

Sermon Discussion Questions

All In - The Freedom Experience – Troy Haas
20 September 2026
Sermon Text: Psalms 131

AGENDA

- People arrive, talk, snack, and icebreaker – 5 min
- Worship – 5-10 min
- Relational Time – 20-30 min
- Discussion Questions – 35-45 min

RELATIONAL TIME (20-30 min)

Have everyone in the group use one word to describe how they feel **physically**, **emotionally**, **mentally**, and **spiritually** (PEMS). (Physically I feel _____. Emotionally I feel _____. ...)

Have each person expand on one of the ways they are feeling by using the **IFAB** method: “**I** feel _____ **about** _____ **because** _____.” (For example, “**I feel frustrated about the sudden change of plans because I rearranged my schedule for a different time.**”)

MESSAGE INTRODUCTION

Jesus raised Lazarus from the dead, but he came out of the tomb still wrapped in grave clothes. That's most of us. Alive in Christ. Forgiven. Saved. But still bound by the same old reactions, habits, and hiding. This week in his message, **The Freedom Experience**, guest speaker Troy Haas shares his story of prison, addiction, 40 years of ministry, and the real struggle nobody warned him about after he got saved. Plus, the one simple practice that's helped him actually experience freedom, not just forgiveness. If you've ever thought, "I love Jesus, but I'm still not free," this message is for you.

DISCUSSION QUESTIONS (35-45 min)

1. What is something that stood out to you from the message this week?
2. Lazarus was completely dead and then completely alive, but he was not free. He was still bound up in grave clothes. And just like Lazarus we may be alive, but until we lose the grave clothes, we are not free. How do grave clothes affect the way we live? How do they mask who we are supposed to be in Christ?
3. Transformation doesn't happen through intellectual or spiritual activity. Transformation happens through relationships. If brokenness, pain, and trauma happen through relationships, then healing has to happen through relationships. Have you ever struggled with trying to fix yourself through intellectual or spiritual activity? Did it work? Have you found healing through relationships? How did those relationships contribute to your healing?
4. In his message, Troy stated, “Grave clothes are self-protecting strategies created by our nervous system (also known as the “flesh”) that we’ve learned in order to survive pain, loneliness, fear, and other unmet needs. And

Icebreakers

Pick one of the icebreaker questions below and go around in a circle (starting with the leader) and have everyone answer. (If you have new members or guests have each person introduce themselves.)

1. What is your idea of “getting back to nature”?
2. What is a special memory you have of growing up?
3. Who is one of the most influential people in your life? What makes them so?

these strategies are focused on keeping us safe and making us feel happy and good, as opposed to what we're called to in scripture: to love God and love others".

Have you seen these self-protecting strategies in your own life? How have they kept you from being who God has called you to be? How do they prevent you from loving God and loving others? Have you noticed that things from your past (your grave clothes) generate automatic triggers and have you automatically react in a default mode when triggered?

5. Troy let us know that one way to overcome these automatic reactions is to PAUSE. Pausing slows down the automatic response and gives us a chance to be present in what we are feeling. It give us a chance to choose a different response. Two ways we can pause are: 1) Allow someone else to help us, and 2) Allow God to help us. What are some specific and practical ways we can use both of these ways to pause? Have you experienced this in your own life? Share with your group.

6. Spend some time discussing the three ways to experience freedom:

- Risk Connection
- Practice Pausing
- Be Vulnerable

APPLICATION

This week, ask the Holy Spirit to bring to the forefront of your mind any grave clothes that may be binding you and keeping you from being free. Ask the Holy Spirit to bring someone into your life who can help unwrap the grave clothes you are wearing and assist in your freedom to be who God has called you to be. Don't live your life wrapped up in grave clothes any longer. Risk connection. Practice pausing. And be vulnerable. You are alive. Now step into freedom. Share with your group.

COMING UP

To join a small group or find out more about what is going on, click on the NWC App, the website <https://nwckc.com>, or the New Wine Church Community Group Facebook page. Sermon study questions can also be found in all three locations.

HOME Church. HOME Church is a vibrant, mid-sized community of 30 to 50 people meeting on the third Wednesday of each month locally, right where you live. It's not a replacement of Sunday services or small groups, but a unique space where deep, authentic relationships grow organically through life-giving connections, spiritual encouragement, and unity. Rooted in Jesus' mission of "on earth as it is in heaven," Home Church pursues harmony to strengthen our gospel witness, grows naturally as an interconnected body, engages missionally by serving local communities, and fosters encouragement through practical acts of care. These home churches become living expressions of heaven-on-earth communities equipped by the Holy Spirit to restore brokenness and spread God's kingdom. Come be a part of what God is doing as we seek to be fully known, fully loved, and fully equipped to impact our city. Go to <https://nwckc.com/home-church> for more information.

Baptisms. 27 September, 10:00. Antioch Middle School, 2100 NE 65th St, Gladstone, MO 64118. Register at: <https://subsplash.com/newwinechurch/lb/ev/+m58x55x>

The Call - Men's Retreat, 9-10 October, Lake Maurer Retreat Center, Excelsior Springs, MO. The retreat begins Friday, October 9 at 3 PM and ends Saturday, October 10 at 3 PM, with guest speaker Ivan Freitas.

For more details and registration: <https://subsplash.com/newwinechurch/lb/ev/+xjypw8p>

Fall Festival. 17 October, 11:00-2:00. Antioch Middle School, 2100 NE 65th St, Gladstone, MO 64118.

Sign up to volunteer at: <https://docs.google.com/forms/d/e/1FAIpQLSeIsfrgumGQv6VrCWS-X5kNaR2r4jW4sG-KESeGKdAZWMJOyA/viewform>

FINAL THOUGHT

If God is not enough, then there's nothing that will ever satisfy.