. Use this form so as to not be charged for the materials. To access the form, go to our website at www.100hour.org, click on "Forms" on the top ribbon, then click on "Online Request" under the "Curriculum Books" heading. Complete all the information requested, and then press the "Submit Form" button at the top.

FIT wishes to thank all the contributors who made this opportunity possible. We are rebuilding our facilitator base to increase the effectiveness of our ministry. As we may lose several sales sources as a result of this action, contributions are still welcome.



Couple Completes FIT Dating and Marriage Course and receives Marriage Counseling Credit from Journey Church

In a joint effort between FIT and Journey Church, this couple is now eligible for a reduced-cost marriage license in Manatee County.



Special Guest Article by Dr. Jimmy Ray Lee

FOUNDER OF LIVING FREE COMMENTS ON THE DEVELOPMENT OF THE INSIGHT COURSE

Living Free's Insight Group is for everyone. Why? Because it helps us deal with life's challenges and problems—and we all experience challenges and problems.

Since its inception in 1988, we estimate that over one million people have participated in Living Free and most have been in an Insight Group. As I reflect back I am once again reminded how God's hand was on this ministry from the beginning . . .

It was May 1987 and I was on my way to visit David Wilkerson, founder of Teen Challenge. I had developed a school ministry for drug prevention—Project 714—and it was doing well.

Although I was happy doing that ministry, at times I felt a bit restless because my heart was for the local church, but no doors had opened for such a ministry. I was meeting with David to discuss Project 714.

As soon as David and I had exchanged greeting, he began telling me that God was calling me to minister in the local church to those with life challenges and life-controlling problems. I was astounded at the things he said. After delivering his message to me, David said, "Jimmy, you must weigh what I have said."

David's words had a great impact on me. Even though the ministry he described touched the very core of my heart's desire to minister to the local church, I knew God was in the Project 714 ministry as well. Frank Reynolds, the National Teen Challenge Director, had accompanied me on the visit to David. Later he said, "Jimmy, just follow the Lord, and He will guide you." I knew that's what I needed to do. I watched . . . I prayed . . . and I waited.

Four months later, I began to see David's words to me being confirmed. An elder at an evangelical church in Chattanooga, Tennessee, asked to have breakfast with me to discuss starting a ministry at his church for people who were struggling with life-controlling problems. After this meeting, I taught four Wednesday evenings at his church about ministering to people who are struggling with life challenges. Little did I know then that God was birthing the ministry of Turning Point Ministries (now known as Living Free).

After the four Wednesday evenings of training, it was suggested that we start a small group as a follow-up. Ten participants from various walks of life (doctors, professors, lawyers, teachers, and others) signed up for the group. As we shared, God taught me another lesson—everybody needs to understand how to deal with and overcome life-controlling problems—not just the down and outers who obviously need help. We all have problems and challenges—some of us are just better than others at covering our struggles with our Sunday smiles.

Each week prior to the group meeting, I prepared the lesson—always based on God's Word. Then during the meetings we witnessed the evidence of God's transforming power. From this small group, the Insight Group was born.

The purpose of the Insight Group is to help each participant "walk in the way of understanding" (Proverbs 9:6) as it relates to an individual with life challenges or life-controlling problems. Participants discover how life-controlling problems develop. They learn how to identify the spiritual and emotional conditions that contribute to a problem taking root and growing in their own life or in the life of someone they know.

The Insight Group is based on 2 Peter 1:3-11, which gets right to the heart of our struggles with problems that can master us. The passage reveals eight qualities or objectives that God wants to build into our lives: faith, goodness, knowledge, self-control, perseverance, godliness, brotherly kindness, and love. Participants learn how these objectives build on one another to develop Christian character within us. We call this the Upward Path to Developing Christian Character. Participants learn how to apply these traits to their lives in practical ways to meet and overcome life's problems and challenges—God's way. They learn that "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness" (2 Peter 1:3).

Now, some 24 years since Insight Group began in a Chattanooga church with those ten people, participants are meeting in groups around the world. Only God can do that. We estimate nearly one million people have participated in Insight Group, and we have received countless testimonies about how God has worked through the group to transform lives.

Editor's Note: Dr. Lee's [Insight](#) course is required (Unit 2) for FIT's complete program certificate. His [Free to Grow](#) (Unit 3) is also a requirement. FIT is the result of the work of many ministries, people, and historical threads. We thank Dr. Lee for writing this valuable perspective for us.