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# What is FOCUS Ministries, Inc.?



FOCUS Ministries is a not-for-profit organization devoted to offering hope, encouragement, education, and assistance to women who are struggling in difficult circumstances, especially dysfunctional marriages, spousal abuse, separation, or divorce.

In September 1995, a group of women in the western suburbs of Chicago, Illinois began meeting once a month to encourage each other and provide a forum for sharing personal needs. Soon afterward, FOCUS Ministries was organized by two women from that original group with a vision to reach out to hurting women through distribution of a monthly newsletter containing hope and encouragement, establishment of a local support group, and motivation of churches and individuals to start FOCUS Support Group meetings nationwide.

This ministry is supported by donations from individuals and churches. For future expansion of the ministry to include teens, funding is needed for office equipment, salaries and benefits, and development and production of new materials.

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## Purpose of FOCUS Support Groups



- ◆ To help women who are struggling in dysfunctional or abusive relationships
- ◆ To help them see how valuable they are to God
- ◆ To help them become more productive
  
- ◆ To educate them on topics such as Setting Healthy Boundaries, Codependency, Foolproofing Your Life, Verbal and Physical Abuse, Managing Anger, Forgiveness, and Becoming God's Woman
- ◆ To assure them that they are not alone
- ◆ To provide a forum for sharing problems and solutions
- ◆ To point them to Jesus Christ as the stability and focal point of their lives

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## Qualifications of a Leader

- \* Personal relationship with Jesus Christ as Lord and Savior
- \* Growing relationship with Christ (2 Peter 3:18) in which you strive to become more and more like Him in your actions and attitudes
- \* Concern for hurting people—reaching out to listen, comfort, support, and help in practical ways
- \* Desire to serve others—leading with a servant-like, non-judgmental attitude instead of a know-it-all superiority
- \* Trustworthy to maintain confidentiality
- \* Willingness to learn—committed to educating yourself by reading books and articles, listening to radio and television programs, attending seminars, etc. on applicable subjects
- \* Determination to set aside adequate time to prepare for meetings
- \* Faithfulness to God and support group in following through with what you have committed to
- \* Awareness of a need in your church or community
- \* Feeling inadequate to lead a group, but aware of God's leading into this ministry, and secure in His strength to overcome your weakness

*Does this describe you?  
If so, may God empower you  
to reach out to hurting women who need  
to know that someone cares . . .*

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## Resources Available

- ◆ *Support Group Leader's Guide* to assist you in getting your group started and to guide you through the following topics:

*Boundaries*

*Codependency*

*Foolproofing Your Life*

*Verbal Abuse*

*Physical Abuse*

*Dealing with Anger*

*Forgiveness*

*God's Woman*

In addition, the Leader's Guide includes various forms, sign-in sheets, flyers, etc. which you can photocopy, as well as a list of helpful resources.

- ◆ *Manual on Domestic Violence* to provide additional, in-depth information on domestic violence.
- ◆ *Assistance to Leaders via Phone, Mail, or E-mail Leaders in Illinois meet every other month for further training.*
- ◆ *Permission to Photocopy* various forms and resources
- ◆ *More resources* can be found on our website, [www.focusministries1.org](http://www.focusministries1.org).

## Frequently Asked Questions

**Q. How many people does it take to start a group?**

A. Only two—you and someone else. Of course, the objective is to let others know about your group so many others will attend.

**Q. Where should the support group meet?**

A. You can either meet in someone's home or at church. Meeting in a home setting provides a comfortable, warm atmosphere, although some people prefer meeting in a church facility because it lends credibility to the group. You will need to determine which of these places best meets your needs.

**Q. What do you do when you meet?**

A. Casual conversations with members present, opportunity to browse or purchase resources, learn about and discuss specific topic of interest, share concerns and prayer requests, receive encouragement from scripture reading, and pray together.

**Q. What should I do if I'm serious about starting a group in my area?**

A. Contact FOCUS Ministries and let us know of your interest. We strongly recommend that you order the *Support Group Leader's Guide* and the *Manual on Domestic Violence*. Perhaps your church will provide funding for the manuals, as well as a place to meet. If you need financial assistance, please let us know.

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# Starting Your Own FOCUS Support Group



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