A person with long dark hair, wearing a white t-shirt and dark pants, is sitting on a large, flat rock by a stream. They are facing away from the camera, looking down at the water. The scene is set at sunset or sunrise, with a warm, golden light filtering through the trees and reflecting on the water. The background shows a dense forest with tall trees and a path leading into the distance. The overall mood is contemplative and serene.

*If Jesus came to  
set us free, why are  
so many Christians  
still living in  
bondage?*

**the ultimate  
journey**

Explore Truth • Discover Love • Walk in Freedom

[www.theultimatejourney.org](http://www.theultimatejourney.org)



*The Ultimate Journey* will help people in your congregation heal, grow, and accept leadership roles so your church can function at a healthier, more effective level.

WHAT DOES

*Bondage*

LOOK LIKE?

We often think of bondage as addiction to pornography, drugs, or alcohol. Bondage can also involve guilt, shame, perfectionism, workaholism, worry, stress, fear, and people-pleasing. But these are merely symptoms of the real problem, which is the core belief that says “I am not good enough.” This is what drives people into bondage—the need to do something or be someone in order to prove they are good enough, which leads to “numbing out” the pain.

*“I grew up in the ‘perfect’ Christian home. I learned how to run on the treadmill of performance, trying to earn God’s approval. Because of *The Ultimate Journey*, I am off the treadmill and resting in His arms.”*

*“I was sexually abused. I lived a life full of shame, guilt, and anger about my childhood. I never told anyone of the abuse, but I found a safe place where I could finally be honest about my past and allow God to truly set me free.”*

## THE *Problem*

Even after receiving Christ, most people still believe the negative voices of their past rather than what God says about them. They come to church week after week, trapped in the bondage of unresolved hurt and shame. They have an intellectual understanding of God's love, acceptance, and forgiveness, but they often have little real experience of Him in their lives.

## THE *Question*

How can we help people move beyond intellectual knowledge to experience the abundant life God has for them? How can we help them reach the point where they have nothing to prove, nothing to lose, nothing to fear, nothing to hide?



*“I struggled with my addiction for over 20 years.*

*I am a Christian and have gone to numerous counselors, pastors, and friends for help, but nothing made a difference. As I experienced God's love and acceptance through my Ultimate Journey group, I have begun changing how I view myself and have overcome my low self-esteem and its symptoms, including addiction.”*

*“My spouse and I were ready to get a divorce. We were both hurting and unable to meet each other's needs. Through *The Ultimate Journey*, we have both been able to receive healing from the baggage we each brought into our marriage and are now free to love each other unconditionally.”*

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, His good, pleasing, and perfect will.”*

Romans 12:2

*“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”*

Ephesians 4:22–24

## THE *Solution*

Most people try to change themselves through forced behavior that achieves temporary results at best. *The Ultimate Journey*, by contrast, focuses on transformation through the renewing of the mind. This helps people exchange lies for truth so they can see themselves as God sees them. As a result, they experience wholeness and true freedom.

God works in our spirit, but our soul—our mind, will, and emotions—must be brought into alignment with what God has already done in our spirit. This is why many Christians are still in bondage even though Christ has set them free. The solution is exactly what scripture tells us: to be transformed by the renewing of our minds.



# The Ultimate Journey

## A Three-Phase Process

### Phase 1 – UNPACKING SELF-DECEPTION (13 WEEKS)

*Who am I really? – Trading self-deception for God's true perception of you*

#### How Did I Get Here?

Phase 1 helps participants discover how they arrived at their current place in life, understand what is keeping them stuck, and recognize what steps are necessary to begin moving forward again.

#### A Safe Harbor For Healing

Participants are in a safe, confidential small-group setting with a trained facilitator where they are free to share and explore their personal history. This provides opportunity to accept reality, receive healing for hurts and wounds, uncover lies they've believed, and move beyond circumstances that have kept them stuck. This sets them free to become the people God created them to be as they chart a new course in life.



#### Lies We Believe

While what has happened in the past is significant, what's more important is what someone believes today because of past experiences. By looking intently at their lives, participants are able to identify the lies they've believed and discover how those lies have affected their thinking and dictated their choices and behavior.

#### Applying The Truth

Once they've uncovered the lies, participants learn to apply God's truth to their own hearts and minds. By trading self-deception for God's truth, the "unfinished business" of the past can be brought to healthy closure so it won't contaminate the future.

**EXPLORE TRUTH**



## *Phase 2* – ABANDONING SELF-RELIANCE (13 WEEKS)

*Who is God, and can He be trusted? – Trading self-reliance for total dependence on God*

### **Where Do I Go From Here?**

Once participants have unpacked self-deception through Phase 1 and realized where they truly are in life, Phase 2 helps them answer the question, “Where do I go from here?” During Phase 2, participants discover God’s solution for their lives as they explore the incredible love relationship the Father wants to have with them.

### **Abandoning Self-Reliance**

The world tells us we need to be self-reliant and in control. But the truth is, God created us to be dependent upon Him. God really does want to be our source for everything. Participants come to understand the Eternal Covenant that God Himself entered into on their behalf, and learn to realize that God is committed to meeting all of their needs. As a result, they are able to stop striving and trying to prove their worth or to meet their own needs. They are then able to move beyond the hopelessness of never feeling good enough and experience true peace and rest.

### **Knowing And Trusting God**

During Phase 2 participants come to truly trust God with their lives because they know God for who He really is rather than how the world had shaped their understanding of Him. As they live out this intimate, bonded relationship with their Creator, participants learn to draw everything they need from Him. Many Christians believe in God—that is, they believe He exists—but few really trust Him with their lives on a day-to-day basis. As a result, they carry the burden of taking matters into their own hands rather than relying on God’s Spirit to guide them from within. Participants learn to know God in such a way that they trust Him in practical, everyday matters.

**DISCOVER LOVE**

## *Phase 3* – EMBRACING SELF-SURRENDER (13 WEEKS)

*Who is God living in me? – Trading self-life identity for Christ’s identity in you*

### **Beyond Head Knowledge**

During Phase 3 participants learn to take the power of God beyond head knowledge and apply it to everyday life. Through Christ living in them, they learn to draw from Him everything they need for every situation they face. As they learn to live from the reality of His indwelling presence, they experience God’s peace, joy, love, and freedom.

### **Blessings Of Christ Living In You**

Participants exchange old thinking patterns for the reality of God’s truth.

As a result, they begin to live, think, and act in agreement with Him. They learn what it means to abide in Christ and experience the blessings of a life surrendered to Him. Instead of living at the mercy of people and circumstances, they are free to choose how they will handle life’s circumstances.

They may not be able to control what goes on around them, but they will be able to choose what goes on inside of them. And it’s all because of who is living in them: Christ!

### **Sowing Good Seed – A Transformed Life**

Participants also learn to plant new “seeds” in their lives so they can reap positive results. They discover how God transforms the former desert of their lives into a beautiful oasis as they learn to renew their minds by sowing good seed.



**WALK IN FREEDOM**



# Here are a few ways *The Ultimate Journey* will help transform your congregation:

## **Forge real relationships by meeting people right where they are**

Churches are filled with people pretending everything is all right while fearing what others would think if the truth were known about their struggles. *The Ultimate Journey* helps people face reality so they can experience God's forgiveness and freedom. Real life-change takes place in relationships where people can be transparent and free to help each other grow in relationship to God.

## **Move beyond head knowledge into everyday life**

Many Christians have an intellectual understanding of God's love and forgiveness, but for some reason, His love and forgiveness are not a reality in their everyday lives. This can be especially frustrating for pastors. *The Ultimate Journey* enables people to experience God's love and forgiveness and imparts a deep understanding of the gospel so that people are free to walk out their faith in everyday life.

## **Encourage discipleship and spiritual formation**

Participants experience true personal and spiritual growth as they trade their independent self-lives for the indwelling presence of Christ. They move from an understanding of who they are in Christ, to who Christ is in them, and ultimately to who Christ is through them. While going through this life-changing process, participants mature and become equipped to help others find true freedom.

## **Provide the setting for personal growth**

*The Ultimate Journey* is not a form of counseling, but rather is a setting where people choose to help each other. It is a safe, confidential setting where trained facilitators help create an environment where people are free to be real, vulnerable, and transparent. It is a place where participants feel safe to share their experiences and talk about aspects of life that affect us all.

While *The Ultimate Journey* is not intended to replace professional therapy, it does provide a setting where loving people can listen to others and provide healthy feedback. In fact, many professional Christian therapists refer their clients to *The Ultimate Journey*. You can comfortably refer someone to *The Ultimate Journey* because that person will receive concrete, proven help without the expense of professional therapy.

## **Serve as a light to the world**

As hurting people see others experience life-change, they will say to themselves, "I want that!" *The Ultimate Journey* embraces the principle of seeking first to understand, then to be understood. Because Phase 1 focuses on providing a safe place where anyone can heal and grow, even those who do not yet know Christ feel accepted. Phase 2 then helps them discover and embrace the fact that the only viable answer for their lives is God. Your church can become the entry point for these new believers.

## **How are training and ongoing support provided?**

*The Ultimate Journey* groups are led by registered facilitators. The primary requirement to become a registered facilitator is to go through *The Ultimate Journey* as a participant. Those who complete *The Ultimate Journey* and want to become facilitators receive additional training (available on DVD with a corresponding workbook).

Our thorough Leaders Guides and weekly teaching DVDs provide the facilitator with everything needed. The free ongoing support provided through Christ-Life Ministries ensures that your leaders receive the support they need for a successful, ongoing program.

To get started at your church, an initial leader or team of leaders would go through *The Ultimate Journey* as a participant in an already existing weekly group or attend one of our intensive two-day or three-day "turbo" sessions. Once your initial leader(s) has been trained, you will be able to train additional leaders from within.



# What is the cost?

- There are no user fees charged directly to your church.
- Participants register online for each phase. There is a \$50 registration fee for each phase.
- Each person wishing to become a facilitator will pay \$25 for a Facilitator Training packet (Includes training DVDs, work book, and registration).
- Leaders Guides for each phase are downloaded free from our website.
- Teaching DVDs are only \$45 for Phase 1, \$35 for Phase 2, and \$35 for Phase 3.

The cost of training your initial leader(s) depends on whether they attend an already existing weekly group or attend one of our turbo sessions. The cost for those who choose the weekly group path is simply the fees noted above. If you choose the turbo path, the cost would be \$395 for Phase 1, \$100 for Phase 2, and \$100 for Phase 3.

## How do I start *The Ultimate Journey* at my church?

*The Ultimate Journey* has been implemented successfully in churches throughout the country. We will be pleased to work with your church, regardless of size, to develop a program that will meet the specific needs of your congregation.

In addition, we help you train the first individual or team of individuals so they can then train others using our proven methods and resources. And while new leaders will be raised and trained within your church, we will continue to provide ongoing training and support.

“My wife and I have each personally gone through *The Ultimate Journey*. We are thankful for the profound impact it has had on each of us individually as well as on our marriage. *The Ultimate Journey* has proven to be an excellent tool for helping those in our congregation. I highly recommend it.”

## What should I do now?

You can find more information about *The Ultimate Journey* at [theultimatejourney.org](http://theultimatejourney.org). Or, if you are ready to take advantage of our money-back guarantee, or would simply like to talk with someone to find out more, feel free to contact me. I look forward to hearing from you!

Jim Hobson



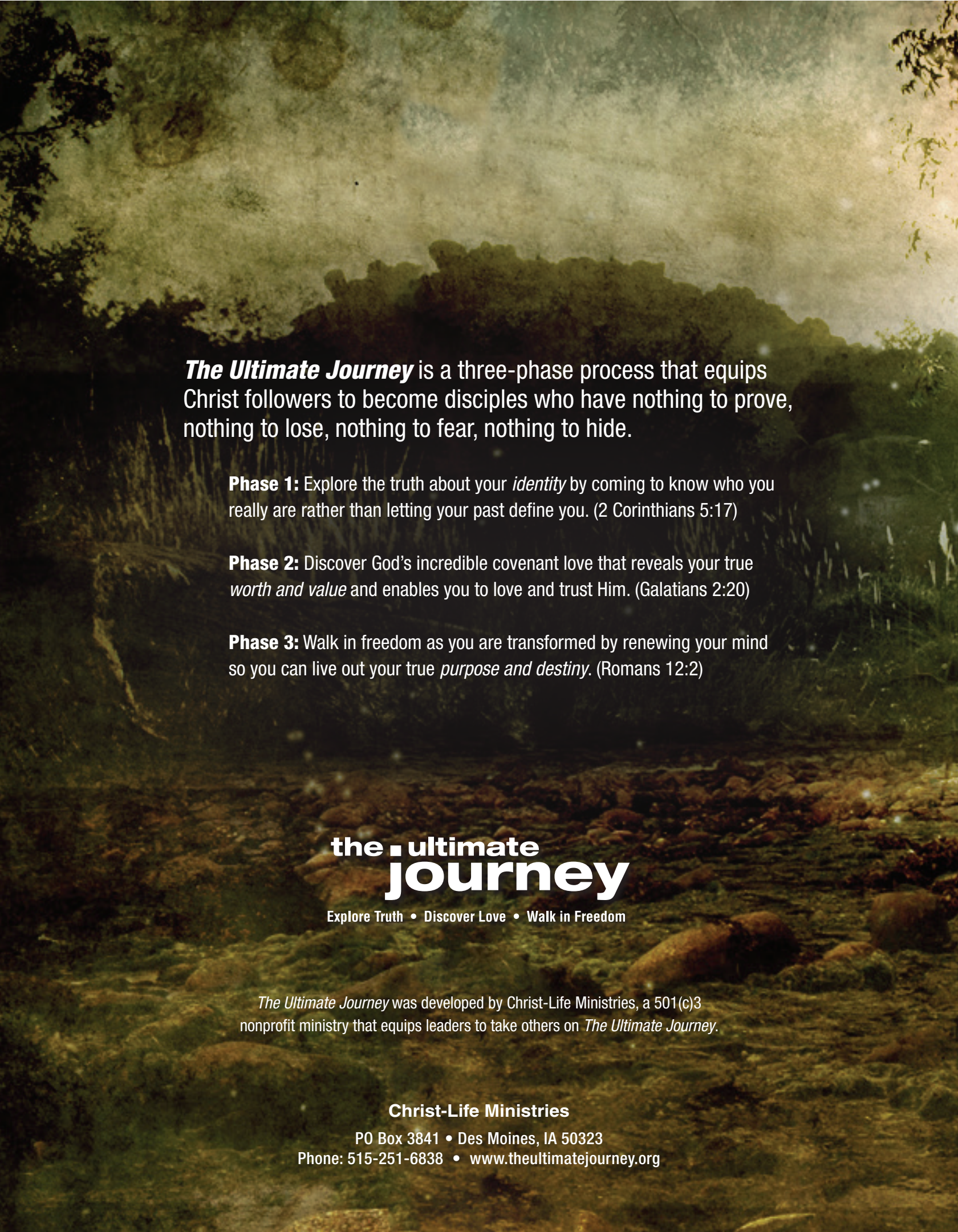
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## Money-Back Guarantee

God really does use *The Ultimate Journey* to transform lives. But don't just take our word for it. Check us out. We are so confident of the results that we offer our life-transformation, money-back guarantee. If either you or one of your leaders attends one of our Phase 1 Turbos and doesn't personally experience real, life-transforming results, we will refund the entire registration fee.







***The Ultimate Journey*** is a three-phase process that equips Christ followers to become disciples who have nothing to prove, nothing to lose, nothing to fear, nothing to hide.

**Phase 1:** Explore the truth about your *identity* by coming to know who you really are rather than letting your past define you. (2 Corinthians 5:17)

**Phase 2:** Discover God's incredible covenant love that reveals your true *worth and value* and enables you to love and trust Him. (Galatians 2:20)

**Phase 3:** Walk in freedom as you are transformed by renewing your mind so you can live out your true *purpose and destiny*. (Romans 12:2)

## the ultimate journey

Explore Truth • Discover Love • Walk in Freedom

*The Ultimate Journey* was developed by Christ-Life Ministries, a 501(c)3 nonprofit ministry that equips leaders to take others on *The Ultimate Journey*.

**Christ-Life Ministries**

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