Life *after* Christian Science

By Katie Beim-Esche

	BODY ***Community*** ***Care*** ***Voice -*** tone and topics	**BRAIN** ***Acknowledge*** ***Understand*** ***Explain***	**HEART** ***Authority:*** Who or what do you trust? ***Affection*****:** Who or what do you love? ***Allegiance*****:** Who or what do you defend?
Leaving CS			
Faith Journey			
Recovery			
Outreach/ Discipleship			

FFCS

	Practical Steps	Relational Focus	Season Focus	Pathway Forward
Leaving CS	○ Stop attending CS church services ○ Resign all CS memberships ○ Get rid of CS books, periodicals, etc. (except for research)	Non-CS community	Breaking free from CS Caring for your physical body -- -medical, diet, exercise, etc.	Anger Grief Hope
Faith Journey	○ Christian Baptism ○ Church Membership ○ Bible Study	Christian community	Seeking a real relationship with the real, living God	Curiosity Awe Joy
Recovery Journey	○ Specific Research -- cult recovery, mind control, trauma, theology, Eddy, CS history, etc. ○ Intentional CS Recovery Support -- Professional counseling and former CS peers	Former CS community	Address psychological wounding, triggers, and emotions	Frustration Forgiveness Peace
Outreach & Discipleship	○ Be discipled ○ Discipleship & outreach training ○ Prepare to share your story publicly and share it	Current and questioning CS community	Cultivate servant leadership as you come alongside others leaving and recovering from CS	Passion Humility Love