

# Practicing Personal Freedom

## Participant Guide

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*“Search me O God and know my heart, test me and know my anxious thoughts.  
See if there is any offensive ways in me and lead me in the way everlasting.”*  
Psalm 139:23-24

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God desires us to be free from the bondage of sin in our lives. Here are some essential steps to guide you in leading your small group through confession and repentance of sin.

### 1. Invite

- Pray the above Scripture together.
- Invite the Holy Spirit to show us any sinful attitudes, actions or patterns in our hearts.

### 2. Pay attention

- What is the Lord bringing to the surface?
- It could be an attitude, action, a memory, a lie we have believed or an emotional trigger.

### 3. Identify

- Use the inventory list provided to help identify what the Holy Spirit may be bringing to light.

<input type="checkbox"/> Anger/rage	<input type="checkbox"/> Apathy	<input type="checkbox"/> Argumentative
<input type="checkbox"/> Arrogance	<input type="checkbox"/> Comparing	<input type="checkbox"/> Covetousness/Envy/Jealousy
<input type="checkbox"/> Fear	<input type="checkbox"/> Greed	<input type="checkbox"/> Hatred
<input type="checkbox"/> Judgmental	<input type="checkbox"/> Laziness	<input type="checkbox"/> Materialism
<input type="checkbox"/> Negativity	<input type="checkbox"/> People-pleasing	<input type="checkbox"/> Perfectionism
<input type="checkbox"/> Pride/False-humility	<input type="checkbox"/> Procrastination	<input type="checkbox"/> Racism
<input type="checkbox"/> Revenge	<input type="checkbox"/> Sarcasm	<input type="checkbox"/> Self-pity/self-righteousness
<input type="checkbox"/> Self-hatred/self-rejection	<input type="checkbox"/> Unbelief	<input type="checkbox"/> Unforgiveness/Bitterness
<input type="checkbox"/> Vengeance	<input type="checkbox"/> Other(s) _____	

#### **4. Confession**

- If you are ready to move ahead, take a moment to confess without telling stories. Prayer: “Father God, I confess \_\_\_\_\_ as my sin. I admit that I have missed the mark with You Lord, within myself and with other people around me. Please forgive me and cleanse me from this sin.”

#### **5. Repent from this action**

- To repent is to turn away from this action and to go God’s way instead.
- Within the same-gender triad, pray a repentance prayer: “Lord God, I turn away from this sin and I decide to go Your way, Jesus, and not my own. I ask for Your strength and grace to live Your ways Lord and not my own.”

#### **6. Receive forgiveness**

- After you have repented, someone in your triad can pray for you, saying: “[Confessor's name], the Word of God says that if we confess our sins, He is faithful and just to forgive us and to cleanse us from all unrighteousness. I affirm that you are forgiven. Do you receive the forgiveness of Almighty God through the blood of Jesus and the power of the Holy Spirit?” (1 John 1:9)
- Acknowledge your response to receiving forgiveness:
  - If yes, move to the next step.
  - If no, ask the Holy Spirit to show what barrier there is to receiving forgiveness. If you are ready, offer that barrier to the Lord in prayer.

#### **7. Minister Deliverance**

- Within your same-gender triad, take turns to pray to break bondages for each person who repented: “In the name of Jesus, I cut you free from all attachments to \_\_\_\_\_ (name the sins the person confessed). Based upon [confessor's name]’s confession, I now close this door to the enemy in his/her life. In the name of Jesus, I bind and cast away every spirit of \_\_\_\_\_ (name the sins from the confessor’s list). I command you to go to Jesus to be dealt with as He wishes and do not return to [confessor's name].”

## **8. Filled with the Holy Spirit**

- Invite the Holy Spirit into the places that the enemy has now vacated.
- For each person in your triad who repented, pray for them: “Holy Spirit, please come and fill \_\_\_\_\_ where the enemy has been at work in regards to these sins. Please bring healing and wholeness to \_\_\_\_\_, in Jesus’ name.”

## **9. Connect to Jesus**

- Take a moment to connect to Jesus.
- Your triad member can pray for you saying “Lord Jesus, You are here with us. Please connect with and shine on \_\_\_\_\_ right now.”
- If you are comfortable doing so, share with your triad how Jesus is connecting with you in this moment. This may be a picture, a sense of peace, or something unique to you. If you don't sense anything, that's ok!
- Thank Jesus for being there with you.

## **10. Listen in prayer to affirm**

- Within the same-gender triad, spend time to listen in prayer for each other.
  - Ask the Holy Spirit to speak, show or reveal His truth and blessing for the other person(s).
  - Wait and listen to the Holy Spirit.
  - Where appropriate (and for their encouragement), share or pray those things over the other person(s).
  - Remember, words must be for their strengthening, encouraging and comfort (1 Corinthians 14:3). If what you hear is negative, ask God to show you how it can be said so that it is strengthening, encouraging or comforting. If that doesn't become clear, don't share it.

## **11. Follow up**

- If you have questions or concerns, please talk to your small group leader or pastor.

